

SOUTHEAST VOICE

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

February 2020



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com

WHAT TO DO IF YOU ENCOUNTER A COYOTE

Coyotes are usually wary of people and will avoid them when possible. To encourage this natural fear of humans, approach each coyote encounter aggressively with these techniques:

BE BIG

Be threatening, make yourself appear larger and wave your arms.

BE LOUD

Clap, shout, bang sticks together or use a whistle or blow horn.

BE AGGRESSIVE

If the coyote doesn't respond to noise, throw sticks or rocks near it while slowly leaving.

BE PREPARED

Carry dog spray in areas often frequented by coyotes.

DO NOT RUN

Coyotes may chase out of their natural predator/prey drive instincts. If the coyote continues to approach, back away slowly and move toward a building or human activity.



For more information see...

Your Guide To
**COEXISTING
WITH URBAN
COYOTES**
in Edmonton

www.edmontonurbancoyotes.ca



Edmonton

The City of Edmonton

Bonnie Doon Leisure Centre is open!

For more information about this facility or

to register for a program, please visit:

<https://tinyurl.com/tdegp2b>

Kenilworth Family Ice Trail

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

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

This is where we need your help. Please note that we are a registered charity. Many of you already donate to charities. Please consider investing in your community by donating to it! Your investment comes right back to you!

There are a few ways you can help:

1) If you have a corporate connection that would be interested in sponsoring this



project, please forward the contact info to me. For donations of \$3000 or more we can even install an ad on the interior boards of our hockey arena if this is desirable.

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

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

Fun, Outdoor Activities for all Edmontonians

The City maintains toboggan hills at several locations with safe run-outs, safety signage and reduced hazards. For additional information, please visit: <https://tinyurl.com/wpgxnxe>

Skaters can use public outdoor ice skating surfaces in major parks or Community Leagues. For additional information, please visit: <https://tinyurl.com/sxmpxw3>

Edmonton's River Valley is home to a large number of cross-country ski trails. These trails are accessible, open to everyone



and regularly groomed and to accommodate different levels of skiers. For additional information, please visit: <https://tinyurl.com/svbuohy>



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SECLA Board Contacts

| COMMUNITY LEAGUE | REPRESENTATIVE | Publication Email |
|--------------------------------|----------------|--|
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Community League Membership Wellness Benefit

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

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

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

How the Program Works

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

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

Multi Admission Pass* - 15% discount



on our already discounted multi admission pass (5+ visits)

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

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

* Applies to new purchases only.

For more information about the Community League Wellness Program, please go to <https://tinyurl.com/rcggpb>

Teaching Your Child Kindness

As you and your preschooler make or choose valentines to give to friends and family on February 14, extend the expression of caring to Random Act of Kindness Day, on February 17. Broaden your circle to include neighbours or store clerks, for example. All of us, young and old, need more kindness in our lives.

When you show your child that kindness makes others happy, you are also promoting your child's health. Being kind raises a person's serotonin, the neurotransmitter responsible for a sense of well-being. Learning empathy also helps develop children's social

and emotional competence and early literacy skills. Check out this website for ideas: <http://rootsofempathy.org/seeds-of-empathy/>

Also consider this list of books about kindness to read with your child, from Shannon Clarke and Dorothy Hamilton, librarians at Capilano Library: http://www.bit.ly/EPL_Empathy

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

www.earlychildhoodedmonton.ca/southeast

Awesome Activities for All Ages!



Family Day at the Edmonton Public Library

EPL will be open on February 17 from 1:00pm-5:00pm for free Family Day fun! Join us for drop-in activities all day that will take you beyond our books into a world of adventure and imagination. You can also join us for a Library Tour taking place at the Capilano Branch at 1:30pm and Bubblicious at 2:00pm at the Idylwyld Branch.

Pop-Up Makerspace: Date Night

Looking for a free, fun date night to go on with a partner, a friend, or just yourself? Join us at the Capilano Branch for an evening where adults get to explore our Makerspace technology. Upcoming themes include Paint-ish Night on February 10 from 7:00pm-8:30pm and Get Comfy on February 24 from 7:00pm-8:30pm. For more information please visit epl.ca or give us a call at (780) 496-1802.

Local History Series: Argyll Community League and the Japanese Community

Join us at the Idylwyld Branch to learn about our community's storied past. EPL's Local History Series is an exploration of the rich history of our local neighbourhoods. Guest speakers present and discuss historical information from our communities, and help community members and organizations learn to research their history.

February: The historic importance of the Canadian government's redress for the internment of Japanese-Canadians during World War II began a mutually beneficial partnership between the Edmonton Japanese community and the residents of Argyll community. Hear this story as told by Dave Trautman, president of Argyll Community League on Sunday, February 9 2:00pm-3:00pm.

Digital Learning Day

Digital Learning Day is an international event that explores and celebrates the role of technology in education. Drop by the Capilano and Idylwyld branches on this day and check out EPL's amazing digital content, robotics and makerspace equipment. Complete three activities on our BINGO card and be entered for a chance to win

an amazing prize! Thursday, February 27 2:00pm-4:00pm

Book Clubs of EPL

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

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

The upcoming book club titles at Capilano Library are Born a Crime by Trevor Noah on March 2 at 7:00pm, and Just Kids by Patti Smith on March 23 at 7:00pm. Come in anytime to pick up the book, and then join us for engaging discussion. Book clubs at the Idylwyld library meet on Monday afternoons and Tuesday evenings (details available on epl.ca). Upcoming titles include Eleanor Oliphant is Completely Fine by Gail Honeyman and Precious Cargo by Craig Davidson.



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FamilyDay

AT THE LEGISLATURE

Monday, February 17
11 a.m. to 4 p.m.

#abfamily |     | assembly.ab.ca



Avonmore Online History Project

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

in a series of events and activities. Watch for details.

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

Winter Shinny hockey

Shinny hockey runs Friday evenings at Kenilworth arena, beginning in October and running until March 2020.

This is fun shinny ice hockey and for more details, questions, or to register to play please contact Boris by emailing sports@avonmore.org

Neighbourhood Renewal

Park Paving is not able to complete all the sidewalk and street repairs this fall that were identified in the inspection this summer. They will be returning in the spring to complete the work.

Please continue to monitor problems and report them to president@avonmore.org. This includes concerns about low spots where water pools and ice forms, these will be forward to the City.

Avonmore Parent & Tot Program

Parent and Tot will be back on starting January 23rd, meeting every Thursday 9:30-11:30 at Avonmore community hall. We do a mix of free play, crafts and activities and welcome kids of all ages and their caregivers. Our Valentine's day party and potluck will be on February 13th and all are welcome. Please check our Facebook group "Avonmore parent and tot group" or email Yaara at parentandt@avonmore.org for more information.

Avonmore Hall Rental

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

Online Community

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

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

Avonmore Book Club

Next Book Club is Sunday, February 23 at 7:00 p.m. We are currently reading Full Disclosure by Beverley McLachlin. Open to everyone. For more information contact president@avonmore.org

Free Community Swim

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

Commonwealth Pool 11000 Stadium Road: Saturdays 5-7

Bonnie Doon Pool 10535-65 Street: Sundays, 4:15 p.m. - 5:45 p.m.

Visit www.edmonton.ca for more info.

Babysitting Registry

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

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

Avonmore Concert Series

Join us on Saturday, March 7th to listen to local duo Post Script! This will be our final concert of the 2019-20 season.

Post Script distills optimistic melancholia by exploring their entwined histories. The striking effervescence of Steph Blais in harmonic unity with Paul Cournoyer's rich baritone creates a conduit for the voices of their franco-albertan roots to resound with the reflection of modern humanity.

The guitar pendulum swings from Nashville pulse to crystalline delicacy, weaving the soothing tone of Paul's stand up bass with enigmatic familiarity. Like a lustrous new dress stitched from vintage cloth Post Script is a gasp of nostalgia in a breath of fresh air. Doors at 7pm. Show at 7:30pm. Tickets \$25 at postscriptavonmore.eventbrite.com. Cash bar.

Neighbourhood Watch



The team has been hard at work getting signatures/sign ups from residents who support the program. We are now eligible for 2 additional signs which will be going up at entrances to the neighbourhood. Contact ENW@avonmore.org to learn more about our neighbourhood watch initiative and to get involved.

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

Indoor Soccer Program

Outdoor Registration will begin February 1, 2020. Please visit the following link to register.

<https://emsasoccerportal.com/>. More information about costs and potential playing dates can be found by visiting <https://emsasoutheast.com/>

Avonmore's registration will be on Feb 22. 9am to 1 pm. Please fill out all forms online before coming by to drop off your deposit cheques.

Boardgames Night

Bring your best dice-rolling skills and join your neighbours for a fun evening. Bring your board game or try one at the hall. Participants must be 13 years and older.

The last Saturday of every month at 7pm February 29 is the next one.. More info @ the League Facebook page or contact Calvin at kirwer@gmail.com.

Seniors Programs

Next Coffee and Chat is February 19th at 10:00 a.m. at the Hall. Everyone is welcome.

SUCCESS

begins here



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OPEN HOUSE • March 04, 2020
6:00-8:00 pm. Check Riverdale.epsb.ca for details on our kindergarten info-sessions. Call **780.425.7600** for more information or to arrange a tour.

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Abundant Community
Edmonton (ACE)

Avonmore has set a goal to help neighbours host at least 10 block parties in the neighbourhood in 2020. Block parties can be as simple or as complex as you would like them to be.

