

# SOUTHEAST VOICE

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

July 2020



Published by Calder Publications. To advertise please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## Stolen Bikes in Your Community

There have been more than 40 bikes stolen in the following communities since mid-April: Lendrum Place, Malmo Plains, Greenfield, Park Allen, Allendale, Argyll, Avonmore, Bonnie Doon, Capilano, Forest Heights, Holyrood, Kenilworth, King Edward Park, Ottewell, Strathearn, Terrace Heights and other communities in close proximity to Whyte Avenue.

Most of these thefts happened from detached garages. The point of entry has mainly been locked man doors, pried open with a tool, and in some incidents another older, less expensive bike has been

left behind. These are occurring almost every day of the week. There has also been a recent spike in bikes being stolen from underground parkades.

Police are reviewing intelligence that has been gathered and looking to identify and arrest those involved in this series. Several arrests have already been made; however, the



series is continuing, so any assistance from the public is appreciated. Contact the EPS non-emergency line at 780-423-4567.

Be sure and give thieves the gears by registering your bike at [BikeIndex.org](http://BikeIndex.org), providing your bike's details, including serial number, make, model, colour and photos.

## CHANGE Health Community Program

The CHANGE Health Community Program works with families in Alberta to develop and maintain a healthy lifestyle. The program, led by Dr. Doug Klein and University of Alberta researchers and in partnership with Alberta Blue Cross, we bring families together to connect, learn and engage in fun activities related to physical activity, nutrition, mental health and social connection.

We are currently looking for new participants. The program includes:

Weekly virtual get-togethers with other families and a team of health professionals (kinesiologists, dietitians, psychologists, and the

program team),

A private online community where families can interact with each other and share tips and tricks to help their families stay healthy, and

Weekly challenges and fun incentive programs offer families safe ways to stay active and connected.

We will be returning to in-person programming as soon as it is safe to do so.

All participating families can sign-up for bi-weekly program box that are delivered at no charge to their door and will include fresh produce, recipe ideas and fun family activities.

To learn more, email [chcp@ualberta.ca](mailto:chcp@ualberta.ca)

## Driveway Concert Diverts



Forest Heights neighbours got to see some familiar faces and enjoy some fine music when pals Don Marcotte, Marc Ladouceur and Darrell Barr held a neighbourhood concert from Marcotte's driveway on May 31.

Marcotte posted a flyer in mailboxes asking people to drop by. He asked guests to respect Alberta Health recommendations for social distancing and to make a donation to the Bissell Centre. By the end of the evening, they raised more than \$650.

Marcotte says the pandemic has been particularly hard on musicians like Barr and Ladouceur, who rely on music as their main source of income. The trio is offering to perform similar concerts in other neighbourhoods.

How are your neighbours brightening up life during the pandemic? Send your photos to [newsletter@forestterrace.org](mailto:newsletter@forestterrace.org) and we'll feature some in the next newsletter or in the Southeast Voice.

## Illegal Bike Trails a Growing Problem

One problem that has become increasingly obvious over the last few years is the explosion of narrow, beaten earth side trails in river valley parks. They emanate from the main trails and are especially abundant on the banks and escarpments of the ravines. These illegal trails contravene the parkland bylaw that forbids destruction of vegetation and now form an extensive network throughout the entire river valley and ravine system.

Although some hikers may use them, the chief trail-makers are mountain bikers, who

use these short-cuts with their steep slopes and root-knotted hazards to give them their recreational thrills. Ecologically they are a disaster; they scar the landscape; they fragment habitat ensuring that there are few parts of the river valley where wildlife can be free of human influence, and they facilitate the spread of weeds. Please do not use these trails.

To read more, see the Wildflower News article "Are We Entitled to Treat our River Valley as One Giant Gym?" at <https://tinyurl.com/ycrgqr5>



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

## Having Groceries Delivered



Are you an individual who is at high risk of contracting COVID-19? Are you in self isolation? Are childcare issues making it difficult to get out of the house? You can arrange to have supplies delivered by these fine folks.

