

# SOUTHEAST VOICE

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

August September 2020



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## Supportive Housing in Terrace Heights

The City of Edmonton, working with Homeward Trust, is proposing four new supportive housing developments, including one with 40 single-occupancy units in Terrace Heights. The proposed development would be located just south of the CIBC on Terrace Road where there is currently a temporary parking lot. The permanent parking lot will be relocated west of the skate park. This is part of a priority initiative to build 900 units of supportive housing across Edmonton by 2024 for people who have experienced homelessness or housing insecurity.

Supportive housing provides long-term subsidized rental apartments with continuous, on-site sup-

port specific to the individual needs of residents. Supportive housing is not a shelter, drop-in centre, half-way house or group home; residents sign a lease with the intention of long-term residency. This type of housing provides vulnerable Edmontonians with a permanent, safe place to call home and the support they need to lead the kind of healthy and connected lives we often take for granted.

The City and Homeward Trust want to hear from residents in the area. Residents will be invited to share their thoughts, including feedback on a good neighbour plan and some design elements. A rezoning application for this project has also been submitted; more in-



formation can be found at [edmonton.ca/terraceheights](http://edmonton.ca/terraceheights).

Currently, there is a survey available, and community-wide digital engagement will run in August and September. Residents are encouraged to visit [edmonton.ca/supportivehousing](http://edmonton.ca/supportivehousing) to find more information, take the survey, and sign up to receive updates on upcoming engagement opportunities.

## Volunteer Organization Works with the City to Maintain Bike Trails

The Edmonton Mountain Bike Alliance (EMBA) is a volunteer-run organization that works with community members and local businesses to maintain unimproved trails in Edmonton. We appreciate this opportunity to share information about EMBA and our work to support Edmonton's amazing trail network following the recent article "Illegal Bike Trails a Growing Problem" (July 2020 issue of Southeast Voice).

EMBA's mission is to provide leadership and advocacy in the areas of building and caring for

unimproved trails in the North Saskatchewan River Valley. Unimproved trails are narrow "single-track" paths in the City's river valley and ravines that are neither gravel nor paved. These trails are used by cyclists, hikers, trail runners, dog walkers, families, fishers, and other nature enthusiasts.

EMBA works closely with the City of Edmonton and is authorized to maintain approximately 64km of unimproved trails. In 2019 alone, 406 volunteers gave 994 hours of their time to help maintain unimproved trails for the benefit of all

users through our Adopt-A-Trail program. Our agreement with the City requires different levels of approvals and environmental assessment before any maintenance work can begin based on potential environmental impacts and safety considerations.

We recognize that there have been trail-building activities over the past several years that have not been sanctioned or approved by the City, and that are not affiliated with our organization. We work with the City to try to reach out to the people responsible for these activities in

### SAFE STREETS SCAVENGER HUNT

Put your experience on the map!  
It's easy as 1-2-3.

- 1 Open the map on at [edmonton.ca/SafeStreets](http://edmonton.ca/SafeStreets)
- 2 Use the **Safe Streets Scavenger Hunt** to explore your neighborhood
- 3 Drop pins on the map to show where these and other improvements could be used to make your streets safer.

order to help them understand the proper processes for the construction of legal and environmentally-friendly trails. At the City's request, we also encourage trail-user focused websites to ensure that trails in areas that are off-limits to bicycles are not visible in public databases or maps.

As an organization, EMBA's core

values are legal trails, environmental stewardship and sustainability, cooperation and partnership, and volunteerism and friendship. These values are embedded in all of the work that we do. We encourage people to visit our website at [www.edmntnbike.ca](http://www.edmntnbike.ca) to learn more about us and to get involved in our trail maintenance activities.

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COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	Monte	capilano@secla.ca
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Fulton Place	Miles	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood (Chair)	Claire	holyrood@secla.ca
Idylwyld	VACANT	idylwyld@secla.ca
Kenilworth	Kevin	kenilworth@secla.ca
Ottewell	Sandra	ottewell@secla.ca
Strathearn	James	strathearn@secla.ca
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Projects	Connie	projects@secla.ca
SECLA SEV Liaison	Erika	SEVliaison@secla.ca

## Are We There Yet?

You've packed the car with swimsuits and jackets and towels, healthy snacks and reusable containers of drinking water. Whether for an afternoon at the lake or for overnight camping, chances are, as you enter the highway, your child calls from the backseat: "Are we there yet?"

No matter how long the trip ahead, here's a possible response: fun, screen-free games and songs you and your preschooler can play and sing together as you pass the time and the miles. Let your child choose a favourite song - if you don't know the words, your child can sing and teach you. Another favourite:

make up a story! you can start with "Once upon a time" and each passenger adds a sentence or two to continue the story. For other ideas, check out <https://tinyurl.com/zb7reuw> and <https://tinyurl.com/y492qnxg>

As volunteers, we remain passionately committed to nurturing young children and supporting families.

We will continue to raise awareness of the critical importance of the early years to success in life. We hope you all stay healthy and safe.

- The South East Edmonton Early Childhood Community Coalition

## Pollinator and Edible Gardening for Families



Learn ideas and tips to create a yard where you will delight in edible plants, buzzing bees and gorgeous flowers. Claudia Bolli from Wild Green Garden Consulting will show images and provide information for great native and non-native plants that attract pollinators, invite nibbling and provide beauty to your

yard.

Come out to:  
Fulton Place community Hall, 6115 Fulton Road

Time: Saturday September 12, 10:30 am  
More details to follow. Check SECLA.ca and social media for updates

## Join the Air Cadets *Have fun Make friends*



- FREE! Youth ages 12 -18**
- Camping • Flying • Sports
  - Music • Trips
  - Summer programs

**Wednesday Evenings**  
**6:30 to 9:30 p.m.**  
**Kingsway Hangar**  
**11410 - Kingsway Ave**  
**504rcacs.ca**



**Ben Henderson**

Councillor, Ward 8

**Contact me on city issues**

**ben.henderson@edmonton.ca | 496-8146**



## Community League Board

President	Anita	president@avonmore.org
Vice President	Leigh	vicepresident@avonmore.org
Secretary	Allison	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Bruce	membership@avonmore.org
Grants and Funds Raising	Scott/Lisa	grants@avonmore.org
Volunteer Coordinator	Bob	volunteer@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	vacant	contact Vice President

## Free Community league Swim Reopening at Bonnie Doon on Sundays

Starts August 2 and runs till June 2021, if COVID directives permit. But you must pre-register your desired swim time online (or call 311 if you don't have a computer or smartphone). There are only 40 people permitted per hour, so book ahead so you are not disappointed. Click <https://move-learnplay.edmonton.ca/COE/public/category/browse/BDCLSTT> or go to [edmonton.ca](https://edmonton.ca) and search 'Pools', then 'Book a time slot' - 'Recreation admissions' - 'Bonnie Doon' - 'Com-

munity league Swim.' Pick your day and hour (Sundays 415-515pm or 515-615pm) and # of people attending, then confirm. There is a waiver to view.

Bring your Avonmore membership card to the pool to get admitted free.

In September, we plan to add Commonwealth Pool on Saturdays 5-7pm. Check our website or Facebook page.

Yet another great reason to buy a membership!

## Avonmore Garden Club

Our club has been busy working on the programming for the next several months. You will find below a list of events for the remainder of the year and the first few months of 2021.

**September 19th 2020: Free produce/ fruits table on Community League Day.** Just bring your unwanted garden vegetables or fruits(apples) for community members to take.

**October 2020: How to prepare your yard for winter with Patti.** Specific Saturday to be determined at a later date.

**November 21st 2020: How to do micro-green gardening with Dayna.** Learn how to grow herbs and veggies all year long.

**January 2021: Presentation # 3 of a continuing series of gardening talks with Sherrie Benson - Horticulturist at the U of A Devonian gardens.** Specific Saturday to be determined at a later date. Admission of \$5.

**February 2021: Presentation # 4 of a continuing series of gardening talks with Sherrie Benson - Horticulturist at the U of A Devonian gardens.** Specific Saturday to be determined at a later date. Admission of \$5.

**March 2021: Success and Failures by garden club members.** A collage of pictures

from various club members on success and failures in your garden. We have not done this event in a couple of years, so it's perfectly fine to submit items from previous years. Remember to take pictures and email them to: [gardenclub@avonmore.org](mailto:gardenclub@avonmore.org)

### Fees and Honorariums

The intention of the Avonmore Garden Club has been to provide for our members, and for the larger community, learning opportunities that foster and grow our community involvement and spirit through our love of gardening. Our talks, workshops, and social get-togethers have been organized with that intent.

We have tried to complement our programming with speakers who are engaging, professional, and experienced so they keep us interested and informed.

However, these speakers cost money as we pay them a small honorarium. Our club would like to continue to be able to bring these speakers and arrange club activities, but to do so, we need some funds. As such, we have decided that a small fee of \$5 will be charged for some of our talks. We will use the Eventbrite online tool for registration and payment.

news clippings etc.

Next fall - COVID permitting - we will hold a gathering of early Avonmorites to share what we have collected and to gather more material.

If you have material to donate or stories to tell, either add them to the Facebook group and/or contact Anita at [president@avonmore.org](mailto:president@avonmore.org) or 780 222 4482.

## Avonmore History Project

We are creating an online history of the Avonmore community and league. Right now the project is a group on Facebook - search for "Avonmore History Project" - as well as a collection of pictures, documents and stories. Eventually the material will be moved to a permanent area of the [avonmore.org](https://avonmore.org) website. What we need are stories, pictures,

## Message from the President

Great to see so many families out in the playground, spray park and at soccer. Please remember to observe appropriate social distances practices and/or wear masks. We want everyone to stay healthy.

We are working on plans for fall activities and opening the hall, however, it's all subject to change based on what happens with "the curve." Watch our Facebook page and website for updates.

For Community League Day on September 19th we are planning a combination of food trucks instead of pancakes and an outdoor concert in the afternoon or evening. Both activities will require pre registration to avoid overcrowding. Hopefully next year we can

go back to our much loved, "Pancakes in the Park."

Leading up to the 19th we are planning a week long community scavenger hunt and an online pet show (no dogs this round). The scavenger hunt will be based on the theme of "Know Your Neighbourhood" and the pet show will follow the model of the successful online dog show.

We welcome your ideas and comments for Community League Day and other fall activities.

Stay safe everyone and enjoy the last days of summer.

Anita Lunden  
President

## Abundant Avonmore

It has been very inspiring to watch how neighbours have been checking on each other over the past few months during the COVID-19 pandemic. Some community members have checked on neighbours and helped them with acquiring supplies. Others have been helping from a distance by proposing fun things to do to keep spirits up. Some neighbours have even shared hot commodities like toilet paper, seedlings and sod!

The Abundant Community initiative was designed for times just like these - to build our neighbourly connections, provide opportunities for neighbours to share their gifts and/or time, and in turn build stronger resilient neighbour-

hoods. These 'natural helpers' are doing the job of a Block Connector without knowing it!

If you are keen to connect (or continue to connect) with your neighbours and would be willing to be the point person on your block, please email/call us at [ace@avonmore.org](mailto:ace@avonmore.org) or 780-263-9561 for more information. Ideally, we'd like to identify one person (or a pair) for every block in the neighbourhood, so that every Avonmore resident has someone to reach out to if needed during this unpredictable time, and beyond. Let's continue to connect with each other and prove that Avonmore is one of the most neighbourly and supportive communities in Edmonton!

## Programs Director and Events Committee

The director position of Programs Director is responsible for visioning and coordinating community program offerings for Avonmore Community League. While the person in the position is responsible for overseeing or coordinating programs they will work closely with a team of volunteers to implement the programs and events. Programs and program areas include: Parent and Tot group, Seniors group, yoga classes and other fitness related activities and the Avonmore Concert Series. All these areas are led by volunteers and the Program Director's role would be to support and coordinate these volunteers. There are also three ma-

jor events a year for which the director would be responsible for coordinating a team of volunteers. Pancakes in the Park (or community league day) on the 3rd Saturday in September, the Gingerbread Workshop in late November and Farley McKenzie Day in February.

