

# SOUTHEAST VOICE

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

October 2019



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## Rejuvenating an Avenue



Back in February 2015, a group of concerned neighbors coalesced, helping to gather and engage with others in a packed school gymnasium as they worked a visioning exercise to imagine a future version of our community. In doing so, participants generated over 10,000 words of advice about regenerating our mature neighborhoods of Capilano, Forest Heights, Fulton Place, Gold Bar and Terrace Heights. Encouraged by the results, the group established itself as the Greater Hardisty Community Sustainability Coalition, #greaterhardisty for brevity, with intention to champion the visions from that meeting, and give voice to the values and priorities we defined.

In the years since, the #greaterhardisty Coalition has actively engaged City Council, planners and many others to advocate on the issues our community expressed. Some of these included the preservation of local school capacity, and seniors housing. While we can report some progress on forthcoming Seniors housing in Forest Heights, we unfortunately watched as one more local school program option ended.

Greater Hardisty, simply put, lacks the residential population density it once had to support the infrastructure we have built, and attract the future amenities and local business we desire. Seeing an opportunity to address



this dilemma, 101 Ave Corridor was identified as an obvious and ideal location to integrate and intersect the people's vision with city planning targets.

One of the visions that aligned with our community values is reflected in Vision Zero, a City approach to make our streets safer. Safety was a relevant concern identified as applicable to 101 Ave. And so, in the coming weeks you will see some of the engagement group recommendations coming to life. Already in place are curb extensions to make transit access easier, and upgraded access to the new Library. Beginning in September, a key test of road capacity, volumes and impact will begin as traffic is redirected away from 101 to 98 Ave and Terrace Road for one month.

Please consider ways you can contribute your time, talents, wisdom, experience and opinions to the Greater Hardisty Community Sustainability Coalition. To stay updated or join our core working group, contact us at [ghcscollection@gmail.com](mailto:ghcscollection@gmail.com), like us on Facebook, search or tag us as #greaterhardisty

## Traffic Redirection Test Information Session

The City of Edmonton is testing a month-long traffic closure and redirection at 101 Avenue west of 50 Street.

For one month (September 23-October 21) vehicles travelling west on 101 Avenue will be directed to take Terrace Road. The access to 101 Avenue just west of 50 Street will be temporarily closed. Vehicles will still be able to access 101 Avenue from 57 Street or 71 Street; trucks will be advised to access 101 Avenue via 75 Street.

Testing the redirection responds to what we heard from the public during the 101 Avenue Corridor Study engagement process. During that process, we heard that vehicle traffic including large trucks use 101 Avenue

as a shortcut instead of Terrace Road. The test also helps inform if the redirection and a change to this access point should become permanent when 101 Avenue is renewed and reconstructed.

Everyone is invited to a drop in public information session to learn more about the test and share feedback:

**Thursday October 10, 5-8pm**  
**Capilano Library (9915-67 Street NW)**

Feedback can also be shared online [edmonton.ca/101AvenueCorridorStudy](http://edmonton.ca/101AvenueCorridorStudy) starting in October. For further questions regarding the test or the 101 Avenue Corridor Project, you can email [101AvenueCorridorStudy@edmonton.ca](mailto:101AvenueCorridorStudy@edmonton.ca)

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

Starting on/or around September 24, TransEd crews will be working overnight along 95 Avenue, between Connors Road and 85 Street.

TransEd website quotes: "Please note that 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 roadwork 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](http://www.transedlrt.ca), or Contact them at: [info@transedlrt.ca](mailto:info@transedlrt.ca) or by phone (780) 224-0964.

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## SECLA Board Contacts

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

## The Focus Program

Click! You've snapped your annual "first day of school" photo of your child!

There's her familiar smile, but now at four or five, she no longer looks or acts like a toddler. You remember her toddler tantrums. Now she's so much better at controlling her emotions.

Would you like to help her avoid meltdowns, even when you are not there to soothe her? Help her learn to calm down, adjust to change, handle frustration?

Please join us at our annual Fall Gathering, October 26, 9 am to noon, at St. Anthony Meeting Centre, 10425 - 84 Avenue, to hear Christina Armstrong and Shamala Manilall, creators of the FOCUS program, talk about self-regulation in children. For information, contact Marzena McKenzie at [se.coalition2@gmail.com](mailto:se.coalition2@gmail.com).



For more ideas, check out this list from Shannon Clarke, Community Librarian at Capilano Library: [bit.ly/Self-RegulationForChildren](https://bit.ly/Self-RegulationForChildren)

Federal Election Resource: Check out [www.childrenfirstcanada.com/raising-canada](http://www.childrenfirstcanada.com/raising-canada) to keep children on the election agenda!

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

## Book Clubs of EPL

If you are looking for ideas of new books to read EPL book clubs are a great place to connect with other readers and explore books outside of your regular reading patterns. It is easy to join online or in person at any EPL branch. You can pick your book club based on the location, or the book you want to read.

If you already have a book club but are looking for books to read, you can sign out one of over 100 book club kits (a bag with 10 copies of the same book). For more information on everything to do with book clubs, including tips to start your own, check out: [epl.ca/bookclubs/](http://epl.ca/bookclubs/).

Book clubs at the Idylwyld library meet on Monday afternoons and Tuesday evenings (details available on [epl.ca](http://epl.ca)).

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwyld branch at (780) 496-1808. View our full



calendar of events online at [epl.ca](http://epl.ca) or come in to pick up a paper copy of our program calendar with complete activity listings.

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## Holyrood Community Garden – Apple Cider Press Event Crushes 530 Pounds!



Holyrood Community Garden, in association with Operation Fruit Rescue of Edmonton (OFRE - <https://operationfruitrescue.org/>) crushed an estimated 530 pounds of apples brought to the event by neighbourhood growers. The multitude of varieties of apples were sorted and cut up by volunteers, before being dumped into the "Apple Annihilator" to be chopped into even smaller pieces. The chopper was powered by a bike riding volunteer, using human power to operate the flywheel.

The chopped apples were then transferred into an apple press, which squeezes all the juicy goodness out of the apples. The apple press is a manual double ratcheting head mechanism that creates an even pressure to juice the apples, which is then syphoned off and poured into the grower's bottles. Every batch of cider has a different flavor, depending on the varieties of apples that were used. The resulting DELICIOUS cider can be fermented, used to create apple cider

vinegar, pasteurized to store, or consumed right away.

The apple 'pancake' - pressed leftover apple seeds, skin, and stems can be used for pig or chicken feed. We don't recommend composting the apple pancake due to the prevalence of apple maggots in this region. To help keep your apple trees from harbouring and spreading apple maggot, be sure to keep your yard clear of apples on the ground.

A huge thanks to the volunteers, growers, community members, and OFRE who provided both the equipment and their expertise to make the first annual Apple Cider Press a great success.