Steve and Dan's Online Market - [steveand-dansonlinemarket.ca](http://steveand-dansonlinemarket.ca)

Order food from the farmers' market from the comfort of your own home.

Bag Half Full - [baghalffull.com](http://baghalffull.com) 780-952-7101 or 780-297-7800

Medical students offer free grocery and prescription pick-up and delivery.

Wolfe Automotive Group Helping Hands - 587-785-7749

Have groceries and other essentials delivered.

Fresh Routes - [freshroutes.ca](http://freshroutes.ca) 780-809-1962

Affordable food boxes delivered to those in isolation for exposure to COVID-19 or at a higher risk of getting sick.

## Mental Health Support Available

The Centre for Online Mental Health Support has launched a website to offer rapid, interactive support in a live format. If you are struggling with mental health issues, go to <http://www.comhs.health/>

The Mental Health Commission of Canada has published the Self-Care and Resilience Guide, available at <https://tinyurl.com/ya7dpqrh>. You can also call the Canadian Mental Health Association's distress line at 780-482-4357.

## Website Provides Opportunity for Customers and Businesses to Connect with their Communities

Businesses registering on the Things That Are Open website in Edmonton can now add the name of their community to their listing. This helps customers find products and services close to home and support their local businesses.

Things That Are Open offers another way for customers and businesses to connect at the community level. The website has been listing businesses of all types across Edmonton for several months. Businesses can register and enter their information at no cost.

## Playtime for Preschoolers

Long summer days provide ideal playtime for you and your preschoolers. For preschoolers, play equals learning!

As a parent, you could choose a game, explain the rules, set the time. That's structured play: you teach your children as you play.

Play can also be unstructured and open-ended. You're still watching, listening, and sometimes joining in. But know that as your children push those sticks and toy trucks around in the sandbox, they're building new roads in their imaginations and discovering the world around them. You're still ensuring your children are safe, but they lead the play. To learn more about unstructured play for you and your preschooler, visit: <https://tinyurl.com/yd6vgdhx>

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



supporting families. We will continue to raise awareness of the critical importance of the early years to success in life. We hope you all stay healthy and safe and enjoy these bright summer days.

- The South East Edmonton Early Childhood Community Coalition



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

Contact my constituency office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404

[heather.mcpherson@parl.gc.ca](mailto:heather.mcpherson@parl.gc.ca)  
10045 81 Avenue T6E 1W7



[www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)

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## Community League Board

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

## Programs Director and Events Committee

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

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

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

Anyone interested in the position of Program Director, or in leading a particular program area, please contact president@avonmore.org or vicepresident@avonmore.org

## Avonmore Community League Membership

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

in the Park in September, or online at efcl.org/membership.

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

## Avonmore Garden Club

There are gardens everywhere this year! Great effort everyone to make productive use of your yards. The Avonmore Garden Club remains active online through its Facebook group under the Avonmore Community League chat page. There is an abundance of expertise in the neighbourhood, so don't hesitate to join the online group and post your questions, successes and struggles. The group is organizing a number of online events

including a Virtual Garden Tour to replace the annual summer walking tour of gardens/yards in the neighbourhood. It will be held on Saturday, August 8th. Watch for details in future issues of SE Voice and in the Garden Club Facebook Group. The group might even be able to hold a socially distanced, outdoor Wine and Weeds events sometime soon. If you would like to join the Garden Club - email gardenclub@avonmore.org.

## Things That Are Open - Promoting Local Business

The online portal, [thingsthatareopen.com](http://thingsthatareopen.com), will help enhance the exposure of the businesses and organizations during this tough time. It's a product of Lift Interactive Inc. and the Jim Pattison Broadcast Group (JPBG).

The site features a directory and 'good-news-stories'. Businesses can enter their information at no cost. In response to a request from community leagues, businesses can now enter the

name of the league where they are located and/or the areas and leagues that they serve.