There are many other activities and events that could be offered - we just need a Program Director, ideas and volunteers to organize and support.

Anyone interested in the position of Program Director, or in leading a particular program area, please contact [president@avonmore.org](mailto:president@avonmore.org) or [vicepresident@avonmore.org](mailto:vicepresident@avonmore.org)

## Avonmore Community League Membership

We are coming up on our annual Membership Drive which occurs in August/September, and we will be looking for volunteers to canvas the Avonmore neighbourhood. It is a great way to socialize and meet your neighbours. 2020/2021 memberships are now on sale, and can be purchased from Dairy Queen (76 Avenue & 75 Street), at Avonmore Community League events and programs, at our

Community league Day in September, or online at [efcl.org/membership](https://efcl.org/membership).

Why become an Avonmore Community Member? Some of the benefits include: FREE access to community rinks, FREE swimming at select pools, discounted passes to City of Edmonton facilities, access to community sports teams, and more. Visit our website for more information: [www.avonmore.org](https://www.avonmore.org)

## Avonmore Book Club

The Book Club continues to meet monthly either online or outdoors. New members are

always welcome. Contact Anita at [president@avonmore.org](mailto:president@avonmore.org) for details.

Avonmore Playschool

With restrictions lifted and new guidelines to follow, the Avonmore Community Playschool will be opening up registrations again starting in July, but the teacher will be away until mid-August to answer any questions. This year we will be running only 2 classes: A Monday, Wednesday & Friday Class and a separate Tuesday & Thursday Class. If you are interested in one of the limited spaces, please email playschool@avonmore.org and leave a message or if you are ready to register right away, go on the

Avonmore website and download a registration form and leave it in the Mailbox at the Avonmore Community Hall with your registration check. Because of limited spaces, the spots will be on a first come first serve basis and I will be contacting everyone who has registered before August 14 th to give you a copy of our guidelines and go over what classes will look like. We will start with an outside family meet and greet on September 14 th , with classes beginning on September 16 th . Have a great summer!

Things That Are Open - Promoting Local Business

The online portal, thingsthatareopen.com, will help enhance the exposure of the businesses and organizations during this tough time. It's a product of Lift Interactive Inc. and the Jim Pattison Broadcast Group (JPBG). The site features a directory and 'good-news-stories'. Businesses can enter their information at no cost. In response to a request from community leagues, businesses

can now enter the name of the league where they are located and/or the areas and leagues that they serve. When you need a service or product you can search the site by the service that you need and by the name of the league where you live. It's a double win - you get the service you need and local businesses survive and thrive.

Outdoor Soccer Program

Soccer season has started. Our U5 and U7 teams are in a cohort with Ottewell. U5's have been playing on Tuesday and Thursdays at Avonmore and U7's are playing

on Monday and Wednesday at Ottewell. We also have a U13 boys team that has been cohorted with a Storm and ESEA team.

Neighbourhood Renewal and Park Paving

Park Paving will return this summer to complete repairs to the work they did under the Neighbourhood Renewal Project. All

damage reported last summer and since has been documented and shared with the City and Park Paving

Nextdoor App

A new app called Nextdoor has recently been launched in Avonmore. Nextdoor acts as a virtual neighbourhood hub designed to grow trust and kindness in our neighbourhood. It's a place-based app (you have to be an Avonmore resident to be part of our neighbourhood group) where you can keep informed about things relevant to our neighbourhood, ask questions, connect with neighbours with similar interests, offer your skills and ideas, and help Avonmore grow its reputation as one of the most neighbourly neighbourhoods around! While Avonmore's Facebook Chat group meets many of the needs of our community, Nextdoor provides a few additional benefits, all in one place:

- Your private information isn't shared - people that have chosen not to use Facebook

for this reason can be part of the Avonmore neighbourhood conversation

- There's a help/asset map where members can identify skills and helpful things they are willing to do for others in the neighbourhood
- Members can create subgroups - this is great for connecting neighbours on the same block, or people who share similar interests (knitting group, families with children under 5, ultimate frisbee fanatics, etc)
- Local businesses get the opportunity to advertise to nearby neighbourhoods - Facebook posts ads from around the world
- You can send messages out to everyone in the neighbourhood in an emergency
- If you're already on Nextdoor, invite your neighbours to join. If you'd like to learn more, check out <https://about.nextdoor.com/ca-en/> or email Wendy at [ace@avonmore.org](mailto:ace@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. Other groups include: "Avonmore Parent & Tot", "Avonmore Garden Club" and "Avonmore Concert



Series". 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: avonmore league

Avonmore Hall Reopening

The Avonmore Community will not be reopening for community use and/or rentals for several weeks. Updates and notice for reopening will be posted on the website and on social media pages. Community halls have been included under Stage 2 of COVID

19 reopening. However, there are numerous safety precautions and procedures that must be followed. It will take us some time to determine how to implement these procedures. Occupancy rates will also be reduced to allow for safe physical distancing.

Planning Committee Recruitment

Do you want to have a say in future construction and development in Avonmore? If so, the Avonmore Planning Committee would love to have you as a member. With the LRT we can expect big changes and redevelopment in Avonmore. We are looking for residents with diverse backgrounds to help shape future development in Avonmore. The Planning Committee works with the Civics Director and Executive Board to:

- Understand the types of development residents do and don't want to see in Avonmore.
- Work with Developers to influence construction projects.

Collaborate with Edmonton's Planners on projects that impact Avonmore Residents

- Address issues with parks, roads, sidewalks, and drainage.
- Keep track of development in and around Avonmore
- Develop and update community plans

The only requirement is an Avonmore Community League membership and 1-2 hours per month. If you are interested in learning more, please contact our Civics Director (Bryan) at [civics@avonmore.org](mailto:civics@avonmore.org).

Neighbourhood Watch

Edmonton Neighbourhood Watch is a passive program to help build safer communities. Watch this section for simple and easy tips on how to increase the security of your home.

**Windows**

- Close and lock all windows when you are not at home.
- Consider replacing ordinary window glass with tempered, laminated, or wire-reinforced glass or with plastic.

Install anti-lift, anti-slide devices on sliding aluminum frame windows.

- Keep windows and doors clear of all obstructions such as large bushes and shrubs.
- Basement windows are often an easy target. Security bars are a great visual deterrent. Or install anti-lift, anti-slide devices. Make sure that whatever device you use has a quick release mechanism in case of fire.

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## COMMUNITY LEAGUE BOARD



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Hall Rental	Maria	780 984-6839
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Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Marzena	780 909-5886
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building and Grounds	VACANT	
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	<b>Lyris</b>	
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 7:00 p.m. - Sept - June

**Capilano Community is on Facebook "Like Us"**

**Check us out on Instagram @capilanocommunity**

## Choose Capilano Hall for your 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, wood flooring, and all amenities are available to make any event special. With the new COVID restrictions based on Alberta Health recommendations, we are only able to accommodate events of 25 people or less to ensure the 6ft physical distancing requirements. Additionally, the hall will provide disinfectant for cleaning after your event, but will not provide PPE or hand sanitizer. 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 capilanocl.ca.

## Capilano Community Memberships

Capilano Community Memberships are available for the 2020/2021 season after July 1, 2020.

Family \$20.00

Senior couple \$10.00

Single \$10.00

Need a Capilano Community Membership? Contact Jean at 780-863-0914.

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

--Servus Credit Union, Capilano Mall #110, 5615 - 101 Avenue (Cash only). Note: \$5.00 fee attached to the purchase.

--SEESA (South East Edmonton Seniors Association), 9350 - 82 Street. Available at front desk during business hours (Cash only). Note: Currently closed due to COVID.

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

## Outdoor Community Concert

Members from the Edmonton symphony orchestra will be performing an outdoor 60-minute concert in our community.

**Date/Time:** August 15 at 4 p.m.

**Location:** In the crescent of 109B avenue.

Please bring your chair and enjoy some live music.

Concert attendance is by donation.

**CAPILANO COMMUNITY LEAGUE**

### Capilano Community Coloring Contest

**Draw a picture...of what Capilano Community/your Neighbourhood means to you.**

**Anytime after July 6, email in a photo/scan of your drawing to [zena823@shaw.ca](mailto:zena823@shaw.ca) with your name, age and phone number.**

**All entries will be entered in one of two draws for prize baskets.**

**There are two age groupings:  
3-8 years and 9-15 years - one draw for each group.**

**All entries must be received by August 23.  
Limit of one entry per child.  
Winners will be announced at the end of August.**

**By submitting an entry into this contest you are providing permission for CCL to post the picture on Capilano Community's Facebook page or website.**

**We look forward to seeing your drawings!!**

**CAPILANO COMMUNITY LEAGUE**

### CAPILANO COMMUNITY WORD SEARCH CONTEST

**CAPILANO**

## AND THE WINNER IS...

# GRACE QUINLAN

*Thank you to everyone who submitted an entry. Hope you all had fun playing!*

**PARK PLAY 2020**

Join the Edmonton Federation of Community Leagues for..

Leaders will be situated at a park near you to provide play opportunities four days a week!

**When?** July 13th - August 27th

**Where?** Capilano Park- Meet at the Green Shack!  
10810 54 St NW

**Who?** 8-12 year olds

**Program Hours**

**MONDAY- THURSDAY**  
1:30 PM- 3:30 PM

**EECL**



## 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 quote 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 varies but in general is approximately 2 hours/week. This is a board position, so the Building and Grounds Directors is expected to attend regular board meetings (3rd Wednesday of from Sept-Nov, Jan- June). If interested or have questions please contact Kris at K\_cramer@telus.net or 780-720-9003.

## CCL Program Director Needed!

This volunteer position is responsible for visioning and coordinating non-city community programs the Community League. This includes our fitness, seniors, children's programs and whatever you dream up that aligns with our league! Don't worry - while you will be overseeing the programs you will work with other volunteers to implement the programs. As a

new volunteer position for the league, you have the opportunity to shape the role and to have a significant voice in the programming that makes our community vibrant, active and fun. As an added bonus, you get to work with our existing and amazing community volunteers. If interested or have questions, please contact Kris at K\_cramer@telus.net or 780-720-9003.

## Capilano Community Seniors Raffle – Winner!

Thank you everyone for entering the Capilano Community Seniors Draw. It was great receiving so many entrants!

And amazing to hear how long some of our residents have lived in this great neighbourhood of Capilano. We have had entrants who have lived here for 20 years and some for 63 years! Imagine the changes that person has seen!

We can only have one winner, but all the entrants will be getting a free Community League membership for participating and sharing your time lived in Capilano.

The Capilano Community League would like to congratulate Mr. John E. For winning our Capilano Seniors contest! He has lived in Capilano for 48 years! Thank you to all that participated!

## Capilano Tennis Summer Camps and Lessons

Capilano Tennis is offering children/youth summer camps and adult lessons. Summer camps are:

--Red ball (5-8 years) 1/2-hour lessons for 4 days MTWT - limit of 4 participants  
--Orange Ball (9-11 years) 1-hour lessons for 4 days MTWT - limit of 4 participants  
--Green Ball (12-18 years) 1-hour lessons for 4 days MTWT

Cost: \$40 member \$50 non-member  
Adult Group Lessons offered are:  
6 lessons over a 6-week period for both novice and intermediate levels  
Cost: \$60 member, \$70 non-member  
Private Lessons are available: \$40 member, \$50 non-member - one-hour lesson  
Registration: go to <https://capilanotennis.ca/>  
For information, email [ctccamps@gmail.com](mailto:ctccamps@gmail.com)

## Capilano Playschool – Register for 20/21 School Year

Capilano Playschool is accepting registrations. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days a week. Classes are for 3 and 4-year olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street). For more information on our parent cooperative playschool, or to get a registration package, please contact Bethany at 780-802-9307 or [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.com); check out our website [www.capilanoplayschool.com](http://www.capilanoplayschool.com); or find us on Facebook! Hurry as space is limited!