This event was coordinated by the Holyrood Community Garden. If you are interested in learning more about food education and community gardens, please email [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org) join our Facebook page, or attend our upcoming meeting at SEESA (9350-82 St) on October 23rd, at 5:30 pm.

## E-Scooters Now in Edmonton

Sharing services for bicycles, e-bicycles and e-scooters is now available in Edmonton. We're excited that there will be yet another way for people to travel around and experience our beautiful city. E-Scooters may travel on bike lanes, shared pathways, and roads with a posted speed limit of 50km/h or less. E-scooters cannot be used along sidewalks or unimproved trails in parks. When parking, there will be no docking stations and it's important to ensure shared scooters are not blocking doors, travel along sidewalks, or access to important amenities such as fire hydrants or pay stations.



To get up to speed on E-scooters, please visit: <http://tiny.cc/bmu8cz>

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## SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



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or phone Diane **780-432-3222**

## Proposed Shops

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



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## Seniors Programs

Restorative Yoga and Pilates (+55) Thursdays from 2:30 to 3:30 p.m. September 26 to December 12, 2019 Cost: \$72.00 for 12 classes or \$10.00 drop ins

**Instructor: Linda Turnbull**

This program is offered through a partnership between the South East Edmonton Seniors Association (SEESA) and the Avonmore Community League. To qualify for the \$72.00 rate participants must be a member of both organizations.

ganizations.

To Register: Call Peggy at 780 468 1985 or go the SEESA Centre at 9350 82 St.

Seniors Coffee: Next Senior's Morning Coffee is Wednesday, October 16th 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](mailto:president@avonmore.org).

## Free Community Swim

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

Commonwealth Pool 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](http://www.edmonton.ca) for more info.

## Babysitting Registry

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

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

## 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](mailto:president@avonmore.org).

The cost is \$ 130.00 for the full session of 13 classes for members of any community league in Edmonton (\$145 for non-members). The drop-in fee is \$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.



## Avonmore Parent & Tot Program

This free drop-in program runs Thursdays 9:30am-11:30am, meeting at the Avonmore community hall (or outside while it's still warm out) for free play and planned activities. Group has a mix of babies, toddlers and pre-schoolers. Kids of all ages are welcome! Coffee and tea provided. For more information check the facebook group "Avonmore Parent and Tot" or email Yaara at [parentand-tot@avonmore.org](mailto:parentand-tot@avonmore.org)

## 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](mailto:ace@avonmore.org) or 780-263-9561 for info on what makes a successful block party and the resources you can access to make it a smashing success!

## Avonmore Hall Rental

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

## Avonmore Concert Series

SAVE THE DATE! Avonmore Concert Series will be embarking on another season this fall with our first concert showcasing local artist Braden Gates on October 5th. Gates is a prolific live performer, playing around Edmonton and Western Canada. He often sits with his audience, swapping between guitar and fiddle, cracking jokes as he plays. There's a polish and wisdom to his words that fit well beyond his years. Doors open at 7pm. Show starts at 7:30pm. Cash bar. Tickets \$25. Purchase tickets at <https://braden-gatesavonmore.eventbrite.com>.

## 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. October 5, 2019: Native Plant Society – presentation on native plants in the

Edmonton area and how they can be used in our yards and gardens.

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

For more information contact [garden-club@avonmore.org](mailto:garden-club@avonmore.org)

## Indoor Soccer Program

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

## 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](mailto:sports@avonmore.org)

## Avonmore Book Club

If you enjoy reading, the Avonmore Book Club would love to have you. Our next meeting is October 20th. We are reading There is a Season by Patrick Lane. New members are welcome from any community. For more information contact Anita at [president@avonmore.org](mailto:president@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](https://www.instagram.com/avonmoreleague)

## Playschool

For more information please contact our Playschool Teacher Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)

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



## 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](mailto:president@avonmore.org). This includes concerns about low spots where water pools and ice forms, these will be forward to the City.

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# L'UNI THÉÂTRE 2019-2020 MAINSTAGE SEASON STARTS!

Do you know that the L'UniThéâtre is the **only professional francophone theatre company in Edmonton**? Guess what? They are located in our community, in the heart of Bonnie Doon (La Cité francophone) and their 2019-2020 season is about to start performing plays that are relevant to the Franco-Albertan community and the general public throughout the province.

Do you love theater but do not speak French? Do NOT worry! **All of their main stage plays this season are presented with English subtitles.** Would you love to see their plays but need babysitting? L'UniThéâtre has you covered! They have partnered with the Institut Guy-Lacombe de la famille (IGLF) to offer **Jeu d'enfant**: an organized play time at the IGLF in La Cité francophone for children aged 3 to 10. Parents will enjoy selected 2-for-1 matinées\* while children are playing! Limited spots for Jeu d'enfant are available so registration is required: \$5 per child. Limit of 20 participants.

featuring  
first play of the season:

## SIMONE ET LE WHOLE SHEBANG

A production by Eugénie Beaudry  
Oct. 16 to 26, 2019

### Performance Dates:

October 16 at 7:30 PM  
Preview

October 17 at 7:30 PM  
Preview

October 18 at 7:30 PM  
Opening performance

October 19 at 1:30 PM  
2-for-1 Matinée / \* Jeu d'enfants

October 19 at 7:30 PM

October 23 at 7:30 PM

October 24 at 7:30 PM

October 25 at 7:30 PM

October 26 at 1:30 PM  
2-for-1 Matinée

October 26 at 7:30 PM  
Closing performance

Buy your tickets at: [www.lunitheatre.ca/simone/en](http://www.lunitheatre.ca/simone/en)



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Capilano Playschool	Bethany	780 802-9307
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Soccer Programs	Curtis	780 908-3889
Ice Allocation	Vacant	
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

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

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

## Choose Capilano Hall for Your Special Event

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

## Capilano Community League Sign Rental

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

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

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

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

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

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

## Community League Babysitting Registry – Volunteer Needed!

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

## Wanted – Building and Grounds Director

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

## 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's outdoor skating facilities.
- Access to community programs/courses.
- Opportunity to enroll children in area sports and recreational programs (Membership is mandatory to join).
- Summer playground programs (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: 5016 - 106 Ave. Call 780-244-2737 for store hours (Cash only).

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

Thank you All Care Pharmacy for your continued support of our Community.

Thank you SEESA for selling memberships.

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Ave (Cash only). (Only Family memberships 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.

### Ottewell

3+2 Bed bungalow, original owner home with numerous updates including siding with insulation underneath, windows, concrete driveway & sidewalks. Fenced yard with a single attached & single detached garage. **\$344,800 E4159262**

### Forest Heights

Raised bung on a tree-lined street. LR, DR, MB & 2nd BR ALL WITH ORIGINAL HW FLOORS. Bsmt has 2nd LR, 2nd KIT & BR. 44x135 lot, fully fenced & landscaped, dble det insulated garage. Many updates over the last several years. **\$344,800 E4165439**

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[FranklyTheBest.ca](http://FranklyTheBest.ca)

Not intended to solicit properties already under contract

## 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!  
Early bird tickets are just \$13 until October 12! This event sells out every year!  
For more information, or to purchase tickets, contact Janelle at 780-718-4528.