When you need a service or product you can search the site by the service that you need and by the name of the league where you live. It's a double win - you get the service you need, and local businesses survive and thrive.

## Message from the President

Thanks to everyone who attended our online Annual General Meeting. We have two new board members: Bruce Oro as Membership Director and Bryan Whited as Civics Director. Scott Bennet and Lisa Clements are sharing the Grants and Fundraising position. Back for another term are Anita Lunden as President, Allison Foster as Secretary, Nathan Dorval as Communications Director and Bob Raynard as Director at Large. The position of Programs Director is vacant for the second year in a row. (See article on Program/Social Committee on this page.)

It takes more than a board of directors, no matter how dedicated, to have a successful community league and a vibrant and connected community. League membership, volunteering and giving back to your community and getting to know your neighbours are all part of what it takes.

League membership is critical. In the 2019-20 membership year, we sold approximately 200 memberships, yet there are roughly 1000 households in Avonmore. This is in spite of the hard work of our Membership Director. By comparison, we have 492 members on our Facebook page plus other online groups - all of which wouldn't be there if it was not for the community league and volunteers. So, what is the problem? Why aren't residents buying memberships? We'd like to hear from all of you in Avonmore who didn't have a membership last year (or maybe have never had one) as to why you aren't currently a member and

what it would take to have you buy a membership for the next membership year which starts September 1. (See article on Membership on this page)

The second critical element of a successful community league and vibrant community is volunteers. People willing to step up and help to organize and support events and programs, raise funds, repair and care for facilities and generally look out for their neighbours and their neighbourhood. What skills, knowledge and experiences would you be willing to share to make the community a better place to live? Bob is our Volunteer Coordinator. You can reach him at [volunteer@avonmore.org](mailto:volunteer@avonmore.org). (See article on Volunteers on this page.)

The third element of a vibrant community is getting to know your neighbours. That is one of the positive outcomes of COVID-19. We have all been home a lot more lately and really got to see and meet (at a distance) the people who live around us. The children in the neighbourhood are good examples. With no school and organized activities they have self-organized into their own groups - the bike group, the scooter group, the playground group etc. Front yard gardens are now a "thing" and gardeners love to talk with fellow growers. How can we keep this going? (See article on Abundant Communities on this page.)

Take care everyone and I hope to get to know many more of you in the coming year.

Anita Lunden  
President

## Abundant Avonmore

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

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

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

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

## Kids Messages to Kids

Kids are the most impacted by the quarantine measures that have been put into place to protect against Covid-19. We've added a space in the South East Voice dedicated to kids of all ages, with messages to other children in our neighbourhood. If you are a kid or know one that would like to send a message or a game suggestion to play to all the kids in Avonmore, email [communications@avonmore.org](mailto:communications@avonmore.org) with your message, name, and age!

## Online Community

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

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

Twitter: @AvonmoreLeague  
Instagram: avonmore league

Avonmore Book Club

The next meeting of the Avonmore Book Club is Sunday, July 5th at 7:00 p.m. The group has been meeting online since March. July might

Avonmore Playschool

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

be an outdoor, face to face occasion. New members are always welcome. Contact Anita at president@avonmore.org for details.

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


Neighbourhood Watch

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

- Doors:**
- Install security rated locks and deadbolts on all exterior doors. A good quality deadbolt lock should have a 2.5 cm (1 inch) throw. The strike plate should have at least two 8-10 cm (3 -4 inch) screws installed.
  - Use the door locks. Keep doors locked even when at home.
  - Exterior doors should be made of metal or solid wood. Glass or hollow core doors should be avoided.



- If your home has a glass panel within one meter of an exterior door, install a shatter resistant film on the glass or install security bars.
- Install a 180-degree door viewer.
- Never hide spare keys outside your home.