## Total Body Fitness is Outdoors!

Your strength and cardio class is being offered outside! This is a strength and cardio focused workout, everything can be adapted and modified and so every fitness level is welcome!

Classes are held on Tuesdays and Thursdays at 6:45 p.m. and 8 p.m.

There are 12 spots per class, and they sell out quick!

These classes are COVID compliant - pylons are placed at 12-foot intervals, and everything touched is sanitized before and after each workout. We will be outside for as long as possible.

## Keep informed!

To keep up to date on the current status of Capilano Community (CCL) facilities, events, and programs, please monitor the following:

### Fall Class Dates:

Tuesdays and Thursdays from Sept 8/10 – Oct 27/29 (8 weeks)

Costs: \$80 for one day a week, \$160 for two days a week for CCL members.

\$88 for one day a week, \$176 for two days a week for non-CCL members.

Sorry no drop ins or 5 passes available currently due to COVID.

For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or call 780-221-9857 or visit @lisashortenfitness on Facebook or Instagram.

--CCL website at [capilano.ccl.ca](http://capilano.ccl.ca)  
--CCL Facebook page (search Capilano Community League)

## Karate at Capilano Community Hall

Young or old, it's never too late to be a karate kid! Learn from one of Western Canada's senior instructors of Goju Ryu Karate. A 5th degree black belt instructor with international certification and decades of instructional experience. Get active, do something new. Traditional martial arts in a recreational setting.

**Where:** Capilano Community Hall (10810-

54 Street)

**When:** Every Wednesday evening

**Times:** Youth/ Family class: 6-7 p.m., Adult class: 7-8 p.m., Kobudo 8-9 p.m.

**Cost:** \$30/month for one; family rates available.

For more information, visit [kaizendojo.ca](http://kaizendojo.ca) or email [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca)

## Fall Tai Chi Chih Class

**Start:** Six-week class begins: Monday October 19, 2020

**Day/time:** Mondays from 12:00 p.m. – 1:00 p.m.

**Location:** Capilano Community Hall (10810-54 Street)

**Cost:** \$80

Tai Chi Chih is an ancient mind-body art form known for its healing and rejuvenating effect. This series of 20 energizing move-

ments is an effective form of moving meditation. Benefits can include improved mental and physical well-being, improved balance, increased energy, and relief from pain and stress. Class is suitable for all ages and abilities.

Contact: Sharon Melvin (Accredited Tai Chi Chih Instructor) at 780-288-2004 for more information and to register, and check out [www.relaxwithtaichi.com](http://www.relaxwithtaichi.com).

## 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 changeable sign located at the intersection of 65 St and 108 Ave.

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

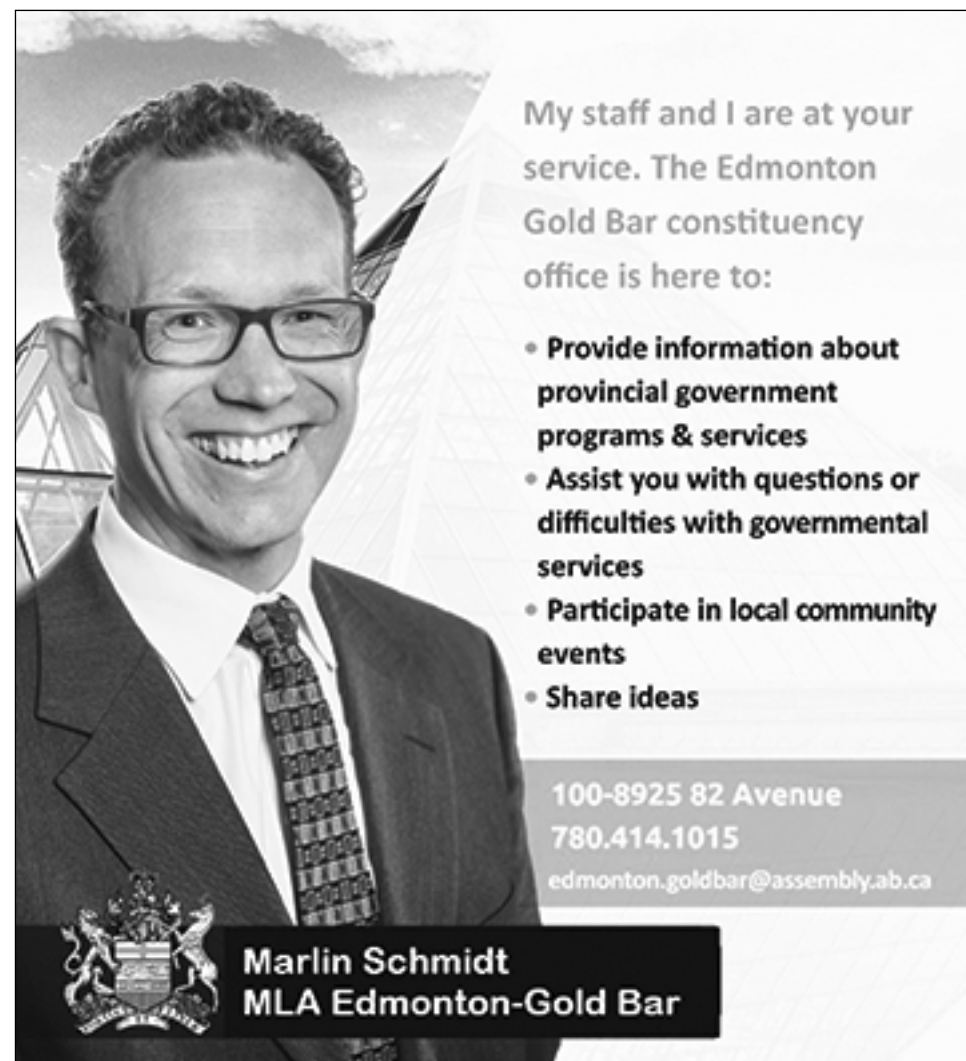
Small business/commercial advertising -

\$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!



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

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

100-8925 82 Avenue  
780.414.1015  
[edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)

**Marlin Schmidt**  
MLA Edmonton-Gold Bar

## Community League Board

Position	Name & E-mail
President	Name: <b>Darryl McGavigan</b>
	Email: <a href="mailto:president@cloverdalecommunity.com">president@cloverdalecommunity.com</a>
Past-President	Name: <b>Reg Kontz</b>
	Email: <a href="mailto:pastpresident@cloverdalecommunity.com">pastpresident@cloverdalecommunity.com</a>
Vice-President	Name: <b>Michelle Roy</b>
	Email: <a href="mailto:vicepresident@cloverdalecommunity.com">vicepresident@cloverdalecommunity.com</a>
Secretary	Name: <b>Braden Sustrik</b>
	Email: <a href="mailto:secretary@cloverdalecommunity.com">secretary@cloverdalecommunity.com</a>
Treasurer	Name: <b>Lindsay Ceminchuk</b>
	Email: <a href="mailto:treasurer@cloverdalecommunity.com">treasurer@cloverdalecommunity.com</a>
Civics Director	Name: <b>David Bourne</b>
	Email: <a href="mailto:civicsdirector@cloverdalecommunity.com">civicsdirector@cloverdalecommunity.com</a>
Folk Festival Liaison Director	Name: <b>John Zabos</b>
	Email: <a href="mailto:folkfest@cloverdalecommunity.com">folkfest@cloverdalecommunity.com</a>
Communications Director	Name: <b>Kat Vereschagin</b>
	Email: <a href="mailto:communications@cloverdalecommunity.com">communications@cloverdalecommunity.com</a>
Social Director	Name: <b>Bob Zukerman</b>
	Email: <a href="mailto:socialdirector@cloverdalecommunity.com">socialdirector@cloverdalecommunity.com</a>
Program Director	Name: <b>Michelle Kohl</b>
	Email: <a href="mailto:programdirector@cloverdalecommunity.com">programdirector@cloverdalecommunity.com</a>
Membership	Name: <b>Marilyn Mucha</b>
	Email: <a href="mailto:membership@cloverdalecommunity.com">membership@cloverdalecommunity.com</a>

We are committed to serving our community with energy, enthusiasm, inclusivity, and positivity. We are dedicated to strengthen community ties between neighbors and those in surrounding areas. We believe that a strong, unified, vibrant community is a healthy community and look forward to seeing everyone out and about! Please say hi and chat if you see us!

## 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)

## Fall Big Bin Event (Date TBD)

Date: To be determined- We will keep you posted!

Materials accepted at no cost:

- Couches, chairs, mattresses and other household furniture items too large for curbside pickup
- Fridges, freezers, washers, dryers and other large household appliances (will be recycled)
- Computers, televisions and other household electronics (will be recycled)
- Tires and scrap metal (will be recycled)
- Yard waste, including branches no longer



than 1.2 metres (4 feet) by 0.75 metres (2.5 feet) in diameter

## Casino Night 2020!

**September 15/16, 2020**

Cloverdale Community League is scheduled for a casino event on the dates of September 15 & 16 / 2020. The event will be held at Casino Edmonton (Argyll) 7055 Argyll Road.

Volunteers are needed to fill 24 spots per day. All the shifts will only be about 6 hours long. All help is appreciated and will benefit our whole community.

Please go to: <https://signup.com/go/fyzHEdE> and it will take you to a sign-up sheet. Pick out the shift that you would like and fill out the required information.



As the casino approaches Bev Bennett, Casino Chairperson will contact you. She can be reached at [beverlyjoanbennett@gmail.com](mailto:beverlyjoanbennett@gmail.com) for any questions or concerns.

## Volunteers needed / Cloverdale Community League

Want to get involved in your community? Be a part of a dynamic, energetic team? Love your neighborhood? Email us! We have volunteer positions available!

Facilities Management Position

Gallagher park committee  
Valley Line LRT committee  
And many more!

Email us at [communications@cloverdalecommunity.com](mailto:communications@cloverdalecommunity.com) if you'd like to get involved!

## Abundant Communities Edmonton

Abundant Community is based on the belief that every individual in a neighbourhood has a contribution to make, and uncovering, sharing and the harnessing of those contributions creates neighbourliness, and also addresses issues as diverse as social isolation, crime, and physical and mental health. The notion is at the same time ridiculously commonsensical and ridiculously powerful." ~Mary Sturgeon, Make Something Edmonton

### The benefits to Cloverdale Community...

- Advances household connection and belonging on each block and within the neighbourhood as a whole
- Helps to shape neighbourhood life according to resident's vision for the neighbourhood

-Facilitates neighbourliness by linking residents to groups, existing and newly formed, within the neighbourhood

-Builds the capacity of the neighbourhood to collaborate with the municipality.

Are you interested in becoming a Block Connector or learning more about it? Please e-mail:

[ACE@cloverdalecommunity.com](mailto:ACE@cloverdalecommunity.com) and we will be happy to talk with you about the program.