## 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 - 8:10 p.m.

Current session: September 10/12 – October 24/29, 2019 (no class Oct. 31)

Next session starts November 5/7, 2019, although you can start at any time as fees will be prorated.

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

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

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

This class combines cardio, strength and a 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

## Chili Cook-off Saturday October 19!

Date: October 19, 2019

Time: Doors Open at 6:00 p.m. Tasting begins at 6:30 p.m.

Location: Capilano Community Hall

Tix: \$10 in advance (includes a sampling of each chili and sides)

\$3 Cash Bar. Adult only event.

Get your tickets now as they're going fast: Heather 780-818-1456, heathergail7@hotmail.com

mail.com or Laura Mercier 780-982-9876, laura.mercier@me.com

Chili chefs needed! Win the "Best Chili" title! Chefs need: 1 crockpot of chili, a spoon, an extension cord and email/text your fun chili description/slogan to Heather ASAP 780-818-1456, heathergail7@hotmail.com or Laura Mercier 780-982-9876, laura.mercier@me.com

## Capilano Community's "Light December Lights"

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 Community Summer Green Shack Fun!

The City of Edmonton Green Shack program was another huge success this year. Thank you to our Green Shack leader Onan who made the program so fun for our community children. A BIG thank you to Kris B. for

working with the City to coordinate the Green Shack program for Capilano Community. If anyone has any feedback or would like to suggest any ideas for next year please contact Kristin.baker@me.com.

## Capilano Community's Little Monsters' Halloween Bash – October 26

Calling all Pirates, Ballerinas, Superheros, Draculas and Witches too!

We've got a spooky party planned just for you! Family dance, treats, games & fun for the whole family!

Come dressed up in your favourite costumes!

FREE Family Fun for ALL Capilano Com-

munity families!

WHEN: Saturday October 26, 2019

TIME: Afternoon (check Facebook or website for details as date gets closer)

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

Text Heather at 780-818-1456 to RSVP. Thanks!

## 6th Annual Capilano Artisan CRAFT SALE – November 30

WHEN: Saturday November 30, 2019

TIME: 10 a.m. – 3 p.m.

WHERE: Capilano Community Hall (10810-54 St.) An annual event celebrating the artisans and makers of the greater Capilano neighbourhoods. Come have a snack

and browse our cozy hall event with your neighbours. Vendors will be showing off their creative skills including felt art, reclaimed jewellery, fiber art, crochet hats, quirky bird houses, indoor plants, pottery, baking... and more! Hope to see you there!

## A Great Tennis Season!

Thank you to all our members for a great tennis season!

You can register anytime for a 12-month membership at www.capilanotennis.ca or join us at our registration day on April 26, 2020.

## Community Day Thank you!

A huge thank you to Ronda Lisowski, and Heather Somerville, for all the work you put into organizing and running the Greater Hardisty Community Fun Day on September 21.

## FREE Swim for Capilano Community Members

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

--Hardisty Fitness & Leisure Centre from 1:15 to 2:45 p.m. on Sundays

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.

THE YEG ARTISAN BOUTIQUE MARKET  
IS HOSTING



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WONDERLAND MARKET

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## Board Member Contact Sheet

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

## Book Cloverdale Hall Today!

Go 'Clean and Green' at your next family or business function. The newly renovated Cloverdale Community League hall has many of the latest energy efficiency features you could want for a clean and green event. From LED lights to solar panels, power your next event with renewable energy in a park like setting.

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

The Cloverdale Community League hall is the perfect venue!

Room to move, party, mingle or just chill out. There's plenty of room for 15 to 150 people.

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

The recent renovations will let you relax and enjoy Gallagher Park from the comfort of our new wrap-around deck.

Indoors, a range of energy efficiency renovations will help you socialize or work in comfort. Go Green at your next event at the Cloverdale Community League hall.

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

## Message From the Cloverdale CL Board

On September 22, 2019 the Cloverdale Community League held its Annual General Meeting. Over 40 members attended to receive reports on the 2018-19 year. Significant events included:

Friday night 'Gazebo Pop Up' picnics at Gallagher Park

Another successful Youth Concession during the 2019 Edmonton Folk Music Festival. The youth also donated 5% of net revenue to the Kids with Cancer Society. The Cloverdale Community League matched the donation.

Well-received programmes and steady hall book-

ings.

Successful completion of energy efficiency upgrades and deck replacement

Ongoing participation in both the Gallagher Park Concept Plan and development of the Valley Line LRT extension.

Thanks to all the volunteers over the past year and board members who completed their terms. Welcome and best wishes for a successful year to the new minted board of the Cloverdale Community League.

All the Best

Cloverdale Community League Board

## Cloverdale Youth Support the Kids with Cancer Society

On September 18, 2019, Kasi, the Cloverdale Youth Concession youth leader presented a cheque in the amount of \$719.60 to the Kids with Cancer Society. The Cloverdale youth organize a concession stand at the annual Edmonton Folk Music Festival. The Cloverdale youth develop business skills and learn about giving back to the community. This year 20 youth handled the entire concession enterprise from business planning, purchasing inventory, sales, customer service and the closing financial reporting, under the guidance of adult community volunteers. They also decided to donate 5% of net revenues to the Kids with Cancer Society. This is the third year that the Cloverdale youth have supported the Society. The Cloverdale Community League matches the donation. The Cloverdale youth are a great example



of dedication, commitment and caring that help make Cloverdale a great community.

## Mark Your Calendar!

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

website for regular updates.

CCL Halloween Party: Sunday, October 27, 2019

CCL Christmas Party: Sunday, December 7, 2019

## Benefits of Cloverdale Community League Membership

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

Annual Membership - 20% discount on Adult, Family, Child, 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.

Discounts are also available from various Edmonton businesses (<https://efcl.org/membership-benefits/>). As well, CCL members can rent tools free of charge from the Edmonton Tool Library (<http://www.edmontontoollibrary.ca/>)

For more information about Cloverdale Community League Membership, please contact Marilyn at [membership@cloverdalecommunity.com](mailto:membership@cloverdalecommunity.com).

## Keep your kids safe at Halloween

Halloween is fun for children. However combined with costumes, weather, and darkness, the excitement can pose danger to little ones. We can't control the weather or the darkness. But we can do a few things to keep Halloween safe.

### Costumes

- Ensure footwear and costumes fit properly and offer protection for the weather.
- Ensure costumes aren't a tripping hazard.
- Add reflective tape to costumes and treat bags.
- Choose costumesthat are labeled

"flame-resistant".