Some examples include a BBQ, a potluck, coffee and donuts, a popsicle party. If you would like to see a block party happen on your block, we invite you to email/call us at ace@avonmore.org or 780-263-9561 for info on what makes a successful block party and the resources you can access to make it a smashing success!

Drop-in Music Class

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

Playschool



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

Yoga



Still time to register for the winter session. \$120.00 for 11 remaining classes or \$15 per class as a drop in. For more information contact president@avonmore.org.

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

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


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



Ben Henderson
Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146



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

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

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

 **Marlin Schmidt**
MLA Edmonton-Gold Bar

COMMUNITY LEAGUE BOARD



| | | |
|--|----------|--------------|
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| Sign Rental | Patrick | 780 995-8818 |
| Building and Grounds | Monika | 587 594-9243 |
| 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 | Michelle | 780 490-7426 |
| Hardisty Gym/Preschool Soccer | Shauna D | 780 966-3205 |
| SECLA | Monte | 780 243-7547 |
| City – NRC | Tyler | 780 690-8613 |
| Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June | | |

CCL Program Director Needed!

This volunteer position is responsible for visioning and coordinating all non-city community program offerings for Capilano Community League (CCL).

This includes our fitness programming, seniors programming, children's programming and whatever you can dream up that aligns with our league! Don't worry though, 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 bunch of community volunteers. If interested or have questions, please contact Kris at K_cramer@telus.net or 780-720-9003.

February is SOCCER REGISTRATION Month

Registration for residents of Capilano, Fulton Place and Gold Bar will commence February 1 and is a two-step process:

1. Register online at emsasoutheast.com.
2. Attend one of the following in-person registrations:

Saturday, February 8

9:30 a.m.–12.00 p.m.

Fulton Place Hall
6115 Fulton Road

Wednesday, February 19

6:00–8:30 p.m.

Capilano Hall
10810 54 Street

There will also be a zone wide registration session which will be confirmed on the website.

Please contact hardistysoccer@shaw.ca if you have any questions.

Capilano Community is on Facebook!

Please look up Capilano Community for the latest events and happenings!

It is a great way for the community to get information out quickly.

Please "Like" us on Facebook!

Capilano Community Memberships

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)

--SEESA (South East Edmonton Seniors Association), 9350 – 82 Street. Available at front desk during business hours (Cash only).

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

Capilano Community League Sign Rental

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

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

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

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

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

Community announcements take precedence over small commercial business announcements.

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

New – Karate classes at Capilano Community Hall

Join Renshi Jamie Hanlon for karate classes for the whole family!

Where: Capilano Community Hall (10810 – 54 Street)

When: Wednesday evenings, starting February 5, 2020

-- 6-7 p.m. – YOUTH/FAMILY class: ages 7 and up, children learn the fundamentals of Okinawan karate in a challenging and supportive atmosphere.

Parents are encouraged to participate with their children in this class.

--7-8 p.m. – ADULT class: ages 13 and

Choose Capilano Hall for Your Special Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley.

The hall has a large balcony, kitchen, new wood flooring, and all amenities are available to make any event special. Hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members.

The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at capilanocl.ca.

Capilano Community Casino

June 19 & 20, 2020 – Volunteers required!

Volunteers are required to work our casino on June 19 & 20, 2020. Casinos are a key revenue source and a successful event, supported by dedicated volunteers, ensures a sound financial future for the league. To HELP OUT, CONTACT DEREK at 780-919-5421.

Capilano Babysitting Registration Babysitting



PARENTS, do you need a night out? The Capilano Babysitting Registry is here to connect you with available babysitters in the area. Interested parents (as well as babysitters who'd like to be added to the registry) can contact capilanobabysitting@gmail.com for details.

up, students at all skill levels work together to advance their study and develop a deeper understanding of Okinawan karate.

--8-9 p.m. – KOBUDO: ages 13 and up, with some prior experience in martial arts. Students develop their martial skills with the indigenous weapons of Okinawa, including bo, sai and tonfa.

For more information, visit www.kaizen-dojo.ca. For inquiries, email kaizen.dojo@shaw.ca or call/ text 780-619-3136. Register today! Renshi Jamie Hanlon has been involved in martial arts for over 40 years.

Capilano Playschool

Open House March 11

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! On March 11 from 6-8 p.m., we will be having an open house along with Hardisty school. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week.

All classes are for 3 and 4-year olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

There are currently a few spaces available for children to start playschool immediately as well.

For more information or to register your 3 or 4-year-old check out www.capilano-playschool.com, find us on Facebook or call 780-802-9307.

Total Body Fitness Class

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

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

Current session: Jan. 7/9 - Feb. 25/27, although you can start at any time (fees will be prorated).

New session: Starts Mar. 3/5 - Apr. 28/30, 2020

Costs: \$80 Tuesdays/\$80 Thursdays or \$160 both days for CCL members.

\$88 Tuesdays/\$88 Thursdays or \$176 both days for non-CCL members.

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

Bring a yoga mat and a water bottle!

Contact Lisa for more information or to register at Lisashortenfitness@gmail.com. Check out: [Facebook.com/lisashortenfitness](https://www.facebook.com/lisashortenfitness)

Swim for Capilano Community Members

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

--Commonwealth Community Recreation Centre from 1 to 3pm on Sundays (Jan. 12 - Apr. TBD, 2020)

Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

NOTE: Due to Hardisty's maintenance closure starting early January 2020, our community swim has switched to Commonwealth for about three months. In April, the community league swim will move back to Hardisty Leisure Centre on Sunday afternoons.

Hardisty Gymnastics - Winter Classes

Sponsored by Capilano Community League

Check out these super fun gymnastics classes!

Offering gymnastics TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.)

Tuesday Gymnastics Classes (8 weeks): Jan 7, 14, 21, 28 Feb 4, 11, 18, 25

Thursdays Gymnastics Classes (7 weeks): Jan 9, 16, 23, 30 Feb 6, 13, 20

Cost: Tuesdays - \$136 per child,

Thursdays - \$119 per child, Sport Academy \$140 per child

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

Preschool 3-5 yr old: 6:00 - 6:45 p.m. (Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:45 - 7:30 p.m. (Tuesdays)

Elementary 6-12 yrs: 6:45 - 7:45 p.m. (Tuesdays)

Elementary 6-12 yrs: 6:00 - 7:00 p.m. (Tuesdays or Thursdays)

Sport Academy 6-12 yrs: 6:45 - 7:45 p.m. (Thursdays)

REGISTRATION: Register online by visiting the Capilano Community League website (capilanocl.ca) under the Hardisty Gymnastics Club link or Sport Academy.

Capilano BIG BIN Event for Community League Members - June 13

Save the Date! Saturday June 13, 2020

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

Cost: FREE to all Community League Members

Please note: ITEMS WILL ONLY BE ACCEPTED FROM CAPILANO COMMUNITY LEAGUE (CCL) MEMBERS

More details on the Big Bin event will be available as the date gets closer.

Share your Passion!

If you have a passion (sport, health, art, etc.-the possibilities are endless), and would like to share it with your fellow Capilano residents, Capilano Community League would love to hear from you. Come to one of our monthly meetings, or reach out to a board member by phone to see if something could be worked out with the Board's support (use of community facilities, possible funding for supplies, etc.). This could be an opportunity for you to be a lead volunteer for a one-time event in our community, or a longer term program. Come share your passion with others!

Artisan Craft Sale a Success!

The Capilano Artisan Craft Sale was again a success! A BIG thank you to all the fabulous vendors and to those who visited. Due to fantastic support from all, a \$330 donation will be made to YESS!

Spring Tai Chi Chih Class - Capilano Community Hall

Start - Six-week class begins: Monday April 20, 2020

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

Location: Capilano Community Hall (10810 - 54 Street)

Cost: \$80

T'ai Chi Chih is an ancient mind-body art form known for its healing and rejuvenating effect. This series of 20 energizing movements is an effective form of moving meditation that you can do on our own.

Benefits 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.

Sharon Melvin is the Accredited Tai Chi Chih Instructor. For more information call Sharon at 780-288-2004 and to register, www.relaxwithtaichi.com

Capilano's 2nd Annual Community Wide Garage Sale - June 6!

It's never too early to start thinking about and planning for a garage sale!

Capilano residents are invited to participate in our second community wide sale on June 6 - more details will be available as the date gets closer.

You must have a Capilano Community League membership to participate. Contact Marzena with questions/inquiries 780-909-5886.

Capilano Seniors - Heads up!

Capilano Community will again host a Seniors TEA in May - the exact date is still to be determined.

Also, our board is exploring the possibility of a regular seniors' coffee morning. If you would like to help out please contact Jean at 780-863-0914.

Please watch these pages in future issues of the Southeast Voice, for more details!

Capilano Community Outdoor Rink

Our rink is open 7 days per week, however, times may vary depending on weather, ice conditions, holidays and bookings, so please check the schedule in the club house for the latest schedule.

We are accepting recurring Team bookings again this year as well as group bookings. For more information on times and availability please contact Michelle at 780-490-7426.

--Public skating allowing sticks and pucks

Monday-Thursday 4:30-6:00 p.m. (this may vary due to availability)

Friday 4:30-9:00 p.m.

Saturday and Sunday 1:30-8:00 p.m.

--Family Skate no sticks or pucks allowed Saturday and Sunday 11:00 a.m.-1:00 p.m.

We also have the small recreational rink just beside the Clubhouse this year! This rink is always open for skating! Please come out and enjoy our community rink!

Try out the Kenilworth Ice Trail!

Looking for another winter skating option? Once again, the Kenilworth Community League Family Ice Trail has been created. It features a 400 metre track and recreational ice surface, skate aids, lights, music, and hot chocolate! A donation for the hot chocolate and ice trail is welcome.