Go to The City of Edmonton webpage for more information:

[https://www.edmonton.ca/programs\\_services/for\\_communities/abundant-community-edmonton.aspx](https://www.edmonton.ca/programs_services/for_communities/abundant-community-edmonton.aspx)

## The Bread Truck

### By Popular Bakery

9:00- 10:00am outside of the Cloverdale Community League Hall  
What's on the truck? Freshly baked breads and pastries!  
Cash and E-Transfer only



## Get in Get in touch! We would love to hear from you!

Please check us out on Facebook at Cloverdale Community League and our new website will be live soon! [www.cloverdalecommunity.com](http://www.cloverdalecommunity.com)



## Community League Board

<b>President/website</b>	Curtis	President@forestterrace.org
<b>Vice-president</b>	Kathleen	VP@forestterrace.org
<b>Secretary</b>	Allison	Secretary@forestterrace.org
<b>Treasurer</b>	Amber	Treasurer@forestterrace.org
<b>Hall Rental</b>	Tina	Hall@forestterrace.org
<b>Maintenance</b>	Simon	Maintenance@forestterrace.org
<b>Programs</b>	Sarah	Programs@forestterrace.org
<b>Rinks</b>	Scott	Rink@forestterrace.org
<b>SECLA Rep</b>	<b>VACANT</b>	SECLA@forestterrace.org
<b>Soccer</b>	Anj	Soccer@forestterrace.org
<b>Babysitting</b>	Anna	Babysitting@forestterrace.org
<b>Casino</b>	Anna	Casino@forestterrace.org
<b>Grants</b>	Jane	Grants@forestterrace.org
<b>Memberships</b>	Sonya	Memberships@forestterrace.org
<b>Signs</b>	Anj	Signs@forestterrace.org
<b>Newsletter</b>	Kerry	Newsletter@forestterrace.org
<b>Events</b>	Molly	Events@forestterrace.org
<b>Civics</b>	Yvonne	Civics@forestterrace.org
<b>Marketing</b>	Joanne	Marketing@forestterrace.org
<b>ACE</b>	CoraLee	ACE@forestterrace.org
<b>Nbrhood Watch</b>	Madison	Madison@forestterrace.org
<b>Garden</b>	Amber/ Francois	garden@forestterrace.org

## Pandemic update

The Forest Terrace Heights community hall is open for rentals, with the restrictions put in place by the government, including limits on number of guests, distancing requirements and sanitization protocols. For amenities and

rates, visit forestterrace.org. Contact hall@forestterrace.org with questions.

We're still evaluating plans for fall programs. Keep an eye on our Facebook page for updates.

## Supportive housing development proposed for Terrace Heights

The City of Edmonton is proposing the development of a medium-rise apartment building near the skate park in Terrace Heights. It will offer up to 50 units of supportive housing, which the city says is a proven and cost-effective way to provide people who have experienced homelessness with the support, safety and stability they need through on-site staff and wraparound services provided through Homeward Trust.

There are already more than 800 units of supportive housing throughout Edmonton, but more than twice that many people experiencing homelessness.

Our mission as a community league includes being a liaison to all community members and the City as well as being inclusive to all community members. We will continue to remain engaged and assist where possible to ensure any new developments are well integrated into the community.



We encourage you to learn more about the development and provide your feedback directly to the City of Edmonton at [https://www.edmonton.ca/programs\\_services/housing/terrace-heights.aspx](https://www.edmonton.ca/programs_services/housing/terrace-heights.aspx). If you have questions or concerns about the community league, please reach out to us directly at info@forestterrace.org.

## Travelling Tiny Farmers Market

For the past few weeks, we've had an exciting new addition to our neighbourhood on Saturdays. The Tiny Travelling Farmers Market brings fresh bread, pastries, local organic eggs and B.C. fruit for a stop at the community hall from 12:30 to 1 p.m.

You can order ahead from The Bread Truck at [getbread.ca](http://getbread.ca) or just try whatever is available. Drop by for some distanced fun and community.



## Nominate-a-Neighbour Bouquet Winner

Olivia, Brandon and Arthur nominated their neighbours, Marie and Brian, to receive the community league's flower bouquet. Olivia reports that their neighbours, though retired, are always up early to clear their block's sidewalks after a snowfall. This act of kindness makes the morning rush to work just a little bit easier.

Has a neighbour reached out to you or made a difference on your block? If so, email Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org) or leave her a voicemail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour Bouquet. Please include your



contact information so Sonya can ask what makes your neighbour special.

## Great season in the garden

Thanks to all our community gardeners for making this a great growing season. As the summer comes to an end, please remember to harvest your plot.

Want to be more involved? Join us for our

annual general meeting, either at the community hall or via Google Meet on Oct. 20 at 6:30 p.m. For more details or to get on the waiting list for a plot next year, please contact [garden@forestterrace.org](mailto:garden@forestterrace.org).

## La Colombe

Centre d'Apprentissage de la Petite Enfance



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

Telephone : 780.757.1123

La Cité Francophone

[centre.lacolombe2@gmail.com](mailto:centre.lacolombe2@gmail.com)

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

## Membership benefits

Membership in the Forest Terrace Heights community league comes with a host of benefits, including discounts at several local businesses. For a full list of perks, visit [forestterrace.org/membership](http://forestterrace.org/membership).

A family membership is just \$30; individual memberships are \$15; seniors pay \$10; and, if you're new to the area or have never had a

membership before, your first year is free by contacting our membership director Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org) or 780-463-1613. You can buy a membership at [efcl.org](http://efcl.org); 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.



# Fulton Place

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

## Board Members

Mike  
President  
[president@fultonplace.org](mailto:president@fultonplace.org)  
7808867794

Miles  
Vice President League Affairs  
[vpleagueaffairs@fultonplace.org](mailto:vpleagueaffairs@fultonplace.org)  
7809515253

Gavin  
Vice President Civic Affairs  
[vpcivicaaffairs@fultonplace.org](mailto:vpcivicaaffairs@fultonplace.org)  
7805041896

Jeff  
Treasurer  
[treasurer@fultonplace.org](mailto:treasurer@fultonplace.org)

Facilities  
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Joshua  
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Sherry-Lynn  
Hall Rental  
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Miles  
Seniors Liaison  
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Ruth  
Babysitting Registry  
[babysitter@fultonplace.org](mailto:babysitter@fultonplace.org)

Sherry  
Director  
[sherry@fultonplace.org](mailto:sherry@fultonplace.org)

Krystina  
Director  
[krystina@fultonplace.org](mailto:krystina@fultonplace.org)

Fulton Place Garden  
[fpcgcontact@gmail.com](mailto:fpcgcontact@gmail.com)

## Fulton Place Local Business Directory

At Fulton Place Community League we believe in buying local whenever possible.

If you own a small business in Fulton Place, or live in Fulton Place and own a small business elsewhere, we invite you to submit your business information to us. We will feature it on our website business directory and remind our social and email followers to consider buying goods & services from our neighbours and community.

Please email to [info@fultonplace.org](mailto:info@fultonplace.org):

Your name, first and last.

Your business name.

The service or product you offer.

A short, 2 or 3 line summary of your business- who you are and what you do.

Your preferred contact information.

Your address, which we will not publish unless it's a part of your business contact. We will use this as proof of your residency in Fulton Place.

**AGM** The Fulton Place Community League held their annual bin event on June 20th, and it was a success once again. We had approximately 55 people dispose of 80 cubic yards worth of household waste this year. Our re-



purpose area was once again a success, we are grateful that so many people can make use of used items provided by others; one man's trash as the saying goes. In lieu of our community garage sale we held a small plant swap, and some happy residents were able to take plants home that day as well.

**Thanks to all that continue to make this event a success each year!**

To our community members wanting to offer support to others who are self-isolated or

quarantined we certainly encourage residents check in with your neighbours, particularly those who are vulnerable or have mobility issues.

**Check out the Fulton Place Facebook page,** and the group 'FPCL Neighbours and Volunteers' to leave a message regarding COVID-19 issues in our community & to request some help or ask who may require it. You can link to this group via the top banner on our Facebook page



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# Gold Bar

4620 - 105 Avenue  
goldbarcl.com

## Gold Bar Executive

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

WE NEED YOUR HELP!! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU ! 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.

## Bingo

Bingos have now resumed, and we are looking for workers to help out. Funds raised from these bingos are used to fund community events, and our lovely hall.

### Fort Road Bingos:

Tuesday, September 15 afternoon/evening events

Sunday, November 1-afternoon/evening events

### Parkway Bingos:

Friday, August 28-evening/late night events

Monday, September 7-afternoon only

Sunday, October 4-evening/late night events

Tuesday, November 3- evening/late night events

If you are interested in helping out, please call Lorie @ 780-447-1110.

## CONTEST TIME!!!

Buy your Gold bar Community Membership to be entered into a monthly draws! You can win a \$20.00 gift card to Blues Java. One win per membership/year. You can pick up your membership at Blues Java, All Care

Pharmacy, Seesa or contact Amy 780-668-6836. Make sure to have all the current information on your membership. We will be drawing a winner monthly from everyone that has purchased a current membership.

## Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands and kettlebells. All ages and all fitness levels are welcome. Social distancing and cleaning will be practiced.

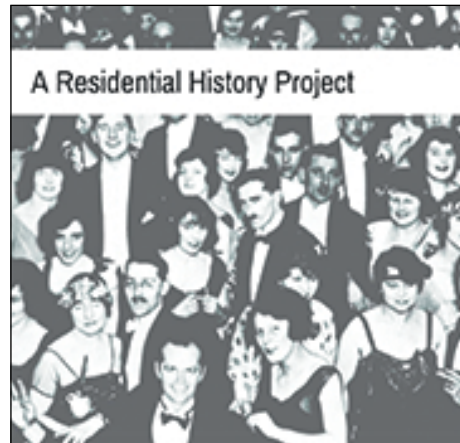
Sundays 7-8pm. This session runs Sept

6-Oct 25 (no class Oct 11) 12 people maximum

Contact Lisa to register or with any questions.

Sundays \$70. Sorry no drops in (thanks covid)

Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com



## Gold Bar Hall

Gold Bar Hall has reopened for rentals and events!

Some restrictions apply; no more than 50

people indoors and social distancing must be practiced. Please contact goldbarhallrentals@gmail.com for more info!

## Mom and Me Fitness Class

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn, the kids must be able to stay in your taped square on the floor. Bring a yoga mat, water, and anything your kids need. People without kids are also welcome to join.

This class runs Thursdays from 930-1030am at Gold Bar Community Hall. 8 people maximum

This session runs from Sept 8-Oct 29 although you're welcome to join anytime. We will be outdoors for as long as the weather permits.

Contact Lisa to register or with any questions.

Thursdays \$90. Sorry no drops in (thanks covid)

Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

## Yoga At The Hall

Tuesdays: 9:45 am - 11:00 am

Wednesdays: 8:00 pm - 9:15 pm

Cost: \$80 for 8 classes

Social distancing and other precautions will be practiced

Instructor: Nancy Conlin  
nancy\_conlin@hotmail.com



## Community Fun Day is cancelled this year. See you next September!



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Workshop registration available online.  
Stay tuned for more classes!  
LittleBlueFibreStudio.com

6718 101 Avenue NW  
(Across the street from the Capilano library)

587.498.2395  
info@littlebluefibrestudio.com





## Holyrood Community League Contacts

President	Larissa	president@holyroodcommunity.org
Vice President	VACANT	vicepresident@holyroodcommunity.org
Treasurer	Claire	treasurer@holyroodcommunity.org
Secretary	VACANT	secretary@holyroodcommunity.org
Programs	Kelly	programs@holyroodcommunity.org
Sports & Fitness	VACANT	sports@holyroodcommunity.org
Memberships	Jessica	memberships@holyroodcommunity.org
Facilities & Grounds	VACANT	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	Jaime	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
Director-At-Large	Laurie	

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League

Purchase memberships through [efcl.org/membership/](https://efcl.org/membership/)

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

## COMMUNITY LEAGUE DAY - SEPTEMBER 19th



Please join us on September 19th for this year's socially distant community league day! We will have the Big Bin event that you have all come to know and love, as well as a few

other fun surprises - more details will be forthcoming on our social media channels and website closer to the date.

## HOLYROOD GARDENS/LRT CONSTRUCTION

Have you noticed trucks or heavy vehicles from the construction site at Holyrood Gardens or LRT build driving through the neighbourhood? If you can, take a snapshot, note

the date, time & approximate location, and email [civics@holyroodcommunity.org](mailto:civics@holyroodcommunity.org) or [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org). We are currently working on a file of infractions.



## HOLYROOD MAGIC ROCK s c a v e n g e r h u n t

10 magical rocks have been placed in public greenspaces around Holyrood. Find all 10 and post your selfies with the rocks to our Facebook event, and you could WIN!