- Choose face paint or make-up instead of a mask that can interfere with your child's vision.
- If your child is wearing a mask or a head piece, ensure they can see clearly, and it doesn't interfere with their breathing.
- No sharp or dangerous costume props, like a knife or sword.

### Trick-or-treating

- Children are safest if they trick-or-treat in groups.
- Remind your child that the same safe road rules apply when trick-or-treating as they do any other night.

•Teach your child to trick-or-treat in well-lit areas, and to only visit homes that have outside lights turned on.

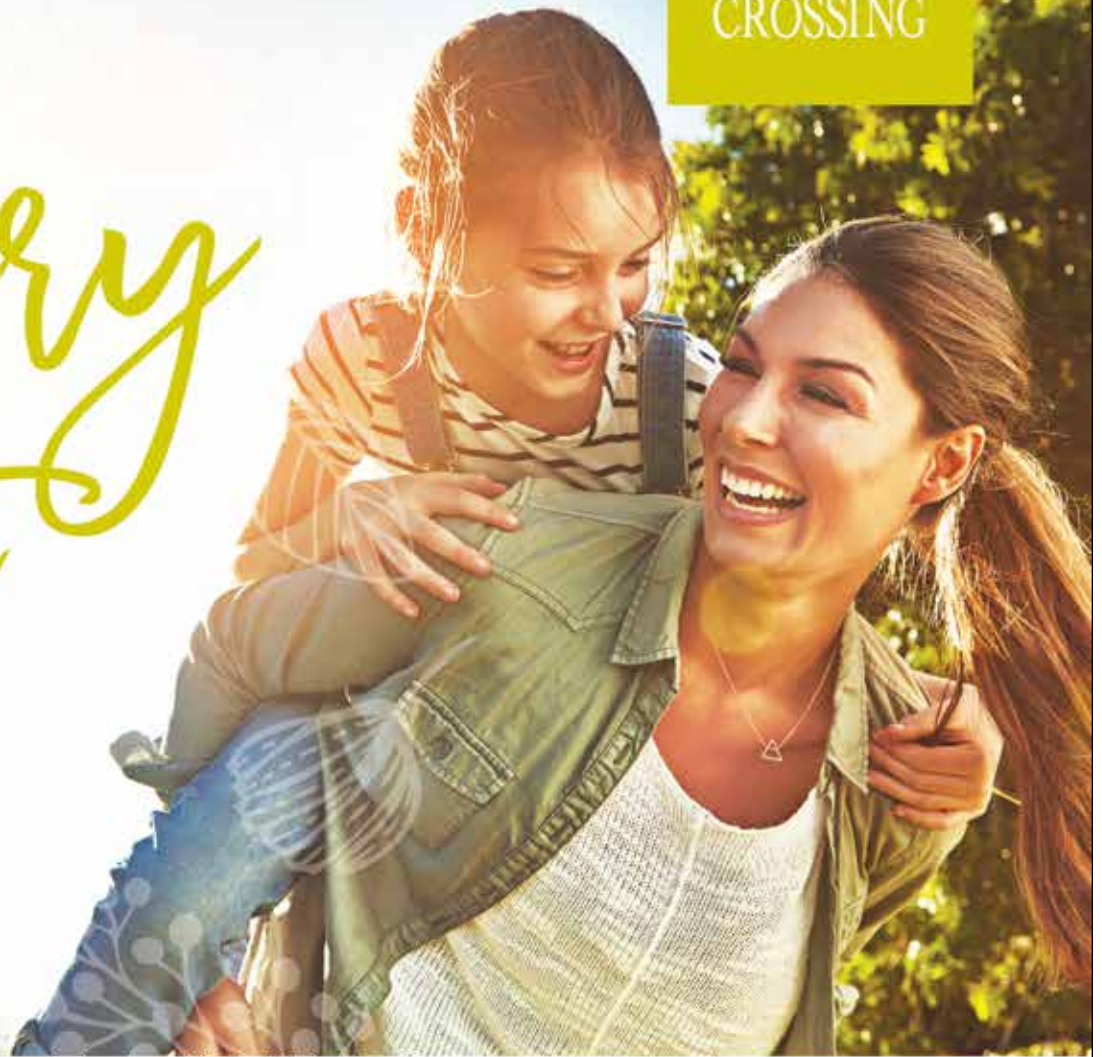
- Tell your child never to go inside a stranger's home or car.
- Before your child digs into their treat bag, be sure to inspect all goodies.
- Discard all candy that is loose, broken, or opened.
- Discard homemade food provided by people you don't know.
- Wash all fruit, and inspect it before eating.

Source: ahs.ca





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FOREST TERRACE HEIGHTS  
COMMUNITY LEAGUE

## Make-A-Wish Bake Sale

**Baked Goods Drop Off:**  
Friday, Oct 11; 6:30-8pm

**Bake Sale:**  
Saturday, Oct 12; 11am-1pm

**Location:** FT Heights Hall  
10150 80 Street

**For more info:**  
events@forestterrace.org

ON SUPPORT OF  
**Make-A-Wish**  
NORTHERN ALBERTA CANADA



## Get growing with The Heights Community Garden

The community garden committee is looking for new members. If you're interested, please join us at the next meeting, Tuesday, Oct. 22, at 6:30 p.m. at the hall. Interested in a plot for next season? Contact garden@forestterrace.org.

## Free Halloween craft workshops



This year, Forest Terrace Heights community league is offering two Halloween craft workshops for kids on Saturday, Oct. 19, at the hall. Emma from ArtVentures will be leading them through a fabulous art experience. Expect laughs and a fabulous Halloween creation to take home.

Ages 3 to 6 (parented), 10-11:30 a.m.

Ages 7 to 12, 12:30-2 p.m.

To register, go to Eventbrite.ca and search for "Forest Terrace Heights." \$5 plus Eventbrite fees per child.

## Even more membership perks!

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

Once a month, Grower Direct donates a bouquet of fresh flowers for one lucky member. In September, membership director Sonya drew a name from among those who attended the board meeting. The winner was Amber, co-director of The Heights Community Garden. Please join us at our next board meeting, 7 p.m. Nov. 5, at the hall, for your chance to win.

We've got a new perk from Fabutan Capilano. With proof of membership:

- \* Get 25 per cent more minutes added to any minutes package,

- \* Buy one spray tan and get the second for half-price,

- \* Get your first set of classic full lash extensions for \$99 or the volume full set for \$149, plus \$10 off relash,

- \* Buy one month of redlight skin rejuvenation and get an extra week free,

- \* Get half off lifestyle pass membership.

Show your membership 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.

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

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

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



tool library location at the Bellevue Community Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card. To make the process faster, 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.

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.

## Board vacancies

Our passionate and community-minded civics director Julie is moving to Victoria. Thanks to Yvonne for taking over as chair of the civics committee and as civics director.