You'll find the skating trail at 7104-87 Avenue. Open evenings and weekends. Check the Kenilworth Community League website for hours and details.

Capilano Community League has provided financial support to this fantastic outdoor amenity in southeast central Edmonton, so Capilano community residents are definitely welcome to enjoy some skating on this fabulous trail!

Odour Complaints Update

EPCOR is now taking calls for odour complaints, at 780-412-4500. Residents and park-users who notice odour from the Gold Bar Wastewater Treatment Plant are encouraged to call. In the past, residents could call 311 to report odour, but as of December 2019, EPCOR has been taking the calls directly.





YOU'RE INVITED!

WINE NOT

February 22 @
the Community Hall

Mark your calendars and come out on February 22, 2020 for Wine Not #10. It will be an evening of wine, appetizers and fun activities. Starts at 8:00pm at the Community Hall. Please RSVP by emailing: socialdirector@cloverdalecommunity.com



Program Director Needed

Cloverdale Board of Directors is looking for a new Program Director. Bring your energy and knowledge to benefit your community. Do you want to join the Board? Do you know someone else who would be great at it? Email your interest to president@cloverdalecommunity.com



For more information on Cloverdale happenings and events find us and follow us on Facebook. Search for us: [@cloverdalecommunity](https://www.facebook.com/cloverdalecommunity)

Looking to start a Jam Night
email

socialdirector@cloverdalecommunity.com

if you are interested



Cloverdale wants to have some Jam Nights to get together with others to play some songs and have some fun. If you have some interest in participating, please contact Bob at socialdirector@cloverdalecommunity.com with your name and mention what instrument(s) you play and the type of music that you enjoy. Hopefully we can generate some interest and set up a few of these sessions throughout the year.



After the cold snap in weather Cloverdale residents were super happy to get back to having fun on the local community rink together.

COMMUNITY LEAGUE BOARD

| | | |
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| Marketing | Joanne | Marketing@forestterrace.org |
| ACE | CoraLee | ACE@forestterrace.org |

Time for a new playground

Forest Heights elementary school needs a new playground. While the existing one is still in use, some parts are broken and beyond repair.

The Friends of Forest Heights Playground Committee is a group of parents with a vision, not just for a new playground, but to help Forest Heights claim its place as a revitalized community where people of all ages and abilities stay, play, and enjoy a host of sustainable amenities. Our goal is to raise about \$350,000 to build a playground that will fill the existing footprint with many fun structures.

There are many ways you can help:
We have set up an account with Fundscrip,



Spring soccer registration

Go to emsasoccerportal.com to register your child for the outdoor spring soccer season. Then, come to the hall on Wednesday, Feb. 19, from 6:30 to 8:30 to finalize your fees and other details.

Fitness programs at the hall, 10150 80 St

Yoga with Lyndsey runs Mondays until Feb. 10 from 7 to 8 p.m. Classes are beginner to intermediate Hatha practice with emphasis on alignment in postures, core strength, flexibility and balance as well as concentration and breath control.

High Fitness runs Thursdays until Feb. 27 from 7:30 to 8:30 p.m. Join Layton and Angela for an HIGH-intensity cardio workout.

Check out the events calendar on forestterrace.org or visit our Facebook page for more information and direct links to Eventbrite to register.

where you can buy gift cards at any time of year from an assortment of retailers and a percentage of each sale goes to the committee.

Attend our silent auction at Fargos Restaurant on Saturday, Feb. 22, or contact Geneva to donate auction items.

Set aside your gently used clothing, accessories, household items, books, CDs and DVDs to donate to our

rummage sale in May 2020. It will be held in conjunction with Forest Terrace Heights community league's annual Big Bin event. Value Village will pay us per pound for any items not sold. Contact Anna for more information.

Contact Jill to volunteer for the committee! Your ideas and energy would be welcome.

Two free swims a week at Commonwealth

Did you know that community league members get two free swims a week? Now that Hardisty Pool is closed for renovations, both of our league swims are at Commonwealth Fitness Centre, where you can also use the gym. The times are Saturdays from 5 to 7 p.m. and Sundays from 1 to 3 p.m. Sorry for the error in the last newsletter about the time of the Sunday swim.

Learn to skate dates

Forest Terrace Heights community league is hosting free Learn to Skate sessions at the rink next to the community hall, Mondays from 5 to 8 p.m. until Feb. 24. Always check the league Facebook page before you head over to see if the class has been cancelled because of weather or ice conditions.

Board vacancies

Did you know that board volunteers receive free membership and one free hall rental per year? Why not join us? Here's what's open:

Soccer directors: We are looking for two volunteers to take over in time to kick off the outdoor season. Please contact soccer@forestterrace.org

Treasurer: Oversees the management and reporting of the community league's finances. Writes and deposits cheques. Annual financial reporting to AGLC, the Government of Alberta, and the City of Edmonton. All directors are asked to attend board meetings, which are held on the first Tuesday of every month except July and August. Please contact president@forestterrace.org for more information or to express interest.

Membership benefits

Don't miss out on the benefits that come with a membership in your community league:

Once a month, our partnership with Grower Direct means one lucky member gets a bouquet of fresh flowers. For your chance to win, please join us at any board meeting, held at 7 p.m. on the first Tuesday of every month at the hall.

Members get a discount on rental of our community hall. For more information or to book, visit forestterrace.org.

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

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

Proof of membership at Fabutan Capilano at 5808 Terrace Rd NW will get you more tanning minutes and discounts on spray tans, lash extensions, redlight skin rejuvenation and the lifestyle membership.

Premier Painting offers a 10-per-cent

Free snow tubing at Sunridge



Join our free snow-tubing session on Saturday, Feb. 15, from 10 a.m. to noon at Sunridge Ski Area. With a dedicated tubing lift so you don't have to walk up the hill, three groomed chutes and special tubes provided, you won't find a better outdoor winter activity.

This event is free with a current Forest Terrace Heights Community League membership. For non-members, the cost is \$10 each plus Eventbrite fees.

All tubers must be at least seven years old and four feet tall. Helmets are not mandatory but are highly recommended and available to rent at the hill for \$7 plus tax.

Space is limited so register ASAP. To find the event on Eventbrite, search "FTHCL" or look for the link on our Facebook page.

February Info Night


Join us on Tuesday, Feb. 25, from 7 to 9 p.m. at the hall for Boundaries: Clarifying and Setting The Lines Between Yourself and Others, presented by Kristina Ingram MSW RSW of Creating Solutions.

In the physical world, there are walls and fences that define our space. But in the emotional and relational realm, the boundaries between ourselves and others can become blurred. This workshop will explore what boundaries are, the boundary problems we may experience, and strategies for how to set boundaries.

discount on all their painting and staining services. Call 780-721-4771 or visit premier-paintingyeg.com.

Free membership in the Edmonton Tool Library allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools for a week at a time. To claim your membership, visit the tool library location at the Bellevue Community Hall (7308 112 Avenue NW) and bring photo identification and your community league membership card.

Families can purchase or renew their membership for just \$30; individual memberships are \$15; seniors pay \$10; and, if you're new to Forest or Terrace Heights or you've never had a membership before, your first year is free! Buy at efc1.org or contact our membership director by email or 780-463-1613 (this is the only option for free memberships). Or purchase in person at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch.




We did it Edmonton!

We survived January as the coldest place on earth.
And part of it was because of you—our clients.

You were prepared.
You brought in your vehicles early in the season for servicing. Meaning we could spend time making sure your vehicles were prepared for what was to come without excessive backlogs.

Thanks for helping us keep things running smoothly so that we could focus on what matters— safety of you and your family by ensuring your vehicles were winter-ready.

Thank you from all of us at Legend Automotive!



7110 98 Avenue
780-468-3431

FEBRUARY IS SOCCER REGISTRATION MONTH

Registration for residents of Capilano, Fulton Place and Gold Bar will commence February 1 and is a two-step process:

1. Register online at emsasoutheast.com.
2. Attend one of the following in-person registrations:

Saturday, February 8, 2020
9:30 a.m.–12.00 p.m.
Fulton Place Hall

6115 Fulton Road
Wednesday, February 19, 2020
6:00–8:30 p.m.
Capilano Hall
10810 54 Street

There will also be a zone wide registration session which will be confirmed on the web-site. Please contact hardistysoccer@shaw.ca if you have any questions.

Fulton Place Rink Schedule

| TIME | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|--|--|---------------------------------------|---------------------------------------|---|---|---|
| 9:00 am | Closed | Closed | Closed | Closed | Closed | Closed | Closed |
| 10:00 am | | | | | | | |
| 11:00 am | | | | | | | |
| 12:00 pm | | | | | | | |
| 1:00 pm | | | | | | | |
| 2:00 pm | | | | | | | |
| 3:00 pm | | | | | | | |
| 4:00 pm | STUDENT OPEN ICE (3:30-6pm) | STUDENT OPEN ICE (3:30-6pm) | STUDENT OPEN ICE (3:30-6pm) | STUDENT OPEN ICE (3:30-6pm) | STUDENT OPEN ICE (3:30-6pm) | | |
| 5:00 pm | | | | | | Closed. Lights on side rink to be left on until 8pm. Everything else will be locked up and shut down at 5pm | Closed. Lights on side rink to be left on until 8pm. Everything else will be locked up and shut down at 5pm |
| 6:00 pm | ALL AGES HOCKEY/ SHINNY (6-9pm) | ALL AGES HOCKEY/ SHINNY (6-9pm) | ALL AGES HOCKEY/ SHINNY (6-9pm) | ALL AGES HOCKEY/ SHINNY (6-9pm) | ADULT HOCKEY/ SHINNY (16 OR OLDER) (6-9pm) | | |
| 7:00 pm | | | | | | | |
| 8:00 pm | | | | | | | |
| 9:00 pm | Closed | Closed | Closed | Closed | Closed | | |

Fulton Hall Maintenance Help Needed



The league is in need of someone to help with facility maintenance at our hall.