## HOLYROOD COMMUNITY SCAVENGER HUNT!

"The rocks you put out there are gifts. Let them go and be a gift to make someone's day."

There are 10 rocks hidden in the public greenspaces in Holyrood. If you find one, take a screenshot and post your pic to our facebook event. The people who find all 10 rocks will be entered to a draw for gift cards. The contest will run until the end of August.

### RULES:

1. DO NOT move the rocks, do not put them in different places than where you found them.

2. Take a selfie with the rock, if you pick up

the rock to do so, please put it back as close to the finding spot as possible, and be sure to sanitize your hands before and after touching the rock.

3. Post your selfies/photos to the facebook event on the Holyrood Community League page, or email the photos to [communications@holyroodcommunity.org](mailto:communications@holyroodcommunity.org)

4. All entries must be submitted prior to September 1st.

"If you find a magic rock, leave it where it lay, Then you can find it the next time you come to play!"

## HOLYROOD COMMUNITY GARDEN

The Holyrood Community Garden Committee( has been working towards building a community garden! The hope is to partner with SEESA and build a garden in front of SEESA's building. Currently, due to COVID-19; SEESA remains closed. The committee is unable to proceed with building the garden on the SEESA site until SEESA is fully operational and in a position to proceed with the project.

In the meantime, the committee worked hard to complete the application to receive permission to construct the garden (once we are able to resume the project). We are excited to let you know that we have received our approval, and are another step closer to our dream - The Holyrood Community Garden!

After all that paperwork, everyone got down to what they really love - getting their hands dirty! The committee received approval to construct a pop-up garden at the Holyrood Community League hall and rink shack. The committee planted into the existing empty beds in front of the mural wall on the hall as well as in the beds on the East and West side

of the rink shack. The plantings replaced the previous weeds helping to beautify and finalize the beds that were put in over 10 years ago - when the sidewalk renewal was done. The committee also planted several planters along with the beds.

A variety of food and flowers were planted to provide visual interest and raise awareness of the garden project. Last September, the garden committee partnered with Operation Fruit Rescue Edmonton to hold a Neighborhood Apple Cider Crush. With this project; HCG plans to explore new partnerships to ensure zero waste of any food grown in the garden.

The committee would love to hear from you! If you would like to voice your support for this project, or if you have any questions, concerns or comments; please email us at [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org). Please also consider joining our Facebook Group - Holyrood Community Garden <https://www.facebook.com/groups/HolyroodCommunityGarden/> for more garden related information and project updates.

## YOUR HOLYROOD COMMUNITY LEAGUE BOARD

The board is on break until September, but that doesn't mean that we're far from our email! Reach out to us via social media, or the website, or check out the email list posted every issue of South East Voice, to reach out and contact us!

We are still seeking to fill some vacant positions on the board, if you're interested,

please reach out to our President, Larissa [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org). The positions that are vacant are:

- Secretary
- Facilities & Grounds
- Vice-President
- Sports & Fitness





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HOLYROOD DEVELOPMENT COMMITTEE UPDATES



Holyrood Gardens: Regency Seeks To Upzone Holyrood Gardens Site Again

On July 13th, 2020; The Holyrood Development Committee learned from Regency Developments that the company is intending to apply to upzone the Holyrood Gardens site again. This comes only 2 years after the site’s last upzoning was approved in June 2018.

Regency’s pre-application letter was sent to the Holyrood Development Committee only 2 days prior to it arriving in residents who reside within 200m of the site. The vague letter stated that it “captured the highlights” of the forthcoming application but it provided little detail of the actual proposed changes. The letter, sent on behalf of Regency by DER and Associates, stated that they plan to seek a 37.5% increase in density on the site; increasing the total number of units from 1,200 to 1,650. There was no mention of anything that would accompany this type of substantial density increase; such as increase to affordable housing, amenity contributions or housing geared towards families.

The letter also stated Regency will seek to include The City of Edmonton’s policy on Open Option Parking. Along with the inclusion of this brand new policy, Regency aims to have free rein to make changes to parkade access at egress. The HDC was disappointed to see that Regency additionally plans to remove the requirement of the Good Neighbor Agreement as well as the Transportation Impact Assessment required for the North half of the site (the TIA that is to be completed after the new Valley line LRT is fully operational). The Holyrood Development Committee has major reservations with regard to any changes surrounding transportation safety. Changes to parkade access, could affect traffic flow around the site, through the narrow alleyway behind the site and through the neighborhood. In order to ensure that the intermodal transportation safety facet is not lost, the committee felt strongly that all previous conditions surrounding transportation needed to remain unchanged. The Holyrood

Gardens’ project needs to continue to be viewed holistically.

After Regency’s less than mediocre original proposal was rejected by City Council and sent back to administration for rework, administration worked with developer and community volunteers in order to understand and take into account the unique constraints of the site, helping Regency to make the necessary adjustments that would make this redevelopment acceptable. After many months of working together the final project approved by Council in 2018, had imperfections but was a symbol of a compact between Regency and the community. Many community members were shocked by this new rezoning application and feel that it suggests that Regency’s previous discussions and agreements with the City and Community were somewhat disingenuous, and that applying for these changes represents bad faith on the part of the developer.

The HDC encouraged residents within the notification zone to write letters directing any questions, concerns and comments to DER and Associates by the date on the notification. The HDC also prepared a letter on behalf of the Holyrood Community League detailing our committee’s initial non- support of the proposed changes. The HDC suggested that the Regency team take the opportunity to meet with the committee virtually in order to provide further details and clarifications. The Strathearn Community League also submitted a letter with their feedback outlining submissions from concerned community and other stakeholders.

Any residents who are outside of the notification zone, but have concerns, are being encouraged to write to the HDC at [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org) and to cc Councilor Ben Henderson at [ben.henderson@edmonton.ca](mailto:ben.henderson@edmonton.ca) The HDC would like to thank everyone in advance for all efforts and feedback. We will continue to keep you updated as we learn more. At the time of writing this article, The Holyrood Development Committee is await-



ing a reply from Regency. Please follow the Holyrood Development Committee and Holyrood Community League on Facebook for updated information. You can also check HDC’s website; <https://holyrooddevcomm.wordpress.com/>

Holyrood Court Apartments

The HDC learned that PK Developments and Adrock Properties recently received approval to add a fifth building, with an additional 89 units, to Holyrood Court Apartments on 95 Avenue and 79 Street. The size of the site and its current zoning allows for this already, which is why no public engagement was required. The HDC did reach out to the owners in hopes of getting an early look and the opportunity to provide insights and feedback; however, we did not get that opportunity.

The new building will be four stories high and will be situated on the greenspace and parking lots that are currently in between the four older, existing buildings. The front entrance, and four ground level units, will face 95 Avenue. The building will replace the existing parking access off 95 Avenue, and all parking will be accessed from the rear lane. Parking will encompass 68 underground stalls, as well as 130 stalls at ground level. The site is well located on two major bus routes and within a short walking distance to 2 new LRT stops. It is directly across from Holyrood Park, which helps to make the loss of the private greenspace less of a concern. The majority of the building will be closer to 95 Avenue rather than the alley, which should help to make loss of privacy concerns less of an issue for adjacent landowners. Building heights, style and materials are very compatible with the character of the surrounding neighborhood. The new building will have hardie panel and vinyl siding with some brickwork.

The Development Permit had two minor variances; the first will allow some small parts of the front of the building to have a slightly smaller setback from 95 Avenue. This

helps to create some articulation and visual interest. The second allows for some smaller tree sizes to be included in the landscape. The smaller size of the trees is offset by the inclusion of 20 additional trees over and above requirements.

The Holyrood Development Committee had no concerns about the design, or the landscape plans provided by the City of Edmonton. The new building appears to be a good fit for this prime location in the heart of the community.

Please feel free to contact us at [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org) with any questions or comments.

8302 - 95 Avenue

In late 2018, Urbis Infill Homes worked closely with the Holyrood Development Committee to rezone the property at 8302 95 Avenue as a DC2. The DC2 would allow construction of a four-storey, 12-unit building. HDC supported the rezoning, as it would provide a modest “missing middle” infill with a scale that is both sensitive to the neighbourhood and located near two future Valley Line LRT stops.

After a For Sale sign came and went from the property we’ve confirmed that the ownership changed. A Development Permit has been approved to construct the building as originally approved by the zoning.

The Holyrood Development Committee reviewed the plans and have no concerns. Two of the ground-level units will have their own entrances, which will provide some activation on 95 Avenue, while the main building entrance will be on 83 Street. All parking and loading will be located off the rear lane, at ground level underneath the second floor, and screened off from 83 Street with landscaping.

The design by FarMor Architects uses high-quality and durable metal with wood accents and should add some visual interest to this part of the community.

Please feel free to contact us at [hdc@holyroodcommunity.org](mailto:hdc@holyroodcommunity.org) with any questions or comments.



## Idylwylde Community League Board

President	Kate	president@idylwylde.org
Past-President	Marcus	pastpresident@idylwylde.org
Vice President	David	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Corrina	secretary@idylwylde.org
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Programming	Sheri	programs@idylwylde.org
Membership	Michelle	membership@idylwylde.org
Garden	Lauren	garden@idylwylde.org
Facilities	Stuart	facilities@idylwylde.org
Social	Vacant	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Kamila	grants@idylwylde.org
General Inquiries	780 466 7383	league@idylwylde.org

Idylwylde.org @IdylwyldeCL Idylwylde Community League  
Purchase your membership online at efcl.org/membership  
New or know of someone new to Idylwylde? Contact our Membership chair Michelle to receive one on us. Welcome to the community, we're glad you are here!

## Fitness Infusion Class



Totally outdoor summer fitness program!!! We'll make use of playground equipment, use weights, standing core work as well as body weight moves, etc. Participants can bring weights (not mandatory but recommended) of at least 3 lbs and a water bottle.

You may also need a yoga mat or towel (we will try to give advance notice).

**Dates:** Monday the 20th of July to August 31 for a 7-week session.

Meeting Monday evenings at 7pm in front of the Community League Hall.

## Monthly Community Meetings

Our meetings have gone digital! Contact our VP if you would like an invite to our next meeting.

## Social Chair Needed

WANTED: Planner supreme with a creative flair for parties, shindigs, and general community get-togethers.

Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails. Time spent on planning and coordinating will be up to you, but the main responsibilities are things like community league day, and our winter family fun day! If this sounds like something you would be interested in, get in touch with us today!

## Cheery Tomato Community Garden

Stay connected to the community while keeping your physical distance! Our community garden is a great way to get out and stay connected in a safe way. Contact us and we'll let you know how you can be involved with our amazing little community garden as there is always room for more gardeners to join.

## SECLA Rep Needed

WANTED: Civic minded strategic thinker. Idylwylde is a member of the South East Community League Association (SECLA) and is looking for a community representative. Meetings are once a month and the position represents Idylwylde in civic engagement for the larger south east central Edmonton area.

## Hello Neighbour!

What a summer this has been! We are still being energized by stories of kindness between neighbours during all of this. This fall will see the Bonnie Doon Playschool re-open in our hall, and we are figuring out how to offer programs and gatherings in a way that meets the requirements of the local and provincial governments.

In the meantime, we're wondering how you are doing? We'd like to know...

**Do you need any help?** If you need help with errands or are finding this time hard and just want to talk, please reach out to the league. You can call/text Kate at 780-430-1531. Calling 2-1-1 is also great for learning

about resources to help with things like food, finances, and stress.

**Do you have any great ideas for community activities to do at a social distance?** If you have a cool project you'd like to lead—apply for a mini grant! The league can offer up to \$100 for supplies and will help to promote it. Just send a paragraph on what you want to do, and why it will benefit the community to league@idylwylde.org.

Please keep sharing your ideas and stories with us, we love to hear from you. Best wishes for a safe and healthy spring,

*The Idylwylde Community League Board*

## New Membership Fee

We've been talking and have been focusing on what is important for our community. It is really important to us that our activities are accessible to all within the community, and with the uncertainty of COVID times and family finances, the Community League Board has decided to make our memberships free for all of

our community members that live in Idylwylde!

Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idylwylde) will still cost the regular amounts. Please contact our membership chair with proof of residency in Idylwylde to get your membership today!

## AGM and Community League Day

We are hosting a combined AGM and Community League Day event on Saturday, September 19, 2020.

While we are still making plans, know that

they are both coming up shortly and save the date in your calendar. Check our social media for details and dates as we get things planned.

## Community Swim is BACK!

Community swim is now open at the Bonnie Doon pool Sundays from 4:15-6:15. It will run from July 25 through August 30 and is free for members! Please register through <https://movelearnplay.edmonton.ca/> to book

a slot. There will be 40 members accepted at a time, so please only book for an hour to give everyone a chance to swim. Visit [edmonton.ca/recentres](http://edmonton.ca/recentres) for a pre-visit guide and more information.

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## Kenilworth Community League Board

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Vice President	Jon	<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
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Secretary	Maren	<a href="mailto:secretary@kenilworthcommunity.com">secretary@kenilworthcommunity.com</a>
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Buildings/Grounds	Reg	please email President for direct information
Children's Programs	Jo	please email President for direct information
Grant App. Coordinator	Aly	please email President for direct information
Membership	Rebecca	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
Play School	Krista	<a href="mailto:ps@kenilworthcommunity.com">ps@kenilworthcommunity.com</a>
Publicity	Jason	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>
Rentals	Liz and Al	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>
SECLA	Kevin	please email President for direct information
Soccer (indoor)	Vacant	please email President for direct information
Soccer (outdoor)	Vacant	please email President for direct information
Social	John	please email President for direct information

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!

## Dogs Off Leash at Kenilworth Rink

Dogs off Leash application has been submitted. Awaiting more information and next steps.

## SUPPORTING LOCAL BUSINESSES DURING COVID-19

One of the cornerstones of a great community are the businesses that keep our community strong and vibrant! As many businesses struggle during this pandemic here are some ideas of how you can stay connected and support a few of our local Kenilworth and area businesses.

Anvil Coffee House – temporarily closed. Gift cards can be purchased online. Coffee beans and brewing supply delivery offered. Visit [anvilcoffeehouse.com](http://anvilcoffeehouse.com)

Frame of Mind – still open as they are a UPS drop off and pick up point. Visit [frameofmind-inc.ca](http://frameofmind-inc.ca)

Brandsma Auto – open regular hours! Call Ed 780-466-5497 to give your vehicle some TLC.

Sport Shack- Storefront closed. Open by appointment only for bike purchases and tune-ups! Visit [sportsshack.ca](http://sportsshack.ca) to book your slot

Royal Pizza – Modified hours. Sun -Thurs 11-8 Fri & Sat 11-10. Curbside pick-up and delivery available.

Yoga Within – brick and mortar studio temporarily closed. Many classes available by subscribing to Yoga Within's new YouTube channel! Follow on Instagram and Facebook! [yogawithin.ca](http://yogawithin.ca)

G & E Pharmacy – open regular hours. Curbside pickup and delivery available. Call 780-465-3608 or email [curbside@gepharmacy.com](mailto:curbside@gepharmacy.com)

We know there are many more businesses that operate in our neighborhood so please consider connecting with them and exploring how you can support them! Also, please support the local businesses that advertise in the Southeast Voice as they make this newspaper possible. Support local and help keep our businesses vibrant!

## Hall Rental Rates

The hall is closed currently due to COVID 19 however we are still accepting booking for later in the year in hopes that we might all be through this by then.

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)

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\$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, <a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a> . If email is unavailable, leave a message for Al @ 780-469-1711.	

## Hello neighbour!

Kenilworth community league sends greetings. We wanted to take the time to connect with existing members, welcome you if are not yet a member and let you know of some of the resources available to you within the community. Especially during challenging times we encourage everyone to find creative ways to stay connected with the community.

If you currently have a membership we thank you for your ongoing support of your community league! If you do not currently have a membership and would like to become a member please visit the EFCL website to purchase your membership or email [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com). Membership benefits are plentiful. Free access to Edmonton's Tool Library, discounts on rec centers and city wide programs, free skates and swims and much more as they are offered and available.

If you are new to the community please call or text Rebecca, membership coordinator at 780.982.5885 to receive your complementary membership for your first year!

There are some great opportunities for increased involvement in your community, whether it be serving as a board member, helping out with the various happenings in the community or joining your community online to help support each other or simply making new connections with neighbours. Also, stay connected through the NEXTDOOR app for desktops, laptops or phones, join and find Kenilworth Community on this application to stay in communication with neighbours and your league. This is a great way to support each other. Many people are offering services, trades and encouragement to each other especially

during difficult times. Follow Kenilworth Community League on FACEBOOK! Find and follow us there too!

### What's in it for you?

1. You have knowledge, skills, and abilities that are unique to you because of your job, personal experiences or talents. The people that live in your neighbourhood can learn from you and benefit from you! This also works the other way too! Whatever you do has a direct connection to you and where you live!

2. Increasing your involvement with your community will definitely help you feel more connected to your community.

### What is the commitment?

You decide. Choose your own adventure. If you average it out over a year, maybe a couple of hours a month if you would like to be involved with the board or programs? Maybe you just check in with your neighbours to offer volunteer services. Maybe you purchase a membership to keep your league strong and able to continue to provide programs and services when they are available. Maybe you have a creative idea for a program or way to engage the community.

For those of who who already give your time and energy to creating a strong community, thank you so much! Without the sum of us all none of it would be possible. We are stronger together.

Thank you so much! Please keep your eye out for news, events and emails from your league so you can stay connected and informed of what's happening in the community.

*All the best,  
Kenilworth Community League*

## Puppy Yoga



Puppy Yoga is coming to KCL Off Leash Dog Park.

Two sessions August 8 and August 15th.

8 puppies: 20 participants. Will you be one of the participants?

Bring your own yoga mat, your own mask, and your own hand sanitizer. Puppies are supplied.

Register using the links below.  
Registration opens 7 pm August 3rd

Supporting SCARS and supporting healthy fun activities.

Our off leash park will be closed 11 am-1 pm during the session

**Session 1:** <https://www.eventbrite.ca/e/115801482351>

**Session 2:** <https://www.eventbrite.ca/e/115803516435>





## Kenilworth Membership Event

For fun and community connection!  
September 13 1 - 3 p.m.  
2020 - 2021 memberships are on sale and valid until Aug 31, 2021.  
Email Rebecca at: [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com)  
To help with social distancing efforts and

keeping our community healthy and well, consider purchasing your membership online at <https://efcl.org>  
But do join us for our membership day for some fun!  
More details about the activities to come later.

## KENILWORTH PLAYSCHOOL

For more information or to register, please contact Irene at:  
[president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com)

## More Spray Parks open but unfortunately Kenilworth not one of them

Hours of Operation are 10am - 9pm daily.  
-Avonmore Spray Park 7902 - 73 Avenue  
-Beacon Heights (Jubilee Spray Park) 12037 - 43 Street  
-Callingwood 17740- 69 Avenue  
-Castle Downs 11520 -153 Avenue  
-Central McDougall Spray Park 10630 - 109 Avenue  
-Cy Becker Spray Park 283 Cy Becker Blvd. NW  
-Gallagher Spray Park 9411 - 97 Avenue  
-Glastonbury Park West Spray Deck 1101 Grantham Drive  
-Glengarry 13325 - 89 Street  
-Holyrood Spray 9411 Holyrood Road  
-Hudson Park Cumberland Rd. NW  
-Jackie Parker 4520 - 50 Street  
-Laurier Heights Spray Park 14405- 85 Avenue  
-Lendrum Spray Park 11335 - 57 Avenue  
-Millwoods Spray Park 2730 - 66 Street



-Montrose Spray Park 5920 - 119 Avenue  
-Poplar Park Spray Park 8403 - 167 Avenue NW  
-Queen Elizabeth Spray Park (Kinsmen) 9100 Walterdale Road  
-Rio Terrace Spray Park 15504 - 76 Avenue NW  
-Rosenthal Spray Park 1070 Rosenthal Boulevard  
-South Terwillegar Park 7170 South Terwillegar Drive  
-West Meadowlark Community League  
-Woodcroft Spray Park 13915 - 115 Avenue

## 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.

**Have a New Neighbor? Are You New to Ke-**

**nilworth?**

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 2019/2020 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.

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

## KCL Art Wall

### Our August Community Event

Cover the fencing of KCL ice rink with your art. Community members can stop, observe, and enjoy the art gallery as they walk by.

If you are a budding artist, you can share your work of Art - all ages welcome.

How to participate?

You can draw something and post it yourself. (Clear sleeves are available at the rink)

Take a picture of your work of Art and email it to [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com) and we can print and hang it.

## Senior's Events will be back

When possible again Kenilworth will be putting on its senior events again. We have planned

Dinner and a Movie

Individual Potrait Sessions

Afternoon Tea at Hotel McDonald

City Hall and Art Gallery tours

Canada Day breakfast

Dinner and Dance at Kenilworth Community League

Remembrance Day Event



We also received permission to use our funding to put towards essential items like hand sanitizer, soap, tissues or other items for seniors. Please contact us if we can help.

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\*conditions may apply



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# Ottewell

## Executive and Board Members

### Executive:

President – Corinne

Vice President – Colleen

Secretary – Sandra L.

Treasurer – Eric

Board Members:

Bingo Director – Kyla

Casino – Colleen

Hall Manager – Tim

Grants – Dillion

Big Bin – Andrew

Building Projects – Lukas

History of Ottewell Committee - We need more members!

Indoor & Outdoor Soccer Director – Cory

Summer Playground Director – Colleen

Social Team – Many OC Members

Playschool Rep – Tyler

Rink Chair – Tom

Maintenance – Frank

Membership Director – Russ

Communications – Diana

Website – Erica

EFCL Rep – Corinne

SECLA Rep – Sandra

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

Ottewell Community League

5920 93A Avenue NW

Edmonton AB T6B 0X2

## OCL Board Meetings

Ottewell has been hosting virtual meetings to connect with board, directors and volunteer members. We don't meet the month of July. Take this time to enjoy your family and recharge for the fall.

Our next virtual meeting will be on Tues-

day, August 11, at 7pm. If you would like to attend please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com). You will be sent a meeting invitation via ZOOM. We hope to have an in-person meeting in September.

## Ottewell Community League Facilities

The Ottewell Community Park is open for casual use. Please respect the Alberta Health requirements.

-Maintain two metres from others not in your household.

-Share sports or play equipment only with members of your household.

-Disinfect personal sports equipment before and after use.

-Wash or sanitize your hands frequently.

-Don't touch your face with unclean hands.

### Playgrounds

Children may find it difficult to avoid touching their eyes, nose or mouth. This can lead to the spread of the virus to playground equipment, other children and other families.

Consider visiting playgrounds only in your

neighbourhood.

Pack hand sanitizer containing at least 60% alcohol content and use it right before and right after using playground equipment.

### Keep your park clean

There are fewer City workers out there this summer. That means you might see more garbage in the cans, so, do what you can to keep your space clean for those who use it next.

**OCL will not be providing washroom access at this time.**

All City operated outdoor pools and spray parks and fountains, including the City Hall fountain, remain closed for the summer season.

Remember that four-legged friends are not allowed in the Ottewell Community Park. Please respect the City's Dog Bylaw.

## Connect Your Business to the Ottewell Community

The Ottewell Community League wants to promote local Ottewell businesses. Please consider offering discounts to OCL members when they present their current community league membership to encourage local shopping and support.

Thank you to Lightwork Consulting ([www.lightworkconsulting.net](http://www.lightworkconsulting.net)), owned by Janis

Dow. Janis does photography, art and healing work. Janis provides a 10% photography discount to Ottewell Community League members.