Our dedicated soccer directors Kelly and Nicole are stepping down after the indoor season, so we are looking for two volunteers to take over in January, in time to kick off the outdoor season. Please contact soccer@forestterrace.org for more information or to express interest.

Thank you to Allison for volunteering to take over the secretary role, now that Curtis is president.

That leaves us with the following openings:

Building maintenance director: Ensures

upkeep of the community hall, by conducting repairs or organizing contractors.

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

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

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# Fulton Place

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

## 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

## 5th Annual Busy Elves Artisan Craft & Bake Sale

November 23rd 10am to 4pm Fulton Place Community League Hall 100% hand-made local products including polymer clay, reclaimed wood, metalsmith, jewelry, crochet, Ukrainian gourmet, blankets, clothing, scarves, pottery, art, weaving, sewing, BOHO, vinyl, more. facebook.com/busy-elves

## CL Swim Information



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

## AGM 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

Elections will be held for the positions of President, VP Civic Affairs, Facilities Director

We meet once a month September through June. We would love to have you on our Board.



## LOOKING FOR A NEW FAMILY DOCTOR?

**Edmonton Comprehensive Care & Family Medicine and Canadian Cancer Care are accepting new patients for:**

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- cancer follow-up care

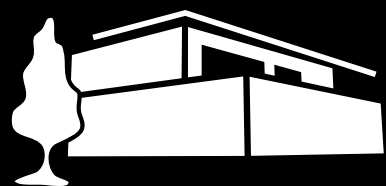
The new, multidisciplinary clinic is conveniently located in south central Edmonton and is easily accessible with plenty of free parking. Visit our website for more information, or call to schedule your appointment.

[www.canadiancancercare.com](http://www.canadiancancercare.com)

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

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- Participate in local community events
- Share ideas

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**Jenny McAlister**

**Registered Psychologist**

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

[www.JennyMcAlister.com](http://www.JennyMcAlister.com)



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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.

780-995-7011  
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# Heather McPherson

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## Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Tammy Schatull	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Jessica Negrey	negrey@shaw.ca
Bingo Director - Parkway	Charlene Lazenby	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
Director at Large	Cody Charlene	codycharlene86@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Joelle Zimmerman	Joelle_zimmerman@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Sharon Harker	gbhallfun@gmail.com
Rink Manager	Heather Hopgood	hhopgood@shaw.ca
Sign Director	Lindsay Kocil	lindsaykocil@me.com
Social Director	Ronda Lisowski	magicianronda@gmail.com

## GOLDBAR COMMUNITY MEMBERSHIPS AVAILABLE NOW!

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

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

## Hatha Yoga at Gold Bar Community Hall

Summer Yoga: every Wednesday 8:00 – 9:15 pm  
\$10 drop in fee  
Upcoming Session: Sept 10 – Oct 30  
Next Session: Nov 5 – Dec 18  
Tuesdays: 9:45 – 11:00 am  
Wednesdays: 8:00 – 9:15 pm  
Cost: \$80 for 8 classes, \$55 for 5 classes or \$12 drop in  
The classes begin with centering and

grounding yourself to be present and focused without distraction. Each week I will create themes and bring a variety of practices that encourage our body to relax and find an overall increase of wellbeing. All are invited to come out for a new yoga experience! No previous yoga experience is required.

Send me an email anytime with any questions or requests.  
nancy\_conlin@hotmail.com



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## 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

## SAVE THE DATE

### 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: Crafts, entertainment, G snacks, refreshments & door prizes!

Who: Open & free to current members of the Gold Bar CL &/or Canadian Celiac Association Edmonton Chapter (registration required)

Watch for registration details on Gold Bar CL website and Facebook - RSVP required!

## 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 concessions!! 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 October 27, afternoon only  
Sunday, Dec. 8, afternoon and evening Parkway:  
Friday, Oct 4, evening/late night  
Sunday Oct. 27, afternoon  
Tuesday Nov 26, evening/late night

## Games Night

Friday Oct 25– 6:00 to 10:00 pm

For more info contact gbhallfun@gmail.com

## BEER, BURGERS AND BEATLES

Everyone is invited to the 1st annual fall adult social! Saturday, October 12 at Gold Bar Hall. The doors will open at 6 PM, there will be a catered burger supper 6:30 to 8 PM, and a fantastic Beatles band will be playing from 8 to 11 PM Drink tickets will be only \$3.00! Tickets are \$20 each, through Eventbrite. Alternately, if you don't want to order through Eventbrite contact Pat at p.chmilar@icloud.com LAST DAY TO ORDER TICKETS IS SEPTEMBER 30!!!

## 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.





## 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](http://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/](http://efcl.org/membership/), at Servus Credit Union locations, or at most Holyrood Community League events.

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

## Community Yoga

Yoga with Ruth is back! Yoga runs every Tuesday in 6-week session, \$75 for registered participants and \$15 for drop-in. Classes are at 7 pm in the Holyrood Community League building (9411 Holyrood Rd NW). The current session is underway, but you can still register!

- September 3 - October 8
- October 16 - December 3

## 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.



## Haunted Halloween Map

Is Halloween your favourite time of year? We love it too! The Social Committee is putting together a list of spooky spots and haunted houses to make trick or treating extra fun. If you love to scare kids, or your house is

decorated to the max, email [social@holyroodcommunity.org](mailto:social@holyroodcommunity.org) to be put on our Haunted Halloween Houses map, which will be released on social media & the HCL website closer to Halloween.



## Seeking Skilled Community Members!

Do you have a cool hobby, a unique skill, or an interesting business? If so, our programs and social directors may be looking to connect with you! From pie-making to mosaics, acrobatics to juggling, if you've ever wanted to lead a class or engage with other community members, we would love to hear from you! Please email [programs@holyroodcommunity.org](mailto:programs@holyroodcommunity.org) or [social@holyroodcommunity.org](mailto:social@holyroodcommunity.org) to get involved.

There is a new online tool that Abundant Communities Edmonton is using, which generates a private social media forum

for each neighbourhood that uses it. We encourage everyone to register on <https://ca.nextdoor.com>, and get involved in community discussion/getting to know your neighbours! There are awesome groups in local neighbourhoods to join, you can promote your business directly to your neighbours, or let others know about your interests. The Holyrood Community League will be keeping an eye on this website, to contact neighbours that could offer exciting new programs or enhance our social events.