Most of our maintenance needs are minor ongoing activities and require a minimal

commitment. If you are handy, or know someone who is that could help us, please contact Mike at 780-886-7794 or mike@fultonplace.org.

Outdoor Ice Party

Fulton Place Skating Rinks Outdoor Ice Party

The Fulton Place Community League and our rink volunteers wish to show our appreciation for you, our community, and Winter.

So we're throwing another annual party. A western-themed party!

Join us for the Fulton Place Skating Rinks

Outdoor Ice Party at the Fulton Place Rinks and Hall on February 15 from 3:00 p.m. - 6:00 p.m. This event is free for all community members and includes skating, horse-drawn wagon rides, hot dogs, chilli, popcorn, hot chocolate, and s'mores.

Saturday February 15
3:00 pm – 6:00 pm

RED CROSS BABYSITTING AND FIRST AID COURSE

Sponsored by Fulton Place Community League

Saturday February 29, 2020

9:00 am – 4:30 pm

Fulton Place Community Hall: 6115 Fulton Road, Edmonton

[Do you want to babysit?](#)

[Do you stay home alone?](#)

Newly Revised Course Includes Greater Emphasis on First Aid Skills!

- Responsibilities of a babysitter
- How to care for babies and toddlers
- Dealing with discipline problems
- Fire safety and Poison Prevention
- Basic First Aid, Choking First Aid and CPR
- Proper use of EpiPen and Inhaler
- Home safety tips and accident prevention
- What to do - and who to call - in an emergency

All the safety and first-aid that a babysitter or someone staying home alone needs to know, presented in a fun, hands-on workshop!

Registrants receive Red Cross Babysitters Manual.

FOR: Girls and Boys ages 11 and up (by end of February 2020)

COST: \$75.00 including GST.

Note: Current Fulton Place Community League Members qualify for \$20.00 subsidy.

BRING: Lunch, pencil, large floppy doll/teddy (must lay flat), water bottle and indoor shoes.

RED CROSS CERTIFICATE CARD ISSUED UPON SUCCESSFUL COMPLETION
Be confident. Be prepared. Be safe.

For more information contact Ruth at: babysitter@fultonplace.org or (780) 994-9699.

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Volunteer with the Fulton Place Community League



Do you have a passion for our community, and want to help out the league? We want your help!

We have various volunteer opportunities available, that include one-time events and regular longer term commitments.

● Facilities - our hall needs minor maintenance on an ongoing basis, if you would like to assist us with this we'd love your help!

erm commitments.

● General Volunteer - if you would like to volunteer a few hours during a one off event we'd like to know!

erm commitments.

● Secretary - our board needs a secretary, typically a few hours a month, if this would be of interest we'd like to know!

erm commitments.

● Renovation/Grant Assistance - we'd like to do some renovation work on our hall, and you may have some experience we need, let us know if you want to help!

erm commitments.


● Rink Attendant - most of the shifts are covered for this winter season, but if you'd like to help out on weekends let us know!

If you are interested in helping us out, please email mike@fultonplace.org

Community Swim


Hardisty Leisure Centre will be closed for maintenance from January 19, 2020 until April 12, 2020.

Our alternative facility for free swim is Commonwealth - Sundays 1:00 p.m.-3:00 p.m.



Emergency Medical Services

Burns and Scalds



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- **1°:** Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, **call 9-1-1**

Ask Charles



I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

Yes, that's allowed. The situation you're referring to is called "transaction brokerage." Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true—transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest
- the duty to disclose conflicts of interest when they arrive

Transaction brokerage changes the services and the legal responsibilities that a real estate professional provides to you and to the other party in the transaction. In this arrangement, they cannot fulfill their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller.

The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party. These services include:

- helping the buyer and seller negotiate an agreement
- giving the buyer and seller property statistics and information, including comparative information from listing services and local databases
- providing and preparing agreements of purchase and sale, and other relevant documents according to the buyer and seller's instructions

During transaction brokerage, the agent has to treat both parties in an even-handed, objective, and impartial manner. They must

remain neutral, not advocate for either you or the buyer, and they cannot provide confidential advice.

Before a real estate professional proceeds with transaction brokerage, both the buyer and the seller need to provide their informed consent by signing an Agreement to Represent both Buyer and Seller. Informed consent means each client understands the facts, implications, and future consequences of providing their consent. You do not have to consent to transaction brokerage. If you don't consent to it, or the other party doesn't, there are other options available to you such as seeking representation from a different real estate professional.

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

Advance care planning helps you document your healthcare wishes

Advance care planning is a way to help you think about, talk about, and document your wishes for healthcare. It's a process that can help you make healthcare decisions now and for the future.

If there's a time when you aren't able to speak for yourself, it's important that your loved ones and your healthcare team understand your wishes for healthcare.

Planning today makes sure that your wishes are known, no matter what the future holds. Advance care planning may bring peace of mind to you, your family, and to those who have to make healthcare decisions for you.

- What are your values/ goals for your healthcare? Think about what's important
- Do you have beliefs that influence your healthcare wishes?
- Are there conditions you do or don't want a certain treatment?
- Where would you want to be cared for?
- Have you had experiences with people who had to make healthcare decisions.
- Have you considered Organ and Tissue donation?

Consider getting and filling out a Green Sleeve. A Green Sleeve is a plastic pocket that holds your advance care planning forms. Think of it like a medical passport. It holds important legal forms that go with you through the healthcare system.

In an emergency, Alberta Health Services medical providers can look at your Green Sleeve and know your healthcare wishes.

The Green Sleeve belongs to you and should only have the most up-to-date forms inside. You can get a Green Sleeve from any Alberta Health Services provider. You can ask your family doctor for one or a nurse might suggest that you get one. You can also order up to four free online. Email conversationsmatter@ahs.ca for information.

What's the Right Size Home for You?



Complimentary Rightsizing Seminar

We will guide you through this process giving



you great ideas from our home-selling experiences to help you deal with challenges. Plus ...free tips and resources from some of our partners joining us at the seminar.

1-3 PM, Saturday, March 7, 2020
Bonnie Doon Community Hall

RSVP is Appreciated
780-377-2517
admin@paulblais.ca



Alisha Sabourin, R.Psych

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

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Jenny McAlister

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

www.JennyMcAlister.com



Emergency Medical Services

Toboggan Safety



Emergency Medical Services (EMS) would like to remind parents and children of a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

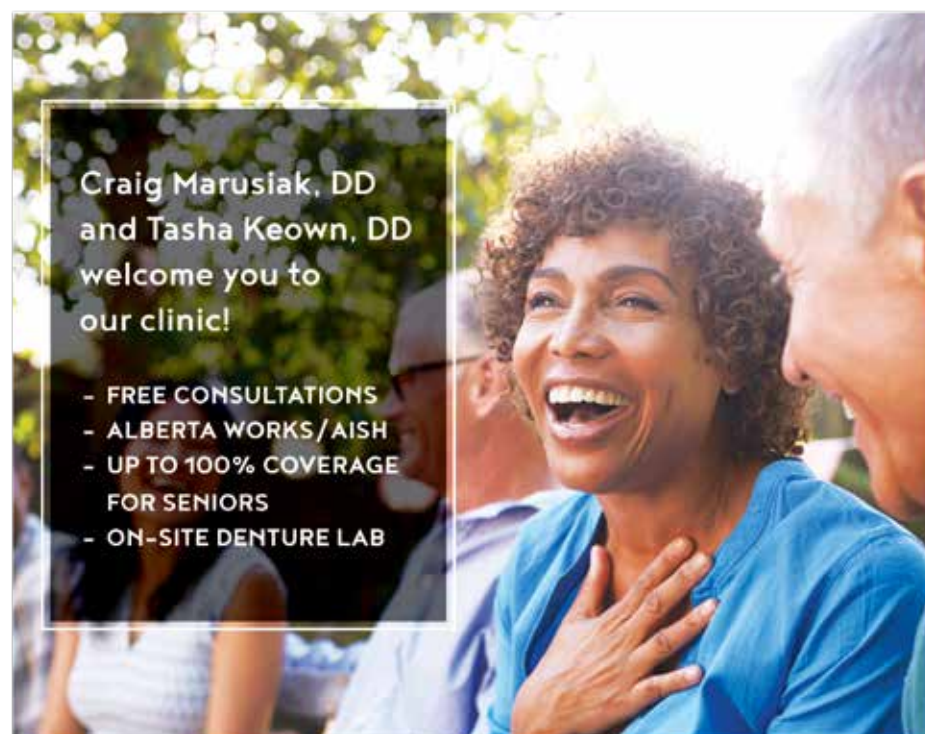
Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Cover any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not* hot, water, until re-warmed.

www.albertahealthservices.ca



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KellyGrant.ca

* Excellent condition 2 BDRM, 2 BATH unit in King Edward Place! A/C plus a variety of upgrades to unit & complex. \$225K -- flexible possession!