Do you have a business that could benefit from local support? Let us know, and we will post your info on our website and Facebook pages, and in the SEV edition.

## September Big Bin Event

The Ottewell Big Bin Event on Saturday, September 19, is provided for free to all Ottewell Community League members with a 2020/21 membership. To book your time slot, email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com). We ask that you arrive at your selected time. We encourage a maximum of 2 people per household.

We will have volunteers on site to assist with unloading your vehicle. All volunteers will be practicing physical distancing and wearing masks and gloves during volunteer shifts.

### Materials Accepted

-Household refuse

-Furniture

-Yard waste and landscaping debris

-General waste

-Recyclables

-Large appliances (fridges, freezers, stoves,

etc.)

### Materials NOT Accepted

-Commercial Waste

-Metal

-Mattresses

-Household Hazardous Waste. Please take hazardous waste to Eco Station. It will be accepted at no cost.

Memberships will be on sale on site. You can also purchase a membership at the Capilano Servus Credit Union, at the Sports Shack on 50 Street, or online via the EFCL website.

If you would like to volunteer for this event by directing traffic, unloading vehicles, or selling memberships, please email [oclbigin@gmail.com](mailto:oclbigin@gmail.com). 5 hour shifts or split-shifts are available. Please consider getting involved.

Participate in keeping Ottewell clean!

## Ottewell Community News and Information Board

Post your ideas and share your quarantine adventures with our community! OCL bulletin board, located outside the community hall, is our go-to place for neighborhood information. Whether you have lost a pet, have a service to offer, or simply want to let others know what's happening in your community, please post



your messages here.

Please use our bulletin board to communicate with all your neighbours!

## New Ottewell Rink

This summer, the Ottewell Community League is building a new rink. This process is a challenging one. Summer 2020 will be phase 1 - we will be resurfacing the concrete pad to ensure proper drainage. This will allow us to use the rink space all year long. Watch for rink fundraising events this fall and in the spring of 2021.

Please be mindful of construction in late August.

## Ottewell Hall

The Ottewell Hall is not available for rentals at this time. OCL board members are working hard to put COVID-19 procedures in place to ensure that we can provide safe access to small group programs in the fall. We will be posting hall rental requirements for future rentals and further program information on our website, [ottewell.org](http://ottewell.org).

## Volunteer with the Community League



### Why volunteer?

Volunteering allows you to connect to your community and make it a better place. Volunteering is a two-way street; it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

## Something Exciting is Happening in Ottewell

Follow us on our Facebook page to see what it is! Keep up-to-date on all the events by subscribing to email updates at [Ottewell.org](http://Ottewell.org) or by following us on Facebook at [facebook.com/OttewellEvents](https://facebook.com/OttewellEvents).

## OCL Green Space Concert



Members of the Edmonton Symphony Orchestra will be presenting a free outdoor concert in Ottewell on Wednesday, August 19, at 8pm. Bring your lawn chairs to the green space on 92A Avenue between 69th and 70th street and enjoy the music!

## OCL Bingo Events



Bingo is back! Come out to Parkway Bingo Hall on the following days:

October 5, 2020

March 14, 2021

May 22, 2021

June 11, 2021

Due to COVID-19 physical distancing requirements, only 132 customers will be allowed in the hall at any time. To check out the specifics, contact Parkway Bingo Hall. Please consider supporting your community event.

## Thank You for Your Support

The community league supports families in need through our school community. Thank you to Steve and Dan's Online Farmers Market, Soup Time, and Lacombe Fresh for working with us to support Ottewell families.

## Ottewell Cycle Club

Join the Ottewell Club on Strava at <https://www.strava.com/clubs/692283> <https://www.strava.com/clubs/692283>



## Community Safety Presentation

The Neighborhood Empowerment Team (NET) will be doing a community safety presentation in our community.

NET is a collaborative partnership between the City of Edmonton, Edmonton Police Service, The Family Centre, and United Way Capital Region. They work in partnership with communities like ours to address crime and social disorder concerns.

The all-ages community safety presentation will focus on crime prevention and reduction, with particular emphasis on how we can protect

our homes, our property, and our community.

The Youth Liaison, Lane, will also be there to connect with and engage with youth. Lane will have conversations with the youth around what makes them feel safe and unsafe in their community, and what changes could be made to make it better. Please encourage youth to come out.

Come see how you can protect your community! Bring your lawn chairs to the OCL Park on Thursday, September 17 at 7pm. We will be practicing physical distancing.

## Ottewell Community in Bloom



You have been working in your yards, providing beautiful colors for all of us on our daily walks. We would like to remind you to submit pictures of your hard work for our Community in Bloom contest!

Email a picture of your yard project to



ottewell2212@gmail.com and tell us what you did to enhance your space. We will post all winners on our website, Facebook, and the SEV pages.

Gift certificates will be provided by Ottewell Artisan Farmers Market. Shop and support local businesses.

## Ottewell Artisan Farmers' Market

<https://ottewellafm.wixsite.com/web>

The farmers' market is currently closed due to logistical issues, but the Ottewell community is working to secure a location for this market that everyone can access.

The Ottewell Artisan Farmers' Market is an Alberta-approved weekly, indoor/outdoor, year-round farmers' market. We bring a variety

of farm fresh products to you each Thursday, along with artisan foods & crafts.

Your food is coming to you directly from the grower or producer, so it's fresher, healthier, and lasts longer. Support the local farmers, producers and makers, keeping our dollars in our community.

Consider supporting and shopping local.

## Get the Farmers' Market Delivered!

These are a few vendors that have delivery service in our community.

Steve and Dan's Online Market <https://steve-anddansonlinemarket.ca/>

Effing Seafood <https://www.effingseafoods.com>

Wild Game Consultants <https://wildgame.ca/>

Confetti Sweets <https://www.confettisweets.ca>

For more information, email [market@wesa.ca](mailto:market@wesa.ca), visit us on Facebook at [facebook.com/ottewellartisanfarmersmarket](https://facebook.com/ottewellartisanfarmersmarket) or online at [ottewell.org/farmersmarket/](https://ottewell.org/farmersmarket/) or <https://ottewellafm.wixsite.com/web>

## Food Hamper and Grocery Delivery Resources

**Meals on Wheels:** <https://mealson-wheelsedmonton.org/> 780-429-2020

Will deliver meals and groceries.

**Fresh Routes:** <https://freshroutes.ca/> 780-809-1962/780-809-1962

You don't have to be in isolation to receive a hamper, but priority is given to those in isolation. Any family can order a hamper for \$15 or double size hamper for \$30. Low-income families can apply for a free hamper.

**Wecan Food Basket Society of Alberta:** [info@wecanfood.com](mailto:info@wecanfood.com) <http://www.wecanfood.com> 780-413-4525

Register for a \$5 membership. Three kinds of meat for \$15. Six kinds of produce for \$10.

**Share the Goods:** [sharethegoods.ca](https://sharethegoods.ca)

Offering delivery and hampers.

**Bag-Half-Full YEG:** <https://forms.gle/F5u4v1WNYh3vwoRv8> [baghalfyeg@gmail.com](mailto:baghalfyeg@gmail.com) Phone: 780-952-7101

Volunteers provide free, no-contact grocery delivery. Pay by e-transfer to [baghalfyeg@gmail.com](mailto:baghalfyeg@gmail.com) or cash (in envelope) upon delivery. Groceries will be left at the door.

**Edmonton's Food Bank: Phone: 780-425-4190**

Phone lines are open Monday to Friday from 8:30am – 4:00pm. We will set you up to access a food hamper and try our best to help you connect with other relevant services.

If you need assistance in accessing services, you can call or text 211.

## Ottewell Community Playschool

The Ottewell Community League Playschool has moved! We are happy to report that we will be operating out of the Ottewell Community Hall this fall. Classes will resume in Fall of 2020.

We're accepting registrations for Fall 2020. For registration inquiries, please contact Tyler, Director, at [playschoolocl@gmail.com](mailto:playschoolocl@gmail.com) or (780) 271-6846.

## Ottewell and Area New Moms' Group

Being a new mom is challenging, especially during these times. If you're looking to connect with other new moms in the area in a supportive and non-judgmental setting, join the Ottewell and Area New Moms Group. We'll meet online every second Wednesday

from 11-12 am, starting mid-August, to share and discuss challenges, successes, and issues impacting ourselves and our families. Sign up by emailing [aceottewell@gmail.com](mailto:aceottewell@gmail.com) as soon as possible; spots are limited.

## Ottewell 120th Scouting

Thank you for supporting our Scouts troop during our 2020 Compost Sale. We hope everyone has a wonderful growing season. We look forward to seeing you next year!

~ Your Ottewell 120th Scouting Group



## Abundant Community Edmonton - Ottewell



Now more than ever, we need to maintain our connections to our neighbourhood and community. The Abundant Community Edmonton program features Block Connectors throughout Ottewell, your block's point person, party person, and listener.

If you're in need of support, assistance, or connection during this time, please reach out to ACE Ottewell at [ACEOttewell@gmail.com](mailto:ACEOttewell@gmail.com) to reach a Block Connector near you. For more information, visit [ottewell.org](https://ottewell.org)

## Keeping Ottewell Clean

Thank you to those Ottewell neighbours who picked up a clean-up kit. Ottewell is cleaner thanks to you! If you missed getting your kit, you can still call 311 to arrange for one.

Please keep our community clean!

## OCL Swim at Bonnie Doon



Swim is available for Community League Members at Bonnie Doon Leisure Centre only on Sundays 4:15 - 5:15. You need to show your membership at the door, so please have it with you.

Due to limited space, you are required to pre-book this swim time by registering at <https://tinyurl.com/y6pfqvub> or calling 311. Book your spot early to avoid disappointment.

## Girl Guides Registration



Unleash her potential!

Registration for Girl Guides programming starting this fall is now open! Please visit [www.girlguides.ca](http://www.girlguides.ca) for details. We are also seeking women to join our sisterhood of volunteer leaders. If you are interested in volunteering with a local unit, we would love to chat with you. Please contact our Helen Burns District Commissioner, Darcie Johnson, at [any-edm-helenburnsdc@girlguides.ca](mailto:any-edm-helenburnsdc@girlguides.ca)

## Stay-cations: What are You Doing this Summer?



With no festivals, summer concerts, or professional sports, this summer will look very different. What are your summer plans? Share with us, as inquiring minds want to know how to plan for a vacation at home. Please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) with your stay-cation tips.

### Stay-cation Day Trip #2

If you are wondering what to do this August with the kids and maybe even the grandparents, here is a wonderful day trip the whole family will enjoy. Explore the Ukrainian Cultural Heritage Village living museum. The Village is a quick drive 25 minutes east on Highway 16 in the County of Lamont. History is brought to life by costumed interpreters portraying lives of real life Ukrainian pioneers in their original homes. The large Village has 40 buildings to check out.

The Ukrainian Village is open Tuesday to Sunday, 10am – 5pm. There may be a few restrictions due to COVID-19, so check out the website before you go. <https://ukrainianvillage.ca/>

Please submit any pictures of your visit to the large monuments in northeast Alberta or to the Ukrainian Village to our FB page, and you could win a prize!



## Kenilworth Community League Board

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Leah	vicepresident@strathearncl.org
Treasurer	Jason	treasurer@strathearncl.org
Secretary	James	secretary@strathearncl.org
Membership Director	Annette	membership@strathearncl.org
Building & Grounds Director	Rob	grounds@strathearncl.org
Rink Director	Yasir	rink@strathearncl.org
Social Director	Jen	events@strathearncl.org
Communications Directors	Pam/Evan	communications@strathearncl.org
Programs Director	Erin	programs@strathearncl.org
Members at Large	Kim/Robert	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
A.V. Club/Youth Director	Andrew	avclub@strathearncl.org

## The Strathearn Art Walk Presents: An Outdoor Gallery Experience

September 12, 2020 would have been the 9th Annual Strathearn Art Walk & Music Festival - an event that features a wide range of artisans and brings people together to celebrate professional and emerging art and music, against the scenic backdrop of our beautiful river valley and city skyline.