## Successful 10th Annual ReUse Fair

"Have an item? Leave an item...Need an item? Take an item!" In 2009, Ryan Jones launched the first ever ReUse Fair. Over the past ten years, this free event has grown as the most successful outreach projects by the First Church of God into the Holyrood Community. Ryan and his wife Jenny, and their sons, James and Adam, joined shoppers as they scoured through racks of clothing and tables heaped with treasures of kitchenware, tools, bedding, books, crafts, toys, bicycles, purses, shoe, boots, sports equipment... and even a kitchen sink! A family from Gibbons, whose

house burned down, was able to load up with furniture and house wares to replace those destroyed in the fire. Even Ryan's parents joined in on the fun, with Larry as grill chef and Sandy as master organizer, volunteers served a tasty hot dog lunch to a long line-up of hungry shoppers. The sun shone brightly as the last of the crowd exchanged donations. Leftover items were gathered into boxes and loaded into a huge truck from Inclusion Alberta, an agency for persons with disabilities. An estimated 250 people came through during the five hours of the ReUse Fair.



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## Holyrood Development Committee Updates – Summer 2019

### HOLYROOD GARDENS

The Holyrood Development Committee (HDC) met with the Development Officer for the Holyrood Gardens project to review the development permit. After this meeting, the HDC had concerns with regards to AstroTurf applications on-site as well as drainage. After filing the appeal, the committee was able to follow up with Regency Developments to clarify and resolve both of these concerns. Additional clarification was made to the landscaping package filed with the City of Edmonton. The HDC then withdrew the appeal.

Prior to the scheduled appeal date, it was brought to the Holyrood Development Committee's attention that individuals notified of the appeal, may not have been notified that the appeal had been withdrawn. Upon learning this, the HDC made last minute attempts to ensure that residents within 100m of the development were notified via a flyer drop. A notification was also posted to Holyrood Development Committee and the Holyrood Community League's Facebook pages. We would like to apologize again for any inconvenience that this may have caused. A big thanks to the community members that contacted us, or planned to attend the appeal and to everyone who helped spread the word on Facebook! We are always so gracious to live in a community where people come together - we are stronger together.

Upon the HDC's review of the development permit for Holyrood Gardens, we were pleased to see that the developer has added additional design features to the tower. Amenities on this (south) portion of the site will include a children's playground, a community garden, and zen garden as well as mini-golf and a transit plaza. The committee felt that the developer did a good job of incorporating ground level, family-friendly housing surrounding the amenities, facing the laneway. Landscaping will include xeriscaping. The committee was also pleased to see good soil depths for planters. Additionally, the parkade will not be carried to the edges of the site in order to allow longevity of larger trees that will be planted around the perimeter. There were no findings from wind impact studies that required mitigation measures.

Buildings on the site south of 93rd Avenue have now been demolished. As a condition of the Good Neighbour Agreement: Regency Developments will be communicating with the HDC to inform of major milestones such

as commencement of construction. We look forward to continuing our work with Regency Developments as this project moves into the next phases of construction. Follow Holyrood Community League and Holyrood Development Committee on Facebook for more updates! Please feel free to contact us should you have any further questions or concerns at [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org)

### 8302 - 95 Ave

The Holyrood Development Committee supported the upzoning of 8302 - 95 Avenue for a site-specific 12-unit complex by Urbis Developments, a local developer. The HDC regrets to report that the undeveloped site is now up for sale.

### 7804 - 94 Ave

The Holyrood Development Committee supported the upzoning of 7804 - 94 Ave for a site specific 4 unit townhouse. The committee felt that the local developer; Langier Developments had the right idea and that the site along 94 Avenue across from the school, park and SEESA, would be the perfect location for missing middle housing. The HDC is happy to report that construction has begun and is progressing quickly!

### 7507 - 98 Ave

This property located along the service road near the intersection of 75 St and 98 Ave had a proposed rezoning from RF1 (single-family) to CNC (Neighbourhood Commercial). After being notified of this rezoning, the HDC toured the site to help get a better idea of the way this rezoning could affect the area. We met with the city planner for the file and the owners of the site to help us understand the reason for choosing to upzone this property to commercial.

Upon our initial review, the committee did not believe this was an appropriate location for commercial zoning. There were many challenging aspects to the site including restricted vehicular access that could encourage traffic to drive a substantial distance through the neighbourhood in order to access the site. Even though the site was located off the service road on the corner of 98 Avenue and 75 Street, it could only be accessed directly off 98 Avenue eastbound. Pedestrian access was not ideal as the closest bus stop was not in view and over a 5-minute

walk away. There are also no sidewalks on the north side of 98 Avenue along 75 Street. The sought CNC zoning would have allowed for a number of different business types, many that the committee believed to be poor choices for the location. As the applicants were rezoning in an attempt to sell the property and not to bring a specific business to the neighbourhood, HDC had reservations that the approval of this upzoning could potentially be more problematic than beneficial. Other community members in the area, who had the same concerns, contacted the HDC.

Upon our final review committee felt that this site and area was better suited to residential. If an upzoning were to take place here, it should focus on Holyrood's neighbourhood priorities that align with The City of Edmonton's goals- such as multi unit missing middle housing. We provided comments to the city planner for the file that were included in the report for council, but unfortunately city planning still supporting the proposed rezoning.

The rezoning went before Council Public Hearing on September 9, 2019. The HDC as well as a couple of nearby residents spoke before Council with our concerns. Well pointed questions asked by Councillor Henderson in particular, were extremely helpful in mak-

ing the case that this was not a well thought and purposeful proposal. City Council voted unanimously in favour of referring the application back to planning to look at residential upzoning options such as RF3 or even RF5, which would allow for a multi unit housing. There is even potential to build something similar to the recently constructed duplex located west of the site under its current zoning. The HDC is pleased with Council's referral motion, and believes that this outcome is ideal for all parties. We would like to thank everyone who came together to help ensure we create well thought development for Holyrood.

### Got a passion for development?

#### Join the HDC!

Do you believe that good development really matters? Interested in helping to ensure that the actions on social, economic, cultural, spiritual and environmental systems are considered as we grow and increase our density? If you have a hankering to share ideas and work together as a team to help create safe, healthy, vibrant, prosperous and resilient community- we would love to meet you! Please contact us at [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org)



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10535-65 Street  
Saturdays, 4:30-5:30pm

**Adult (Beginners Welcome)**  
Kinsmen Sports Centre Pool  
9100 Walterdale Hill  
Wednesdays, 8:00-9:00pm

Equipment provided

New players welcome!

For more information, contact: [info@edmuwh.club](mailto:info@edmuwh.club)



## 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](http://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](http://www.idylwylde.org) and sign up for our monthly e-newsletter.

## 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 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](http://idylwylde.org)

Membership should be purchased ahead of time from Michelle or [efcl.org](http://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, 1:30 - 2:30 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.

## Cheery Tomato Community Garden

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

## 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.

## 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!

## Bonnie Doon Playschool

We are very happy to announce that the Bonnie Doon Playschool will be operating out of our hall this year. As Rutherford School in Bonnie Doon continues to grow, the playschool has had to find a new home. Please be mindful of the little ones as you are travelling around the hall this school year.