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Gold Bar Executive

| Name | Position | Email |
|------------------------------|------------------|------------------------------|
| *President | Adam Rompfer | adamrompfer@yahoo.ca |
| *Vice President | Jamie Melnyk | jamie21_twitcher@hotmail.com |
| *Secretary | Cody Charlene | codycharlene86@gmail.com |
| *Treasurer | Nicole Kraychy | nicolegoldbar@live.com |
| Bingo Director - Fort Road | Jessica Negrey | negrey@shaw.ca |
| Bingo Director - Parkway | Charlene Lazenby | charlenelazenby@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 |

Spring Fling Dinner and Dance

Saturday May 2
5 - 9 pm
\$20/family \$5/person
Dinner includes hot dogs, salad, dessert,
coffee/tea, juice and pop. There will be GF

options.
Purchase tickets at <https://www.eventbrite.com/e/spring-fling-tickets-79931907487>
For more info contact Jessica Walker at
587-988-9672 jess.walker28@gmail.com

GOLDBAR COMMUNITY MEMBERSHIPS AVAILABLE NOW!

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82St) come check out these wonderful business and pick up your community membership- CASH/CHEQUE ONLY.

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. CASH or CHEQUE (goldbar community league)

Winters Night Out

Book your babysitter, grab your friends and come for a chill night out of fun. Tickets

are \$10 each with \$2 drinks, there will be some wings and other snacks. Tickets will be up on Eventbrite or email Lisa at Brian.lisa.shorten@gmail.com

Hatha Yoga

Tuesdays 9:45 - 11:00 am

Wednesdays 8:00 - 9:15 pm

Instructor: Nancy Conlin

Certified yoga teacher with 20 years of teaching experience

Cost: \$80 for 8 classes, \$55 for 5 classes or \$12 drop in fee. Prepaid classes can be used for future sessions.

No previous yoga experience required. Send an email anytime with questions or requests nancy_conlin@hotmail.com

Movie Night

Sat March 19

5:00 - 8:30 pm

Free hot dogs, popcorn, treats and maybe some vegetables.

Leap Into Fun

Community Skating and Bonfire Party

Saturday Feb 29, Leap Year Day

1:00 - 3:00 pm

Gold Bar Skate Shack

Skating, sledding, snow painting, hot chocolate, s'more's and hot dog roast.

Okinawan Karate Dojo

Monday and Thursday Evenings

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

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

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

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

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

Fees: Jan - April

1 person \$120

2 people \$220

3 people \$300

4 people or more \$400

Never too late to register. Fees will be prorated

Memberships Required

Any CL membership

\$60 annually / person for dojo related memberships

For more info or to register email gbhallfun@gmail.com

Games Night

Friday Feb 28 - 7:00 to 10:00 pm (snacks provided by the CL)

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

For more info contact gbhallfun@gmail.com



Mom and Me Fitness Class

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

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

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

This session runs until Feb24/29 (no class Feb 17) the next session is March 2/5- April 27/30 (no class over easter). Although you can join at any time

Contact Lisa to register or with any questions.

Mondays \$70 (no class Feb 17), Thursdays \$80 (both days \$150), 5 pass \$55 or drop in \$12. Fees will be prorated for late registration.

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

BINGO

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

Parkway -

Saturday Feb 22 afternoon

Fort Road

Wednesday Feb 5 evening/late night

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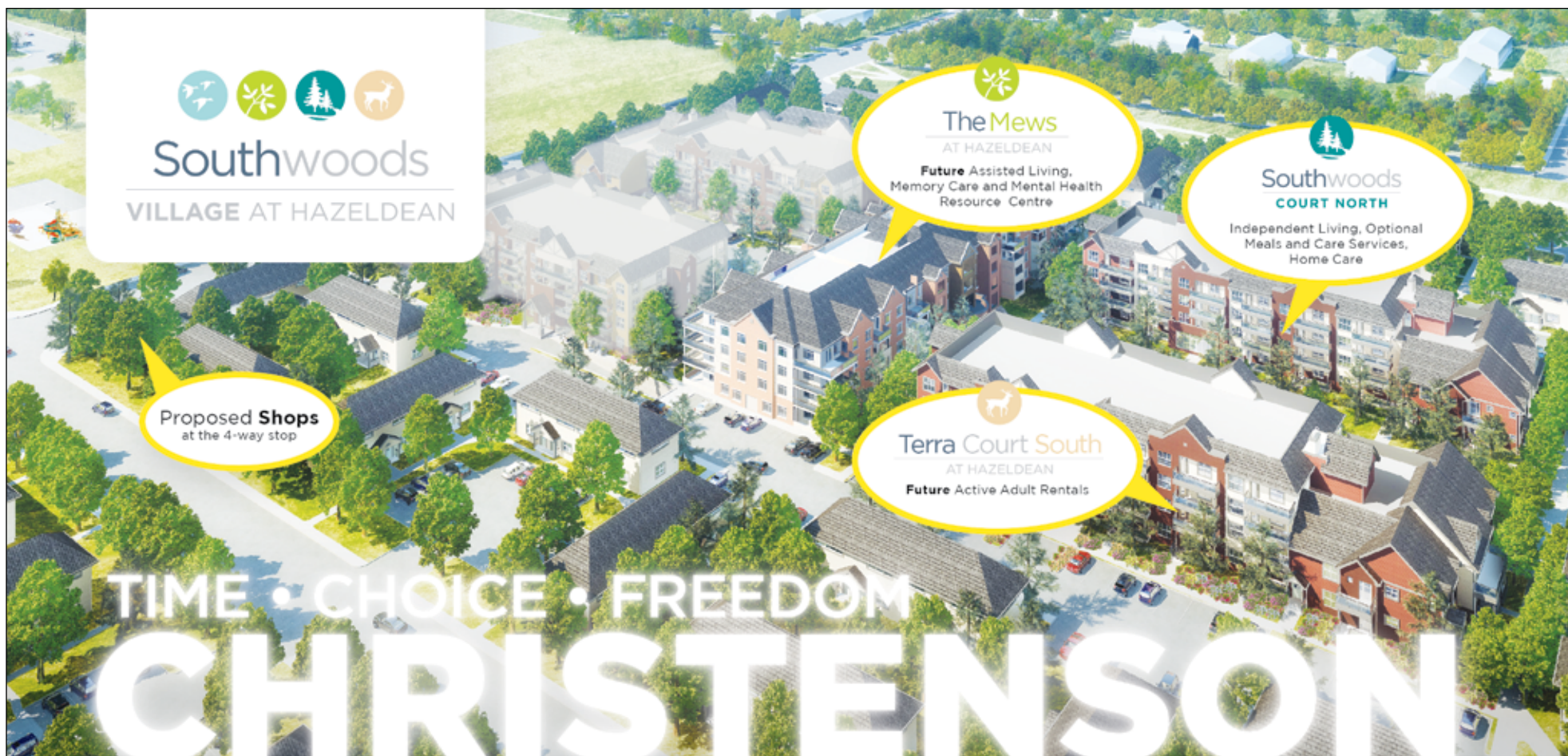
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9433 - 67A Avenue NW, Edmonton, AB;
or phone Lynne 780-975-2509



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- Ask about Internet & cable TV incentives
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Visit Our Rental Office, 1-5pm daily
6621 - 96 Street NW, Edmonton, AB;
or phone Diane 780-432-3222

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Holyrood Community League Contacts

| | | |
|--------------------------------|----------|--------------------------------------|
| President | Larissa | president@holyroodcommunity.org |
| Past-President | Wendy | pastpres@holyroodcommunity.org |
| Vice President | VACANT | vicepresident@holyroodcommunity.org |
| Treasurer | Claire | treasurer@holyroodcommunity.org |
| Secretary | Alison | secretary@holyroodcommunity.org |
| Programs | Kelly | programs@holyroodcommunity.org |
| Sports & Fitness | Sheryl | sports@holyroodcommunity.org |
| Memberships | Jessica | memberships@holyroodcommunity.org |
| Facilities & Grounds | Andrew | facilities@holyroodcommunity.org |
| Communications | Megan | communications@holyroodcommunity.org |
| Social | Jeremiah | social@holyroodcommunity.org |
| Civics | Dave | civics@holyroodcommunity.org |
| Holyrood Development Committee | Jaime | hdc@holyroodcommunity.org |
| Community Garden | 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 |

holyroodcommunity.org @HolyroodCL Holyrood Community League
Purchase memberships at SEESA (9350-82 St), through efcl.org/membership/, at Servus Credit Union locations, or at most Holyrood Community League events.
Complimentary memberships are available for newcomers to Holyrood! Contact our Membership Director at memberships@holyroodcommunity.org.
A HUGE THANK YOU to the carolers from First Church of God, Holyrood Mennonite and Braemar Baptist Church, who lifted spirits at the Holyrood Extencicare and also in the Holyrood neighbourhood last December.

Winterscapes

Front Yards in Bloom: Winterscapes Photo Contest is back from January 12 - February 17, 2020!

With all the beautiful snow that has fallen in Edmonton, there are a lot of opportunities to have fun and enjoy the beauty outside, just remember to bundle up!!

This contest is a chance to spread the winter cheer to your neighbors by participating in the Front Yards in Bloom: Winterscapes contest.

There are three categories to promote winter engagement in our City. Whether it's a Winter Garden, Winter Art or a Winter Playscape, let your imagination run wild!

Here is how to participate:

Step 1: Create a Winterscape

Step 2: Take a photo

Step 3: Submit the photo! You can submit as part of your local school, community league, workplace or solo. You can also submit on behalf of a group or for a neighbour! Submit your photo to the winterscapes website listed below.

The intake forms will be open from January 12th to February 27th on the Winterscapes website at https://www.edmonton.ca/programs_services/landscaping_gardening/winterscapes.aspx. Prizes will be drawn each week for submissions. The top Winterscapes winners will be recognised at the Edmonton in Bloom Awards!