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

Avonmore History Project

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

pings etc.  
Next fall - COVID permitting - we will hold a gathering of early Avonmorites to share what we have collected and to gather more material. If you have material to donate or stories to tell, either add them to the Facebook group and/or contact Anita at president@avonmore.org or 780 222 4482.

Outdoor Soccer Program

ESESA Soccer Season will run July11 - Sept 4. Registration fees for each group will remain the same. Each team will participate in two soccer events per week - which may include: training, modified games, and scrimmages. If you wish to continue with our New Outdoor Season format, you will need to complete the new waiver form given to you by your community director prior to your child's first soccer event. If you choose not to participate in the New Outdoor Season format, you MUST re-

quest a refund by June 24th midnight. Please use the URL (<https://emsasoutheast.com/wp-content/uploads/2020/05/Updated-refund-request-form.pdf>) to access the refund request form and please fill it out and send via email to admin@southeastsoccer.ca.  
Please also visit <https://albertasoccer.com/covid-19-updates/> and review the *Alberta Soccer Plan – Phase 2 Return to Modified Games* document and familiarize yourself with the guidelines pertaining to the 2020 outdoor season.

Avonmore Hall Reopening

The Avonmore Community Hall will be reopening in early September Community halls have been included under Stage 2 of COVID 19 reopening. However, there are numerous safety precautions and procedures that must be followed. It will take us some time to de-

termine how to implement these procedures. Occupancy rates will also be reduced to allow for safe physical distancing.

Neighbourhood Renewal and Park Paving

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

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

Proposed Land Use Changes

There is additional information available on the Avonmore website on this proposed redevelopment. An application has been made to rezone the lot at 8311 - 76 Ave from RF1 Single Detached Residential to RA7 Low Rise Apartment Zone. Members of the ACL Board and the Planning Committee have met with the representatives of the developer to obtain

more information on what is being proposed. The information on the proposed development is posted on our website at [www.avonmore.org](http://www.avonmore.org). You are invited to provide your feedback on the proposed rezoning to the City of Edmonton Planning Department - [andrew.mclellan@edmonton.ca](mailto:andrew.mclellan@edmonton.ca) and/or Councilor Mike Nickel at [mike.nickel@edmonton.ca](mailto:mike.nickel@edmonton.ca).

Nextdoor App

A new app called Nextdoor has recently been launched in Avonmore. Nextdoor acts as a virtual neighbourhood hub designed to grow trust and kindness in our neighbourhood. It's a place-based app (you have to be an Avonmore resident to be part of our neighbourhood group) where you can keep informed about things relevant to our neighbourhood, ask questions, connect with neighbours with similar interests, offer your skills and ideas, and help Avonmore grow its reputation as one of the most neighbourly neighbourhoods around!  
While Avonmore's Facebook Chat group meets many of the needs of our community, Nextdoor provides a few additional benefits, all in one place:  
-Your private information isn't shared - people that have chosen not to use Facebook for



this reason can be part of the Avonmore neighbourhood conversation  
-There's a help/asset map where members can identify skills and helpful things they are willing to do for others in the neighbourhood  
-Members can create sub-groups - this is great for connecting neighbours on the same block, or people who share similar interests (knitting group, families with children under 5, ultimate frisbee fanatics, etc.)  
-You can send messages out to everyone in the neighbourhood in an emergency  
If you're already on Nextdoor, invite your neighbours to join. If you'd like to learn more, check out <https://about.nextdoor.com/ca-en/> or email Wendy at [ace@avonmore.org](mailto:ace@avonmore.org).

## COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Kyle	780 446-3121
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Marzena	780 909-5886
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building and Grounds	<b>VACANT</b>	
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	VACANT	
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June

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

**Check us out on Instagram @capilanocommunity**

## Capilano Community Seniors Raffle

Are you a senior 65 years or greater who lives in Capilano Community? Then you are eligible to enter our Capilano Community Seniors Raffle and win a Community League Membership, a local business gift card, and some other goodies. To be entered in the draw, please call Jean at 780-863-0914 and provide the following information by July 26:

-Name  
-Phone Number  
-How long you have lived in Capilano Community  
If Jean is not able to answer the phone when you call, please leave this information in a voicemail. The raffle winner will be announced in August. Thank you!