## 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.

## Hall Rentals


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

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## CONTACT US!

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

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

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

**Next Meeting, Monday October 14th**

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

**Southeast Voice Newsletter Deadlines**

Submissions for the November issue of the Southeast Voice is due Friday October 25th, 2019. Send all announcements to [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com).

## 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 neighbours 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.

## Hall Rental Rates

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

**KCL Hall Rental Rates:** (Seating 160)

Members Non-Members

- Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

- Day Rate \$300.00 \$385.00

- Damage Deposit

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

\$450/weekend \$550/weekend

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

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

## 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](mailto:acaine@telusplanet.net) or Ray Rideout at 780-405-2770 or Liz Thomas 780-465-5188.

## 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.

## Kenilworth Community League Annual Golf Tournament and BBQ



Another fun Kenilworth Golf Tournament and BBQ was held on Saturday, August 24, 2018 at the Triple Creek Golf Course. As always – a big thank you to the volunteers who make this event possible! A special thank you to our sponsors: Capilano Safeway, Calgary Trail / 51 Avenue Real Canadian Superstore, Brian and Alison – No Frills, Pinnacle Business Services Ltd., Apeetogosan (Metis) Development Inc. and NAIT.

**Congratulations to this year's winners:**

1st – Bruce Knight, Taylor Knight, Ken Taylor and Ryan Taylor

2nd – Glen Bennett, Pat Bennett and Aaron Didow

Hope to see everyone at next year's golf tournament on August 29, 2020 and don't forget to mark the spring BBQ on your calendar for May 9, 2020



## 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

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



September 30th was the last day for the pilot program, using KCL enclosed skating rink as an off leash dog park. The City permit expired on September 30th allowing the community league time to prep the area for ice rink flooding.

Thank you for being a responsible dog owner in your usage of the area. It felt like the space was well used and of course the dogs had a great time.

Please share your feedback with me including emails of support to continue this program in 2020

Email: [vicepresident@kenilworthcommunity.com](mailto:vicepresident@kenilworthcommunity.com)

## 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](mailto:president@kenilworthcommunity.com).

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).



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.

Memberships

Have a New Neighbor? Are You New to Kenilworth?

We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Rebecca @ 780-982-5885.

We will deliver a free Community League membership along with information about all the activities this League offers.

Don't have your 2018/2019 membership

yet? Memberships are \$20 and \$15 for Individuals and Seniors.

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

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

COME JOIN US! Veronica Fitness

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

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

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

Bring a yoga mat, light weights, and a water bottle. Classes taught by Veronica Kubicek, a certified Personal Trainer.

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

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

Please email Veronica at veronica.flux@gmail.com to register.

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.

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.

Muttart Conservatory Update

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

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"

*"The Green Party would take the bold, effective, and immediate actions necessary to address the challenges we are facing."*

**The Green Party of Canada stands for:**

Ecological Wisdom

Social Justice



Participatory Democracy

Respect for Diversity

Non-Violence

Sustainability



**VOTE Michael KALMANOVITCH**  
Edmonton Strathcona



Authorized by the Official Agent of the Michael Kalmanovitch campaign.

We rise to the Challenge!

**voteMK.ca**



@GreenMichaelK



## 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, October 15 - 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.

## Nov. 29-30 - OCL Casino WE NEED YOU!

It is that time of year again, if you enjoy giving sometime back to your community this is perfect for you. Volunteering at the casino is easy and fun! There are advisors to help you with your assignment. The casino is held at the Century Casino - 13103 Fort Road. Free parking. Please volunteer by emailing [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com). The casino is a safe environment, you are provided a meal for your time. Thank you so much for volunteering! We very much appreciate your commitment!



## Ottewell Community League Playschool

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

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

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

## Looking for Enthusiastic Volunteers!

Are you interested in Volunteering for OCL? **WE NEED YOU!** Great opportunities available including one-time events.

- *General Volunteer* (known as "call me when you need people" and if I can help, I will).
- *Volunteer Coordination* (assist the board with finding/scheduling volunteers for events)
- *Project Team* (Community League Building needs some tender loving care, if you want to be a part of future changes and upgrades, you can help. All plans will be presented to the board for approval).
- *Grants* (help ensure we have addressed all possibilities to obtain funds available to us).
- *Sponsorship Coordination* (obtain sponsorship and liaise with sponsors and Communications Director to ensure proper recognition)
- *Events Team Lead* (organize events team to put on events for the community league)
- *Events General Volunteer* (help out at various events – shifts are 2-4 hrs)

Please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) to inquire about any of these positions. Keep up-to-date on all the events by subscribing to on our Website: [Ottewell.org](http://Ottewell.org), or following us on [facebook.com/OttewellEvents](https://facebook.com/OttewellEvents).

## December 5 - OCL Christmas Craft Night

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. More details to come. Watch facebook, the website and the next edition of SEV..

## Free Community Swim & Gym for League Members

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

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

Saturdays, 5-7 PM at Commonwealth Fitness Centre.

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

## Ottewell Community League on Facebook

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

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](http://www.familit.ca)



Ottewell United Church  
Presents

**Jazz and Reflections**

An afternoon of jazz and spiritual reflection

Sunday afternoons, 3:30-5:00pm at  
Ottewell United Church  
6611-93A Ave, Edmonton

September 15 - Charlie Austin Trio  
September 22 - Joel Gray Trio  
September 29 - Mo LeFever Trio  
October 6 - Shelley Jones Trio  
October 20- Kent Sangster Quartet

Admission by Donation at the door

These concerts are sponsored in part by Ottewell United Church, the Edmonton Musicians' Association through the Recording Industries Music Performance Trust Fund and people like you.  
Thank You!



## 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](http://ottewell.org) or email [ACEOttewell@gmail.com](mailto:ACEOttewell@gmail.com).

## Rent The Ottewell Hall



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

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

For details regarding renting our hall, go to.... [Ottewell.org/hall-rental](http://Ottewell.org/hall-rental).

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

## OCL Community News & 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.

## Spring of 2020 - Seniors Tea

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

## Block Social Challenge

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

## November 19 - Pastry Cooking Class



Are you dreaming of some sweet treats for the holidays! Special Guest, Chef Arno (from Arno's Fine French Pastry Shop) will share his passion for pastry with guidance and direction.

Special discounted rate to members. \$40 and non OCL members \$50. Watch our bulletin board and Facebook and website for more info to be provided as the date approaches.

## Save The Date

November 16/17 - OCL Holiday Market  
Ottewell Community League is holding its annual Holiday Craft Market on November 16th & 17th, 2019. Opening time for the Market - 10:00 AM to 3:00 PM on both days. This Fair is open to all hand-made arts & crafts and home-made product vendors ONLY!

Go here to register your table now...

<http://ottewell.org/holiday-craft-market/>

## November 29 - Women's Ornament Exchange

Friday at 8 PM - SAVE THE DATE LADIES! 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 EventBrite.