As COVID-19 has disrupted this year's art markets and festivals in our city, the Strathearn Art Walk Team has been actively looking for safe ways to support the Edmonton arts community. While our annual event is cancelled for the year, we cannot imagine a year without art in Strathearn Park.

While many events have shifted focus to virtual concepts for 2020, we feel it is still important to encourage people to get outside, be active and experience art firsthand. A socially distanced, free, outdoor art gallery has been planned to connect the community to displayed art while keeping everyone's health and safety the top priority. To ensure there will be no overcrowding for this event, these boards will be available for you to enjoy along

the path from August 17th to September 13th in Strathearn Park. We hope you enjoy this experience!

We wish more than anything that we could display art from our 300 artists, but after much discussion, and limited resources, we decided to curate a small group of artists to help us showcase the range of creations you can typically find at our annual event. By up-cycling a series of previously used signs, we hope to showcase a collection of what our artists typically bring to the Strathearn Art Walk. The Strathearn Art Walk Team would like to express our gratitude for your continued commitment to the Edmonton arts community, which would not exist without your ongoing support and love for the arts in our city. To learn more, follow us on Instagram and Facebook (@strathearnartwalk). We will be spending the next several weeks showcasing additional ways to support Edmonton's vibrant art scene. Tag us and use the hashtag #artinyegspaces for your chance to be featured on our stories!

## Programs at the Hall

As noted above, the Strathearn Community Hall has reopened with some modifications, new safety precautions and enhanced cleaning protocols in place. Fitness programming will also be returning with start dates and pricing to be announced and posted on the SCL website in mid-August. Yoga with Melany James is set to return on Tuesday evenings from 8-9pm with the possibility of some outdoor classes while the weather permits. Saturday morning 9:30-10:30am Barre classes with Kim Ashley will also be back in September. Please check our website and social media for further details within the weeks ahead!

## Community Swim is Back!

Free community swim times have resumed at the newly revitalized Bonnie Doon Leisure Centre. Show your Strathearn Community League membership and swim for free on Sundays from 4:15-6:15pm.

You are required to book your swim visit ahead of time. To register visit the City of Edmonton Reservation Site: <https://move-learnplay.edmonton.ca/COE/public/category/browse/BDCLSTT>

You will receive shortly after your purchase

a confirmation email that contains your purchase details and barcode for admission. Please bring this with you (printed or via mobile device).

To ensure everyone has the opportunity to have a swim, the City is asking people to limit bookings to just 1 hour per weekend, as each swim is limited to a total of 40 participants. If you wish to extend for an additional 1 hour, please check the day of the swim to see if there is still room.

## Strathearn A.V. Club Presents

**Jam Club** is back at the Hall on Thursday, August 20 & Thursday September 24! An acoustic jam night for anyone 18+ interested in learning new songs. This group can only manage 8-10 participants so please arrive in

a timely fashion. Amateur musicians welcome.

**Rock 'n Roll Bookclub** meets next on Thursday, Sept 3, when we will be discussing A Visit From the Goon Squad by Jennifer Egan, and Good Booty by Ann Powers.

## Join us for a Fresh Air Concert!

Strathearn Community League proudly presents live music by local favourites the Mbira Renaissance as part of the John Humphrey Centre's Fresh Air Outdoor Performance program. The concert will be held on Friday, Au-

gust 21st starting at 7:30pm on the back deck of the community hall. Please respect physical distancing and wear masks. Thanks to sponsors #JHCentre and Strathearn Art Walk for helping to make this happen! #YEGDignity

## Community Wide Garage Sale



Mark your calendars! All across the neighbourhood, Strathearners will be hosting garage sales on the morning of Saturday August 22. Watch for a garage sale map coming closer to the date (and to have your sale added to the map please contact events@strathearncl.org).

## Calling Strathearn Greenthumbs!

Please join us from 2-4:30 pm on Saturday, September 12 to share your seeds, bulbs, divided perennials, or any other small plants (indoor or outdoor!), and pick up some new varieties for yourself. Our Strathearn Plant and Seed Swap will be held outside Strathearn Community Hall with appropriate physical distancing. Plants/seeds will be arranged by type so you can browse all there is to offer, or else zero in on the specific things you may be looking for. After you're done, celebrate the harvest and check out ACUA's festivities nearby at Strathearn Centre.

## Youth Table Tennis Clinic

Sunday, Sept. 13, 1-4pm at the Strathearn Community Hall - 9yrs and up, no cost, no experience necessary, max. 10 participants so register with avclub@strathearncl.org to reserve your spot. Led by a former national team player/youth coach!

Strathearn Table Tennis Club has also resumed alternating Tuesday evenings starting in August. For more details please visit <https://strathearncl.org/table-tennis-club>

## Hall now accepting new rentals!

New public health protocols and equipment were installed at the Hall and we started accepting new rentals in mid-July. Maximum capacity is now 35, there are some new restrictions on food and beverage service, and additional cleaning and sanitizing measures are in place. Book with hall@strathearncl.org.

the

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# HAZELDEAN - SOUTHWOODS VILLAGE UPDATE

## New Projects

Planning work continues on the proposed active adult 4 story rental apartment, Terra Court South, immediately south of the existing Southwoods Court North.

And on The Mews, our future 6 story adult rental project with underground parking.

Construction late in 2021 is anticipated.

## Zoning Application

The zoning application is to amend the current DC2 apartment zoning on Southwoods North to RA7 and RA8 apartment zoning of 4 and 6 stories respectively.

The north east corner of 96th St and 66th Ave, at the 4-way stop, is being converted to CNC to permit the modification of the existing town homes to commercial purposes for the benefit of Hazeldean and Southwoods Village residents.

The Public Hearing is scheduled for September 21st, 2020.

Chelsey Jersack of Situate Planning is

handling this rezoning and is available to answer any questions that you may have, to the best of her ability.

For more info, visit:  
[www.situateinc.ca](http://www.situateinc.ca)  
or call 780-974-4956

## Christenson Health Services introduces Custom Supportive Living in Southwoods Court North

## Site Based Home Care

Christenson Health Services (CHS) is introducing Custom Supportive Living (CSL) to the Residents of Southwoods Court North. Our hope is to incrementally grow Site Based Home Care to 24 hour on site, on call service.

For more info, visit:  
[www.cdlhomes.com](http://www.cdlhomes.com)  
Or contact Faith Gwinji at  
[Faithg@cdlhomes.com](mailto:Faithg@cdlhomes.com)  
780-394-8233

## Housing for Health

The pilot projects for Southwoods Village and Whitecourt Village by Housing for Health to improve public health and aging in place continues under the leadership of Dr. Karen Lee.

For more info, visit:  
[www.HousingforHealth.com](http://www.HousingforHealth.com) or  
contact Hui Ren at [hren1@ualberta.ca](mailto:hren1@ualberta.ca)

## Southwoods Court North

Southwoods Court North (SCN) has a handful of units still available for immediate occupancy.

Lynne Christenson continues to manage SCN with the assistance of husband Tony and our live on-site staff including daily meals by Andy and Aissah.

For more info, contact Lynne at  
[LynneC@cdlhomes.com](mailto:LynneC@cdlhomes.com)  
780-975-2509

## Southwoods Village North - Town Homes

Diane Tancsics continues to manage our Christenson Equities Ltd.

townhouse and redevelopment site north of 66th Avenue to 68th Ave between 94th St and 96th St.

State of the art TELUS fibre optic and TELUS Optic TV will be installed into all 160 existing town homes starting in August of this year. Southwoods Court North is already served by Telus Optic.

## Southwoods Village South - Town Homes

Christenson Equities Ltd. is happy to welcome Right at Home Housing Society to Hazeldean and to Southwoods Village as the new purchaser and owner/operator of the 76 town homes south of 66th Ave between 94th St and 96th St.

Right at Homes is a very credible, respected local owner/operator of affordable family town homes in North Glenora and Millbourne, and is great supporter of strong communities.

Long time Edmonton firm, Ayre and Oxford, will be their property managers.

For more info, visit:  
[www.RightatHomeHousing.com](http://www.RightatHomeHousing.com)







# SUMMER RECESS

WEDNESDAYS STARTING JULY 15TH  
10AM - 12 NOON

**ALL AGES MULTI-SPORT DROP-IN**

**YOUNG CHILDREN MUST BE SUPERVISED**

**BASEBALL DIAMOND  
AT GABRIELLE-ROY**

SOUTHWEST CORNER OF 87 ST & 95 AVE

**TRY A  
DIFFERENT  
SPORT EACH  
WEEK!**



FOOD • DRINKS • LIVE MUSIC • VENDORS • CULTURE

ALBERTA COUNCIL FOR THE UKRAINIAN ARTS &  
STRATHEARN COMMUNITY LEAGUE PRESENT

# FALL HARVEST MARKET

SEPTEMBER 12, 2020

4:30 PM - 8:30 PM

Strathearn Centre Parking Lot  
9534 87 St NW  
Edmonton, AB





acuarts.ca | 780-488-8558 | info@acuarts.ca



**For all the latest from SCL,  
connect with us on social media!**

strathearncl.org



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## Finding a new normal



Life in Alberta has been turned upside down with the COVID-19 outbreak. As our province takes its first steps to recovery, many of us ask if normal will ever return.

With the answer unclear, your family may need to find a new normal. These tips can help you to weather these uncertain times.

### Find a New Routine

Schools are out for the summer. Many other public facilities remain closed. Countless moms and dads are juggling to keep up and keep their children safe. Nearly every family in Alberta has had their daily routines disrupted.

Planning and following routines can lend a sense of order to these topsy-turvy times, especially for children.

"Routines can help you and children feel more comfortable during times of uncertainty," says Farah Bandali, AHS's director of Healthy Children and Families with Healthy Living. "Day-to-day routines add structure to family life and reflect what's important to your family. They're also a way to let your kids know what to expect during the day."

Wake up times, bedtimes, meals and snacks, play, walks and quiet time. All are examples of what you can weave into your family's routine.

### Bring On the Laughter

Tell a corny joke. Have a staring contest. Tickle one another. Tell a goofy story.

Science America says "laughter and appreciation of humour are vital components of adaptive social, emotional and cognitive function ... Laughter is, after all, a communal activity which promotes bonding, diffuses potential conflict and eases stress and anxiety."

That's a fancy-schmancy way of saying laughter brings people together and helps us think. It also helps us express our feelings, can turn a tense moment into a light moment and is just plain good for us.

### Remember the Basics

In tough times, we can lose track of the basics of healthy living. Here's a friendly reminder: eat healthy foods as much as possible. Stay connected with other family members, friends and co-workers while maintaining physical distancing. Get a good night's sleep.

Most of all, reach out for help if you need it. Alberta Health Services, the Government of Alberta, the Government of Canada your local municipality and hundreds of community groups have all kinds of support and assistance for Albertans.

For information about healthy living for families during COVID-19, visit [ahs.ca/healthytogether](https://ahs.ca/healthytogether).



Emergency  
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## Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

### Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

### Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

### Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

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

## Do you get heartburn?

Heartburn and acid regurgitation are common. They happen when food in the stomach backs up into the esophagus (the food pipe that leads from the mouth to the stomach). This is often referred to as reflux or GERD (Gastro-Esophageal Reflux Disease). It is uncomfortable and over time, it may damage the esophagus lining. It often occurs because the circular muscle that connects the food pipe and stomach is too relaxed and stays open after meals. Other contributors to heartburn include smoking, being overweight, alcohol, caffeine, spicy foods, some medicines and stress.

PPIs are generally safe. However, they can cause headache, nausea, diarrhea (rarely), malabsorption of some important nutrients and rashes.

Heartburn can also be reduced without medication by avoiding triggers (such as coffee, alcohol, and spicy foods), avoiding food two to three hours before bedtime, and losing weight.



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