## Kaizen Dojo – Online Karate sessions

Jamie Hanlon with Kaizen Dojo is currently offering a free online 45 min karate session for participants. Using an online format (zoom or facebook) Jamie will provide instruction for those in isolation or those social distancing and will continue until we receive notice from

our provincial and municipal leads that it is safe to return to the public sphere. Dates and times to be announced, but it will be running once per week. Please connect with Jamie at kaizen.dojo@shaw.ca for further details about participating.

## Ice Allocation Manager Needed!

Capilano Community requires someone to manage the use of our ice rink next winter. Responsibilities include: manage rink schedule, book ice time with teams, and supervise rink attendants. Are you interested

in supporting others enjoy our rink, playing hockey or skating? Then this is the role for you! If interested or have questions, please contact Kris at K\_cramer@telus.net or 780-720-9003.

## Choose Capilano Hall for your Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, wood flooring, and all amenities are available to make any event special. With the new COVID restrictions based on Alberta Health recommendations, we are only able to accommodate events of 25 people or less to ensure the

6ft physical distancing requirements. Additionally, the hall will provide disinfectant for cleaning after your event, but will not provide PPE or hand sanitizer. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at capilanocl.ca.

## Capilano Community Memberships

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

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

As well, memberships are available at:

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

Care Pharmacy” for supporting our community!

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

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

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

## Wanted - Building and Grounds Director

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

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

## CCL Program Director Needed!

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

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

## Capilano Tennis Summer Camps and Lessons

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

-Red ball (5-8 years) 1/2 hour lessons for 4 days MTWT - limit of 4 participants

-Orange Ball (9-11 years) 1 hour lessons for 4 days MTWT - limit of 4 participants

-Green Ball (12-18 years) 1 hour lessons for 4 days MTWT

Cost: \$40 member \$50 non-member

**Adult Group Lessons offered are:**

6 lessons over a 6-week period for both novice and intermediate levels

Cost: \$60 member, \$70 non-member

Private Lessons are also offered: \$40 member, \$50 non-member - one hour lesson

Registration: For schedules, registration and payment go to <https://capilanotennis.ca/>

For further information, email questions to ctccamps@gmail.com

Capilano Playschool – Register for 20/21 School Year

Capilano Playschool is accepting registrations for the 2020/2021 school year. 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 ac-

tivity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street). For more information on our parent cooperative playschool, or to get a registration package, please contact Bethany at 780-802-9307 or capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com; or find us on Facebook! Hurry as space is limited!

Total Body Fitness is outdoors!

Classes are held on Tuesdays and Thursdays at 6:45 p.m. and 8 p.m. and Sunday evenings at 7 p.m.  
There are 15 spots per class, and they sell out quick!  
These classes are COVID compliant- pylons are placed at 12-foot intervals, and everything touched is sanitized before and after each workout.  
Summer Classes dates:  
Tuesdays and Thursdays run the weeks of

July 7-Aug 25 (8 weeks)  
Cost: \$80  
Sunday evenings runs July 12- Aug 30 (7 weeks- no class Aug 2)  
Cost: \$70  
Sorry no drop ins or 5 passes available currently due to COVID.  
For more information or to register email lisashortenfitness@gmail.com or call 7802219857 or visit @lisashortenfitness on facebook or instagram

Keep informed!

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

--CCL website at capilanoocl.ca  
--CCL Facebook page (search Capilano Community League)

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 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!