2nd Annual Holyrood WinterFest & SEESA's 40th Anniversary!

The Holyrood Community League and SEESA apologize for the delay due to weather, but the new date has been set! On **February 8, 4 - 8 PM**, come out with the entire family and enjoy a colourful winter party with your neighbours. Admission is FREE! There will be indoor & outdoor activities including:

- Live music in the SEESA gym (4:15-6:15)
- Unveiling of woodcutting honouring SEESA's 40th Anniversary (6:15)
- Free line dancing with instruction (6:15-

SO MUCH Skating!

We have a lot of exciting dates to share with you!

Family Shinny: Wednesdays, 5:30 - 7PM
Thursdays on Ice: EARLY OPEN at 2:15pm!

Teen+ Shinny: Thursdays, 7:30 - 9PM
The Holyrood Ice Rink is open:
5pm - 9pm, Monday - Friday ; 11am - 9pm, Saturdays ; 11am - 7pm, Sundays

Keep your eyes on social media for notices of closures due to weather or ice conditions.

Learn to Skate

Learn to Skate has been EXTENDED due to popularity, and will now have its final session on Tuesday, February 18th, 4pm - 7pm. We hope everyone enjoyed the program and learned some great skills! If you haven't had a chance to check it out yet, please take advan-



**HOLYROOD
ICE RINK
IS OPEN!**

tage of the remaining classes, Tuesdays from 4 - 7PM. This program is tailored for children 6-12 years old and their families, however, all are welcome to attend. Skates and a CSA approved helmet are required to participate. Programs will cancel at -23°C with wind chill, or if the ice is closed by the community league. Keep your eyes on social media for notices of closures due to weather or ice conditions.



COMMUNITY SWIM TIMES
SATURDAYS, 5-7PM AT BOTH BONNIE DOON & COMMONWEALTH
SUNDAYS 1-3PM AT COMMONWEALTH
SUNDAYS 4:15-5:45PM AT BONNIE DOON

Winter Green Shack

Keep an eye on the Green Shack in Holyrood Park, as we get ready for their winter opening! The Winter Green Shack will run from Saturday, February 1 to Wednesday, February 26 on Monday/Wednesday 3:30-6:00 pm and Saturday 1:00 - 5:00 pm. The Winter Greenshack is for children aged 6-12 (children under the age of 6 are welcome but must be supervised by a parent or guardian at all times) and will include cooperative games, outdoor cooking, sports, crafts, music, theatre, nature and imaginative play.

Babysitter's Registry

Holyrood is starting a baby-sitter's registry in the community for evening and weekend babysitting needs. Sitters must be certified in a babysitter's course, have proof of the course and have guardian permission to be added to the list.

We are looking for a community member who is willing to take on the coordination of the babysitter's registry.

Please email programs@holyroodcommunity.org if you are interested in volunteering.

outdoor craft & winterscape building, please feel free to freeze items of any size, shape, or colour and bring them with you to the event! Some ideas include: balloons (both round or long), jugs, tetra packs, milk cartons, pie plates, bowls, rubber gloves, jello molds, etc. The more creative the shapes, the better, we will put them to good use while creating interactive sculptures! We are also looking for clean, dry tin cans of any size, with the lids removed, and clean, dry pancake syrup bottles (with the lid). There is a bin set up outside the rink shack to drop off the cans

FREE DROP-IN
**WINTER
HOW-TO AT
GREEN SHACK**




| LOCATION | DATES | DAYS & TIMES |
|------------------------------|---------------|--|
| Holyrood 9411 Holyrood Rd | February 1–28 | Mon and Wed: 3:30–6:00pm Sat: 1:00–5:00pm |

ARE YOU A BABYSITTER?
Do You Want To Pick Up More Work?

Help build your babysitting network by joining Holyrood's new babysitter registry!



Email communications@holyroodcommunity.org to request a sign up sheet!

2nd Annual
Holyrood Winter Fest & SEESA's 40th Anniversary!
February 8th • 4 - 8pm
s'mores • horse-drawn sleigh rides • fireworks • crafts



Making positive steps toward your health goals

To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps below to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

Step 1: Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

Step 2: Set a specific long-term goal.

A long-term goal is not something you can

do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal that you can reach in about six to 12 months?

Step 3: Set your short-term goals

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the

**TOWN HALL with
Heather McPherson**
Member of Parliament / Edmonton Strathcona

**Wednesday,
February 12
7–8:30 pm**
Ritchie Community
Hall, 7727 98 Street

Come with your questions and concerns about federal government issues.

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Constituency Office:
10045 81 Avenue | 780-495-8404
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stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

Step 4: Prepare for slip-ups or setbacks

What might get in the way of your reaching this goal? You may already know that things

like time, money, or emotions could get in the way. How might you get around these things?

Step 5: Plan for support and rewards

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

Step 6: See your success

How will your life be different after you make this change?

Idylwylde Executive

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

Program Calendar 2019

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

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

Peaceful Yoga Sanctuary

Instructor: Lauren Thomas
Thursday: 7:00 pm - 8:15 pm
Start date: January 16, 2020
End date: March 5, 2020

Gentle Yoga, with ashtanga and yin influence: This class is designed to provide a gentle and slow paced variation on the Ashtanga foundations. Slow movement and space to settle into your asana postures and focus on your breath.

Expect longer held postures (yin like yoga) towards the end of class. The intention of this class is a space to connect to the nurturing relationship you can hold with yourself. This will be encouraged through movement, breathe, meditation, and occasional mantra. This gentle class is suitable for all fitness levels.

Chair Yoga

Instructor: Susan Lobkowicz
Tuesdays: 2:00 pm - 3:00 pm
Start date: January 21, 2020
End date: March 31, 2020
(No class on February 18)

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

Pilates Mat Class

Instructor: Kelly Bray
Monday: 7:00 pm - 8:15 pm
Start date: May 4, 2020
End date: June 29, 2020

Pilates is a system of controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up.

Pilates takes a balance approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. The heavy emphasis on abdominal strengthening is a necessity and the class is designed for every fitness level. Kelly Bray is a certified Pilates instructor and has many years of teaching experience. All that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

Spring into Fitness Class

Instructor: Kelly Bray
Wednesday: 7:00 pm - 8:15 pm
Start date: May 6, 2020
End date: June 24, 2020

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

A pair of runners, a mat and a water bottle is all you need.

Cheery Tomato Community Garden

Take a break from winter. Now's a good time to start planning the garden for spring. Contact us at gardenidylwylde@gmail.com and we'll let you know how you can be involved with our amazing little community garden.



Purchase your membership online at efcl.org!

To contact us, please do so by email or by leaving a message at 780 466 7383.

Like and follow us for the most up to date news. Search "Idylwylde Community League" on Facebook and @IdylwyldeCL on Twitter.

Also make sure to visit us at www.idylwylde.org and sign up for our monthly e-newsletter.

Social Chair Needed

We are in search of a new Social Chair to continue the great work done by our previous chair, Mick.

This position is required to make sure we continue to have community events such as block parties, our annual membership drive, as well as things like the big bin event. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails, and a few hours spent planning and coordinating.

If this sounds like something you would be interested in, please let us know.

Community League Swim

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

Commonwealth Community Recreation Centre (11000 Stadium Road)
Saturdays: 5:00pm - 7:00pm
Start Date: September 7, 2019
End Date: August 29, 2020
Bonnie Doon Leisure Centre
Sundays: 4:15 pm - 5:45 pm
Starts Date: January 19, 2020
End Date: June 28, 2020

Hall Rentals

We are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special in that we offer reduced rates to people who live within Idylwylde, so you can host a larger than life function, right in your neighborhood.

The only catch? We can't do it without your help!!! If this sounds like something you can take on to help the community, get in touch with Kate.

Monthly Community Meetings

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

Old-fashioned Sunday Funday

Thanks everyone for coming out, volunteers and participants alike! Given the cold snap, it was an opportunity for neighbors to break out of their cabin fever. See you next year at our Old Fashioned Funday!

Program Chair Needed

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

Edmonton Community Death Cafés

Let's talk...

Idylwylde Community League is opening their hall to facilitate casual discussions on the topic of death. Discussions are open, informal and completely participant guided.

While cafes are not formal bereavement support or therapy groups, they are meant to provide a comfortable environment to openly discuss the topic of death.

Attendance is FREE, however space is limited as each café is set to accommodate a maximum of twenty (20) people. To reserve a seat, those wish to participate are asked to pre-register by phone in advance by calling 780-757-7920.

Friday, February 21, 7:00 pm - 9 pm, doors open at 6:30 pm.

Saturday, February 22, 10:00 am - 12:00 pm, doors open at 9:30 am.

Bonnie Doon Leisure Centre is OPEN

Our beloved leisure centre is open, with lots of updates! We have switched our community swim on Sundays back to this pool from Hardisty so community members can take advantage of the pool in our back yard.

Little Free Library



Brace yourselves (with a book). Winter is here! Take a detour and visit our Little Free Library over at 7932 83 Avenue. Grab an exciting book from the collection or drop off one of your favorites that you think someone else may enjoy.

CONTACT US!

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

Hall Rental requests: rentals@kenilworthcommunity.com

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

Regular Meeting

Monday, February 10 @ 7 p.m.

Kenilworth AGM March 9, 7 PM

Come out and meet your current Kenilworth Community League board members!

This evening will start with pizza and a fun review of community highlights from 2019!

We will end with elections. To vote, you must be a member in good standing.