OCL members \$10 and Non OCL members \$15

## We Need... Talking Families!

Help us learn more about parent-child conversation and how it is related to school readiness!

Child receives  
stickers, a  
storybook  
& a participation  
certificate

Parents  
receive a \$15  
gift card!

### How?

1. Parent & child will read and retell a story and talk about a recent event
2. Parent will answer a quick survey
3. Child will name some pictures, tell some stories, and play some games

### Where?

Your child's preschool/daycare  
OR the University of Alberta  
OR your home

We are looking for a  
4-year-old child  
& a parent/guardian  
for our research study



Contact us:  
Dr. Trelani Chapman  
Child Language &  
Literacy Lab  
(780) 492-7901  
[clll@ualberta.ca](mailto:clll@ualberta.ca)

UNIVERSITY OF ALBERTA  
FACULTY OF REHABILITATION MEDICINE  
Department of Communication Sciences and Disorders  
Study approved by the University of Alberta Ethics Board (ID: Pro00064435)

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OPEN ALL SEASON inside the  
Shamrock Curling Club  
October - March

Monday - Thursday 5:00-8:00pm  
Friday 4:30-9:30pm  
Saturday & Sunday hours vary

check out our concession inside the club,  
and enjoy the selection of  
craft beers in the lounge!

public welcome, family friendly,  
great for groups, catering available

9330-80 avenue

please check our website as hours may  
change due to special events

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



## 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	

## We Have a Great Hall to be used by our Community

Some of the many features our new hall offers are:

The function room can seat up to 75 people, maximum standing capacity is 120 people

We have a new kitchen with sprayer, fridge / freezer, dual wall oven, microwave, toaster, 40 cup coffee urns (2), drip coffeemakers (2), and electric griddles (2)

We have a professional quality audio equipment.

We have a professional quality data projector linked to a multi format media player

We have ten production quality show lights, all controlled from our built-in lighting panel

Accessible washrooms with wheelchair friendly stalls and change tables

Skate change room suitable as a play area, buffet serving line, or separate small meeting room



Outdoor amenities include a playground, spray park, green space with mature trees, and ice rink in winter months

Free Wi-Fi and much more.

For more information please contact us at hall@strathearncl.org or visit our website <https://strathearncl.org/new-community-hall>. \*\* Our hall is still accessible during the 95 avenue closure for LRT construction.

## Deck Construction Complete!



If you used our skating rink last year, or attended one of our many events over the past summer, you might remember the temporary landings used to access the rink and green space. Intended only for construction use, these landings saw service well beyond their intended use. We are pleased to report that in September, Strathearn Building Society worked with their contractor Bright Habitats

to complete the deck, linking all of our exterior doors and providing a safe, level, and convenient way to access the rink.

Strathearn Community league also received a small project CLIP grant from the City of Edmonton, to complete this deck and make the exterior east side of the hall safe and accessible. *We are looking forward to using the deck this winter and next summer!!!*

**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)**

**Activities:** FUN STORY TELLING, THEATRE GAMES, IMAGINATION, IMPROV, CIRCUS SCENES, PERFORMING SKETCH

We are Grateful for the support of:

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/>

## Strathearn Community Fall Events

### 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](http://Strathearncl.org) for updates

### Strathearn AV Club

The Strathearn A.V. Club is a free program of film screenings, book discussions and music making for adults. All 18 and over are welcome to attend.



### October Dates:

**Jam Club** - An amateur, acoustic jam night for anyone interested in learning new songs. The group is only manageable at 8 - 10 participants so come early if you want a seat in the circle. No shredders. - Oct. 10 @ 8pm.

**Film Club** - Films from the Future series, Never Let Me Go - Oct. 24 @ 8pm.

## 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.



Next series of programs at SCL!

### Yoga with Melany

Tuesday nights 8:30-9:30 pm  
at the Strathearn Community Hall  
12 Sessions - October 1 to December 17

Edmonton Community Members: \$90  
No Membership: \$105  
Drop in fee: \$20  
Session needs at least 10 registrants to run

Strathearn Community welcomes Melany James. Melany is the owner of Soul Strength Yoga & Fitness Inc. She has 18 years of experience personal training and teaching fitness and yoga. She is passionate about inspiring wellness and believes strongly in the power of movement.

To register please contact [programs@strathearncl.org](mailto:programs@strathearncl.org)  
Payment online is available or cash (cheques are not accepted)

Class Description: Vinyasa Flow Yoga is a style of yoga where postures are strung together using the breath and participants can expect to build strength, stability, and flexibility. Mindfully moving the body can reduce stress, improve sleep and often times increase ones overall level of happiness! All levels are welcome.

### Barre Class With Kim

At the Strathearn Community Hall

Every Saturday, starting October 19 until December 7, for 8 weeks, Kim Ashley will be teaching a Barre class at the community hall. The classes are from 9:00 am until 10:00 am.

**Prices:**  
\$75 for Community League Members  
\$90 for non-Community League Members  
Drop-ins are \$15  
Payment online is available or cash at the door; however, no cheques are accepted.

For more information please register at [programs@strathearncl.org](mailto:programs@strathearncl.org)

**Strathearn Community League call:**  
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](mailto:programs@strathearncl.org)

### Podiatric foot care!

780-466-5290

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

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

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

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

# SUMMER GREEN SHACK

## 2019 HIGHLIGHTS

Edmonton

Strathearn

PARK AVERAGE { 4 }

**HIGHLIGHTS**

1. Playing red light green light.
2. Doing lots of crafts with everyone
3. Seeing all the parents come to the park and participate with their kids

One time there was a group of younger kids who were at the park as I got there, so I went and I did my check of the playground equipment to make sure everything was safe for the kids. The kids literally stopped and stared at me and were so amazed that an adult was on the playground and wanted to play with them.

Community League Spirit [efcl.org](http://efcl.org)



**Call The Dunham  
Team Today  
780-466-0418  
(Office)**

***Greg  
Dunham***

**780-964-1469  
(cell)**

**gdunham@telus.net**

- **FREE**  
Market evaluation
- Specializing in  
South East Edmonton
- Investment  
Properties



**encore** 



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



**Gold Bar:** 2 Story, Over 2000 sq ft, 6 bedrooms, 4 bathrooms, ensuite off the master bedroom, double garage.



**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 !!!!



**Kenilworth:** 1200 sq ft open beam Bungalow, facing island park, ensuite, West backyard, double garage, all the good stuff.



**Fulton Place:** Bungalow, 2 bedrooms, 2 bathrooms, numerous upgrades, South backyard.



**Fulton Place:** 3+1 Bedroom Bungalow, 2 bathrooms, maple hardwood floors, fresh paint, newer light fixtures, white kitchen, stainless steel appliances, large lot, fully finished basement.