Graduation caps and tassel icons

*Happy Graduation*

- CLASS OF 2020 -

**Congratulations all Capilano high school students graduating this June 2020!**

**In acknowledgment of all of your hard work, dedication and perseverance.**

**Wishing you all the best- your neighbors and family of Capilano Community league**

Graduation caps and tassel icons



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## CAPILANO COMMUNITY WORD SEARCH CONTEST



**From July 6 - 26, 2020**

**Roam the streets of Capilano Community and find 8 houses that have a large orange letter in their front window. The 8 letters will spell CAPILANO.**

Once you have located all the letters that spell CAPILANO, send in your name, phone number and where you found all the letters (ex: the letter and corresponding house number- C: 10665) by email to [zena823@shaw.ca](mailto:zena823@shaw.ca)

Limit of one entry per email address.

**Please note that the community of Capilano is located both west and east of 50th street.**

**All correct entries will be entered in a draw for a \$50 gift card for a local business.**

**All entries must be received by midnight on July 26.**

**Winner will be announced in August.**



## Capilano Community Coloring Contest

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

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

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

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

**All entries must be received by August 23.**

**Limit of one entry per child.**

**Winners will be announced at the end of August.**

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

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

# Cloverdale

9411 - 97 Avenue  
(780) 465 - 0306  
[cloverdalecommunity.com](http://cloverdalecommunity.com)

## BIKE CHALLENGE

Now that things are reopening, and people are getting out of their homes more frequently, one of the best ways to maintain social distancing while getting some good and much needed activity seems to be biking. Cloverdale has received a challenge from one of our neighbouring communities, Ritchie, inviting us to join them and perhaps a few other communities in a bike challenge during the month of June. Cloverdale has accepted the challenge!

### Here is how it will work:

During the month of June, those who wish to participate need to track the kilometres that they ride and email: [socialdirector@cloverdalecommunity.com](mailto:socialdirector@cloverdalecommunity.com) every Sunday evening with their weekly totals.

On Mondays, the total results for our community will be published. We will skip the final Sunday of the month (Sunday, June 28) and extend that recording period to Tuesday, June 30. Our final total for our community will then be announced on Canada Day.

### Cloverdale Community Goals:

1200 km - 1500 km - Honourable Mention  
1501 km - 1750 km - Bronze Medal Status  
1751 km - 1999 km - Silver Medal Status  
2000+ km - Gold Baby Gold

Top rider will get a special prize. **RISE TO THE CHALLENGE CLOVERDALE!**



## Beat the summer heat with seven spray parks reopening

The City of Edmonton will begin reopening 25 spray parks across the city for Edmonton's small splashers.

The first seven spray parks will be opened over the weekend at:

- Callingwood
- Castle Downs
- G. Edmunds Kelly
- Glengarry
- Jackie Parker
- Kinsmen
- South Terwillegar Park

The remaining 18 spray parks will open in the next two weeks. As the specifics or more reopenings are determined, this additional information, as well as hours of operation, will be available on [edmonton.ca/waterplay](http://edmonton.ca/waterplay).

Reopened spray park locations will be cleaned bi-weekly. Peace Officers will continue to patrol reopened public amenities to ensure public health orders are followed. In addition to public health

guidelines, the City is reminding users to stay home if they are experiencing symptoms of COVID-19, and be courteous with the length of your stay so that other small splashers can enjoy the park too.

When used safely, these parks provide an opportunity for local, outdoor, easily accessible fun for children. Thank you for your cooperation in adhering to physical distancing requirements and safe use of public spaces.

For more information:  
[edmonton.ca/waterplay](http://edmonton.ca/waterplay)

## Forest Terrace Heights board

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

## Annual General Meeting 2020

The board of directors met for the league's annual general meeting on June 2. Some of the vacant positions on the board were filled and several directors reelected.

Our outgoing SECLA director Connie was named volunteer of the year, with the board's thanks for all the work she's done for the community over the years, particularly with SECLA and seniors. The SECLA director attends SECLA board meetings as a representative and liaison for Forest Terrace Heights. If you're interested in the position, please contact president@forestterrace.org for more information or to express interest. Members of the board receive free membership in the league and one free hall rental per year. They are asked to attend board meetings, which are held on the first Tuesday of every month except July and August.