The following positions are up for renewal:

- President
- Secretary
- Southeast Community League Association representative
- Adult programs
- Children's programs
- Memberships
- Bingo coordinator
- Soccer

To nominate someone or to inquire about what these positions entail, e-mail Ian at president@kenilworthcommunity.com

To purchase a membership and learn about the benefits, e-mail membership@kenilworthcommunity.com

Hope to see you there!

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 at 780-717-3578 for more info on how you can make a difference in your community.

Have a New Neighbor? Are You New to Kenilworth?

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

We will deliver a free Community League membership along with information about all the activities this League offers. Don't have your 2018/2019 membership yet? Memberships are \$20 and \$15 for In-

Hall Rental Rates

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

CL Hall Rental Rates: (Seating 160)

| | Members | Non-Members |
|----------------------------|----------------|----------------|
| •Weekend (Fri.pm – Sun.pm) | \$450.00 | \$550.00 |
| •Day Rate | \$300.00 | \$385.00 |
| •Damage Deposit | \$250/day rate | \$550/day rate |
| | \$450/weekend | \$550/weekend |

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

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

Adult Badminton

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

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

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

Contact the Kenilworth Badminton Club: Andy Caine (780-916-8889)-acaine@telusplanet.net or Ray Rideout at 780-405-2770 or

Liz Thomas 780-465-5188

Babysitting Registry

If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry.

Call Sheri at 780-616-0417 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

dividuals and Seniors.

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

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

Community League Swim

We are looking to gauge support for an additional Community Swim to Bonnie Doon Pool. Please follow up with our Poll on Facebook or Nextdoor.

We have Community Swim access to Commonwealth Community Recreation Centre (11000 Stadium Road), effective immediately.

Hours are Sundays from 1:00 to 3:00 pm. Bring your KCL membership card to get in FREE at this location and time.

It is shared time (not exclusive), but does include full facility access to the Rec. Centre*.

*Full facility access includes those amenities that would normally be accessed through a standard facility admission and access is only permitted during the designated community league hours. For Leisure Centres this does not include access to drop-in programs which require the purchase of a facility plus admission.

Please note that we no longer subscribe to Hardisty Pool.

Toddler Time

Mondays 10:00 am - 11:30 am

Kenilworth Community League 7104 - 87 Ave.

Starts Sept. 9, 2019

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

A great place to make neighbourhood friends!

Contact Jo for more information.

jtong77@gmail.com

Scrapbooking/ Cardmaking Garage Sale

Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, March 14 at 9:30 to 1:00 p.m. Great bargains for you for your next projects!

Community League Membership Wellness Benefit

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

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

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

How the Program Works

Present your valid Edmonton community

KCL Adult Spring BBQ - May 9, 2020

Cocktails 5:00 p.m.

Dinner 6:00 p.m.

\$25 per person

Tickets

Call Alma @ 780 469-2019 or email: akessel@shaw.ca

Limited number of tickets: first come first served! Sold out every year!

KENILWORTH PLAYSCHOOL

We are accepting new registrations for playschool!

please contact Elaine Voss at (780) 691-8316 or by email elaine.voss@shaw.ca.

Nextdoor App

Did you receive a generic envelope encouraging you to sign up using an App called "Nextdoor"? Perhaps it seemed mysterious. Fear not. Nextdoor is a neighbourhood networking app that you can download to your smart phone or computer. It allows you to receive more focused information that is relevant to your community. There is an opt-in when you sign up that causes the app to mail out invitations to residences within a small radius of the postal code provided, so if you have received one of these invitations, it means someone in your neighborhood has signed up. If this is a way that you like to get your info, feel free to sign up. We are trying out both Nextdoor and Communibee apps as methods to engage with people. Please be patient with us as we sort all of this out!

Muttart Conservatory Update

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

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

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

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

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

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

* Applies to new purchases only.

Board Members

Executive:

President – Corinne
Vice President – Colleen
Secretary – Sandra L.
Treasurer – Eric

Board Members:

Bingo Director – Kyla
Casino – Colleen
Hall Manager – Tim
Grants – OPEN
Big Bin – OPEN
Building Projects – Lukas
History of Ottewell Committee - We need

more members!

Indoor & Outdoor Soccer Director – Tena
Summer Playground Director – Colleen
Social Team – Many OC Members
Playschool Rep – Tyler
Rink Chair – Tom
Maintenance – Frank
Membership Director – Russ
Communications – Sandra C.
Website – Tim
EFCL Rep – Corinne

All positions are volunteer. Please send all inquiries via email to 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

Free Community Swim & Gym for League Members

Access to any of the recreation centers are for the entire facility.

So if you do not want to go swimming, you could go work out or do any of the drop-in activities there.

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

Saturdays, 5-7 PM at Commonwealth Fitness Centre.

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

Community League Playschool Open House

The Ottewell Community League Playschool is hosting it's 2020 Open House.

Parents and Children are welcome to join us in our classroom at Braemar School (9359 67A St NW) on Wednesday, February 26 from 6:00pm to 8:00pm. See our OCL Playschool Facebook page or ottewell.org/playschool/ for more information.

Our community runs a vibrant and dynamic playschool program for kids aged 3-5 at Braemar School.

Kids have the opportunity to learn through

OCL Board Meetings

Keep Ottewell Community League vibrant and alive! OCL board meetings are held every third Tuesday of the month, unless otherwise posted. The next meeting is on Tuesday, February 18 at 6:30 PM.

At this meeting we will be hosting an open forum for OCL members to share what they would like to see at the Ottewell Community Hall - maybe a building addition or programs. Where do you want to see your community in the future?

Come and join in to find out what's happening in your community.

UPCOMING EVENTS - SAVE THE DATE

April 25 - Ottewell's 6th Open Stage Night
Go to ottewell.org to register as a performer right away as space is limited!

Spring 2020 - Senior's Tea

The Ottewell Community League will be hosting a Seniors Tea in the Spring of 2020. Watch the website and SEV for updates.

Ottewell Community News and Information Board

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

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

Family Literacy C.O.W. Bus

The COW Bus is back at OCL! Join us for Fridays from 8:30 am - 10 am for a FREE drop-in program for parents and children 0 - 6 years. Share, read and play, listen to stories and songs, borrow books for free and enter for weekly draws for free books.

Volunteer with the Ottewell Community League

Are you interested in volunteering for OCL? WE NEED YOU! We have many opportunities available - opportunities to help with a one-time event or to take on a more regular commitment.

- General Volunteer - "Call me when you need someone, and if I can help, I will."

- Volunteer Coordination - assist the board with finding and scheduling volunteers for events.

- Project Team - plan changes and upgrades to the Ottewell Community League Building. All plans will be presented to the board for approval.

- Grants - help ensure OCL has applied for all available funding.

- Sponsorship Coordination - obtain sponsorship. Liaise with sponsors and Communications Director to ensure proper recognition.

- Events Team Lead - organize team to put on events for the community league.

- Events General Volunteer - help out at various events. Shifts are 2-4 hours.

- History of Ottewell - gather and share pictures and stories with our community.

Please email ottewell2212@gmail.com to inquire about any of these positions. Keep up-to-date on all the events by subscribing to email updates at Ottewell.org or by following us on Facebook at facebook.com/OttewellEvents.

Ottewell Community Park

The hills in Ottewell Park are perfect for a romp in the snow, and we have our ice rinks open for all to enjoy. Opening days and times are posted on our website and Facebook page.

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

Ottewell Artisan Farmers' Market

This farmers' market is held every Thursday from 4 - 7pm at the Waldorf School Gym, 7211 96A Avenue NW.

For more information, email market@wesa.ca, visit us on Facebook at facebook.com/ottewellartisanfarmersmarket, or go to ottewell.org/farmersmarket/

Ottewell 120th Scouting

A big thank you for the great continued support of our communities' Scout Group bottle drive. By having the youth deliver flyers and collect bottles, they have earned their Scouting Adventures. Please start saving your bottles for our spring bottle drive.

Thanks!

~ Your Ottewell 120th Scouting Group

Ottewell Ice Rink



Come out on Saturday, February 29, Noon - 4 PM for a day of fun, skating and socializing with family and friends. There will be activities for everyone to enjoy.

Thank you to our great volunteers who help with supervision! We simply would not be able to provide this great community service without our faithful volunteers! Outside you can play hockey on the big rink, skate on the small rink, or bring a sled and hit the hill out back. Inside the hall, enjoy music, a photo booth, and much more! Sip a craft beer from Sea Change Brewing Co. or a glass of wine while you visit with friends and neighbours. Bring your skates, but they are not required!

Free hot dogs and drinks for the kids! elp with supervision! We simply would not be able to provide this great community service without our faithful volunteers!

When using the rink, remember to wear your 2019/2020 community skate tags. If you don't have tags yet, don't worry! We can renew your 2019/2020 OCL community membership at the Rink Shack.

Please watch OCL Facebook and the OCL Website for updates and closures due to changing weather conditions.

Ottewell Community League on Facebook

Follow us on www.facebook.com/OttewellCommunityLeague to keep up to date on what's happening in our community!

Rent The Ottewell Hall



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

Receive a discount on your next rental when you mention this ad in the Southeast Voice.

Find details about renting the hall, check availability, and fill out our rental form at ottewell.org/hall-rental. For more information, contact Tim at 780-908-5249.

Abundant Community Edmonton - Ottewell



Ottewell is joining the Abundant Community Edmonton program! This initiative encourages neighbourliness and community. If you want to feel more connected to your neighbours, join us by becoming a Block Connector - someone who is your block's point person, party person, and listener.

Watch for Block Connectors to start knocking on your door in the coming months; they'll have official paperwork from the City so you'll know it's them. For more information or to sign up as a Block Connector, go to ottewell.org or email ACEOttewell@gmail.com.