Everyone is welcome at monthly board meetings. Our next one will be Tuesday, Sept. 15, at 7 p.m. Watch our Facebook page to find out whether the meeting will be at the hall or via video conference.

At the AGM, the league's financial report was tabled along with the annual report and this message from our president, Curtis:

Our city and our community con-

tinued to experience unprecedented amounts of change. From ongoing redevelopment to changing demographics to major shifts in our local economy, the Forest Terrace Heights community of today is almost unrecognizable from the one I moved into a decade ago.

Our main goal as a community league is to provide community members with the network, tools, and support to ensure you are proud of and welcome in our community. I sincerely hope that as a volunteer-led organization, we have managed to meet your expectations.

I know that our mission is a frequent point of discussion at our meetings and I strongly welcome any feedback about how we can improve going forward. As I move into my second year as president, I hope to continue this conversation and adapt the community league to the changing needs and expectations of community members.

I feel we continue to make great progress. We continued to renovate and modernize our community hall. We held numerous fitness programs, fundraisers, kids activities, and information sessions. We had outdoor skating and indoor swimming. We

continued to communicate with residents, with the city, and with other community organizations. Thank you to anyone who helped make the previous year that success that it was.

I would be remiss if I did not highlight the hard work that our team of volunteers put in to address the COVID-19 pandemic.

The pandemic has impacted almost all aspects of our life, including the community league. Unfortunately, we had to cancel most in-person activities. However, we adapted quickly by moving meetings online; we held remote events, increased donations to charities, and held two ravine clean-ups. It makes me so proud of our community when I am able to see the fruition of the hard work of volunteers, whether it's through looking at the flowers in the community garden, enjoying the clean river valley on a beautiful spring day, or saying hi to a neighbour I met through a community league event. The continued efforts of our volunteers and community members through the pandemic was truly inspirational.

I wish you all a happy and healthy summer.



## Pandemic update

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

For amenities and rates, visit forestterrace.org. Contact hall@forestterrace.org with questions.

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

## Membership benefits

Membership in our community league comes with a host of benefits, including discounts at several local businesses. For a full list of perks, visit forestterrace.org/membership.

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

contacting our membership director Sonya at memberships@forestterrace.org or 780-463-1613.

You can buy a membership at efcl.org; or purchase in person at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch.

## A message from your Neighbourhood Watch rep

It is important to remember to secure our properties when we're away from home. When more of us lock up our houses and cars and put valuables out of sight, it makes our neighbourhood a less appealing target for crimes of opportunity. Remember to report any suspicious activity to the Edmonton Police non-emergency line at 780-423-4567.

We've all come to rely a little more heavily on social media to connect in the past few months, whether it's on a community page on Facebook or via other apps. It is important to think about safety when engaging in these

places. Most don't have an effective way to screen out non-community members or bad actors. While they can provide valuable connections, be careful when exchanging items or services. If you don't know someone in real life, take some simple precautions like meeting in a public place or finding references that you can trust.

If you have more questions or would like to get involved in Forest Terrace Heights' Edmonton Neighbourhood Watch program, reach out to Madison at neighbourhoodwatch@forestterrace.org.

## Calling all gardeners

If you're interested in a plot in The Heights Community Garden for next year, sign up now to be put on the waiting list. Plot fees are \$20/season. Gardeners must have a current community league membership and sign a contract.

The garden is also looking for new members for its planning committee, which meets once a month from February to October to discuss new ways of growing things and its plan to one day expand the garden.

Please email garden@forestterrace.org for more information or to sign up for a plot and/or the committee.



## Nominate-a-Neighbour Bouquet Winner

Deb is the winner of our Nominate-a-Neighbour Bouquet draw for May, brought to you by Capilano Grower Direct and the community league. In her nomination, Helen said that while Deb has always been a good neighbour, she has especially appreciated her during the pandemic as Deb has helped get her groceries.