Swallowing button batteries is dangerous



Button batteries are used to power items such as watches, cameras, calculators, hearing aids, and computer games. Because of what they look like and their size, children can mistake button batteries for food or candy.

Swallowing button batteries is dangerous. Even if a button battery appears to be dead or expired, it is still dangerous if swallowed.

Serious injury can occur within two hours of the battery being swallowed.

Button batteries can get stuck in your airway and can:

- cause chemical burns
- damage your internal organs

If your child swallows a button battery it can cause burning, corrosion, or completely destroy the tissue in the upper digestive tract. This damage can happen very quickly and is likely to be worse if the battery gets stuck in the esophagus (throat) instead of moving

into the stomach.

After swallowing a button battery your child might have one or more of these symptoms:

- trouble breathing
- wheezing, drooling
- coughing and gagging when eating
- trouble swallowing
- chest pain
- belly pain
- nausea, vomiting
- no appetite
- fever

There might not be any symptoms after swallowing a button battery, but injury can still occur.

If you think someone has swallowed a button battery:

- do not try to make them vomit
- take them to an emergency department immediately.

Workshops & Programs for Parenting

To register for all programs and/or workshops please contact Jessica Mantel at 780-667-4383 or fcssdodie@shaw.ca

• **Infants Can Talk with Their Hands**

Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. By using both sign language and speech you will not only ease your frustration but also the frustration of your infant. By using sign language you are promoting whole brain development in your infant. This is a 4 week program.

• **Tuesdays: 9:15 - 9:45am**
Fulton Place Community League
6115 Fulton Road
Feb 25 – Mar 17 2020



• **Messy Play is Fun Play**

This 5 week program is designed for children ages 2 to 5. During each class we will explore different types of messy play as well as open ended art experiences. At the beginning of each class we will come together as a group to participate in a story that relates to the experiences that are out that day. Parents will be given a copy of any of the recipes used during the program so that messy play can be created at home as well!

• **Mondays: 9:30 - 10:30am**
Fulton Place Community League
6115 Fulton Road
Feb 10 – Mar 16, 2020

• **Baby and Me Yoga**

Moms and Dads! There are many benefits both for the mind and body by participating in Yoga. This 8 week yoga program is suitable for all levels and each pose can be altered to suit your needs. Through our yoga program you will have a chance to stretch and strengthen your muscles all while making connections with your little one. Both during and after the program you and your little one will have a chance to meet and socialize with other parents with young children. New moms will need to be 6 weeks postpartum and have clearance from your doctor to resume exercise.

• **Wednesdays: 2:00 - 3:00pm**
Fulton Place Community League
6115 Fulton Road
April 8, 2020 – June 3, 2020



• **Goodbye Bedtime Battles**

Fulton Child Care Association
10310-56 St (West Doors)
Thursday, March 26 6:15 – 8:30 pm

Bedtimes can be a struggle for your child and family. Come to this introductory workshop to help make bedtimes more peaceful. The workshop is for parents of children 6 months to 5 years of age. Join other parents and the pediatric Occupational Therapist (OT) to: Learn more about the many different factors that influence a child's sleep: routine, environment, and positive sleep-time associations. Discover how to begin and continue healthy sleep habits. Choose which first step strategies best fit your child and family.

Discount on Gymnastics Classes

Dreams Gymnastics Academy

Winter Registration

NOW AVAILABLE ONLINE

WWW.DREAMSGYMNASTICSACADEMY.COM

9527-49 street 780-440-0014

OCL members - did you know that with your membership you receive 15% off classes at Dreams Gymnastics Academy Ltd? Winter registration is on now.

If you would like to purchase a membership, head on over to Servus Credit Union, Anvil Coffee House or the Sports Shack or online <http://ottewell.org/welcome-to-our-community/membership/>

Main Floor Overlooking Courtyard
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- * Heated Parking
- * Car Wash
- * Social Room
- * Workshop
- * Library
- * 40+ Living

"FULTON COURT"
6220 Fulton Road



Call "Craig Stenersen"
for more information
780-233-9939 (Cell)



WWW.WORKING4U.CA

WHAT'S YOUR HOME WORTH?

Call me for a "Free (No Pressure) Market Evaluation"

SRES  **"Seniors Real Estate Specialist"**

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



9228 - 100 Avenue in Riverdale

SWEEPING VIEW!

3+2 This custom built 4 bedroom + Den home with 3 full baths offers south facing river and park views. Situated across from the Riverdale Community Park there is always something to see! The home features an abundance of space for the entire family with 2 family rooms, loft space, huge open kitchen, formal dining area and a full master suite with complete ensuite. Full basement and double attached garage! Offered at \$688,000 E4179053



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Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters
 of Edmonton & Area



SCL Board Members

| Position | Name | Email |
|--------------------------|--------------|---------------------------------|
| President | Chris | president@strathearncl.org |
| Vice President | Yasir | vicepresident@strathearncl.org |
| Treasurer | Jason | treasurer@strathearncl.org |
| Secretary | Leah | secretary@strathearncl.org |
| Membership | Jen | membership@strathearncl.org |
| Building & Grounds | Rob | grounds@strathearncl.org |
| Social Director | Andrew | events@strathearncl.org |
| Communications | Pam & Angela | communications@strathearncl.org |
| Programs | Erin | programs@strathearncl.org |
| Hall Rental Coordinators | Darrah & Ben | hall@strathearncl.org |
| Soccer Director | David | rec@strathearncl.org |
| Member at Large | James | |
| Member at Large | Andy | |
| Member at Large | Evan | |
| Member at Large | Annette | |

Call-out for SCL Casino Volunteers!

We're seeking volunteers to sign up for shifts at Strathearn's next AGLC Casino, a great chance to hang out with your neighbours while raising funds for the community!

The dates are April 2 & 3, at the Grand Villa Casino, inside Rogers Place Arena. Food and drinks will be provided for all casino volunteers. Transportation can also be arranged if that is an issue. You can sign up for shifts at <https://signup.com/go/MCnVdHP> or scan the QR code below to take you there. Our casino funds

account for a big chunk of our community league income. Without it, we would not be able to fund the many events we host or the hall itself! Thanks in advance for your support!



Strathearn A.V. Club February Happenings

Film Club – Thursday, February 13 at 8pm
Strathearn A.V. Club is proud to present the Bruce McDonald's Hard Core Logo. A Canadian classic with many Edmonton connections. 18+, all welcome.

Jam Club – Thursday, February 27 at 8pm
An amateur, 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 to join and learn new songs together. Free to attend.

Strathearn Stay 'n Play



Big thanks to Evi Carosella, our new Stay 'n Play volunteer. The group meets Friday mornings at 9:30 am. Join Evi for toddler and pre-schooler fun...babies welcome too!

All moms/dads and caregivers welcome.

The Perks of SCL Membership!

Show your Strathearn Community League membership and swim for free at the newly revitalized Bonnie Doon Leisure Centre during our community swim times on Saturdays from 5 - 7pm.

Did You Know? Besides the community swims at Bonnie Doon Leisure Centre, community league membership entitles you to substantial discounts at any City of Edmonton recreation facility. As a community league membership holder you can save 20% on Adult, Family, Child, and Youth/Senior Annual Memberships, 15% on the already discounted multi admission pass (5+ visits), and 20% off an on-going monthly memberships. Strathearn Community League

memberships are available online at <https://strathearncl.org/membership-1> or at Ralph's Convenience Store, Juniper Cafe and Bistro, Strathearn Heights apartments main office, or the Massage Therapy Supply Outlet.

A few other perks of your Strathearn Community League membership:

Strathearn Happy Hour on the first Saturday afternoon of the month from 4-6pm, enjoy a glass of wine or beer at the lovely Juniper Cafe (corner of 95 Ave & 87 St.) for only \$2.

Strathearn-specific discount code at Backbeat rock school's 'Little Beats' program – see <https://strathearncl.org/news/2020/1/10/for-those-about-to-rock> for all the details!

Alair Homes Family Day Skate and BBQ

Join us at Strathearn Hall and rink for a themed Family Day Skate and BBQ presented by Alair Homes, on Monday, February 17 from 12 noon to 7pm. Games, food, and lots of fun for the whole family!

Jam Club

Thursday, February 27 at 8pm

An amateur, 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 to join and learn new songs together. Free to attend.

DROP-INS WELCOME

to the following Strathearn Community Hall programs:

BARRE

Saturdays, 9-10am \$15/class

YOGA

Tuesdays, 8:30-9:30pm \$20/class

ZUMBA

Thursdays, 6:30-7:30pm \$15/class

More details at strathearncl.org/classes

Kompany Family Theatre

Strathearn Community League

PRESENT

KOMPANYKIDZ

SUNDAY DRAMA CLASSES

January 12 to May 10 2020
(No classes on long weekends.)
Strathearn Community Hall
(9511 90 Street Edmonton)

Registered SCENES & STUFF
3:00-4:30 p.m. Ages: 9-12 yrs
\$160 per 16 wk session, Strathearn members \$140

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

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

Note: Please contact us if you would like to request a fee waiver or reduction!

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

We are grateful for the support of:

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

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**Greg
Dunham**
780-964-1469 (cell)
gdunham@telus.net

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Properties



King Edward Park: 2 Story, ½ block to ravine, facing playground, modern open concept, full 2 bedroom suite, NOT A SKINNY HOUSE. MLS # E4176907



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



Strathcona: Magnificent city view, top floor, 2 bedrooms, 2 bathrooms, ensuite bathroom, insuite laundry, underground parking.