Has a neighbour reached out to you during the COVID-19 crisis, or made a difference on your block? If so, email Sonya at memberships@forestterrace.org or leave her a voicemail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour Bou-



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

## Board Members

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

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

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

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

Facilities  
[info@fultonplace.org](mailto:info@fultonplace.org)  
Joshua  
Communications  
[communications@fultonplace.org](mailto:communications@fultonplace.org)

Sherry-Lynn  
Hall Rental  
[hall@fultonplace.org](mailto:hall@fultonplace.org)  
Miles

Seniors Liaison  
[seniors@fultonplace.org](mailto:seniors@fultonplace.org)  
Ruth

Babysitting Registry  
[babysitter@fultonplace.org](mailto:babysitter@fultonplace.org)  
Sherry

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

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

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



Emergency  
Medical  
Services



## Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes of poisoning include ingesting or coming in contact with household items such as dishwasher tablets, mouthwash, or chemicals such as paints, solvents and cleaning products.

### Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

### Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

### Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- **In case of a poisoning emergency, call 9-1-1;**
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.

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

## Community Support During Covid-19



To our community members wanting to offer support to others who are self-isolated or quarantined, we certainly encourage residents check in with your neighbours, particularly those who are vulnerable or have mobility issues. Check out the Fulton Place Facebook page, and the group 'FPCL Neighbours and Volunteers' to leave a message regarding COVID-19 issues in our community & to request some help or ask who may require it. You can link to this group via the top banner on our Facebook page:

## Fulton Place Local Business Directory

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

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

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

Your name, first and last.

Your business name.

The service or product you offer.

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

Your preferred contact information.

Your address, which we will not publish unless it's a part of your business contact. We will use this as proof of your residency in Fulton Place. Thank you and we hope you and your family are healthy and safe.





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# Gold Bar

4620 - 105 Avenue  
goldbarcl.com

## Gold Bar Executive

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

## GOLDBAR MEMBERSHIPS AVAILABLE NOW!!!!

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

Show your membership card at Hardisty Pool on Sundays from 1:15- 2:45pm to participate in a community Swim. On the second Tuesday of every month, show your membership card at Blues Java Café to receive a FREE

hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card.

WE NEED YOUR HELP!! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU! If you're interested in helping out your community by selling memberships, we have short and long routes available.

You can purchase memberships at any of the above places or Call Amy Cooper 780-668-6836. Adults/Family \$20 and seniors \$5.

## CONTEST TIME!!!

Buy your Gold bar Community Membership to be entered into a monthly draws! You can win a \$20.00 gift card to Blues Java. One win per membership/year. You can pick up your membership at Blues Java, All Care Pharmacy, Seesa or contact Amy 780-668-6836. Make sure to have all the current information on your membership. We will be drawing a winner monthly from everyone that has purchased a current membership

## Bingo

Soon the bingo halls will be reopening with many safety measures. If you are interested in working any of the bingo dates, please give me a shout. Lorie @ 780-447-1110..

**Fort Road Bingo:** July 28 afternoon/evening  
Sept. 15 afternoon/evening

**Parkway Bingo:** July 20 evening/late night  
August 28 evening/late night

These events generate .revenue for our community



## Hall rentals

Gold Bar Hall has reopened for rentals and events! Some restrictions apply; no more than 50 people indoors and social distancing must be practiced. Please contact goldbarhallrentals@gmail.com for more info!

## Summer Yoga In The Hall



Wednesdays 8:00 - 9:15 pm  
July 8 - Aug 26  
Cost \$80 for 8 classes  
social distancing and other precautions will be practiced  
Instructor: Nancy Conlin  
nancy\_conlin@hotmail.com

## A Residential History Project



## GOLD BAR

We are creating an online time capsule of our residents, everything from their families occupations, children and pets to their retro basement party and community event photos

### What do you need to do?

Contact  
Cody Charlene  
587.936.2338  
goldbarsecretary1@gmail.com

## the Gutter Doctor

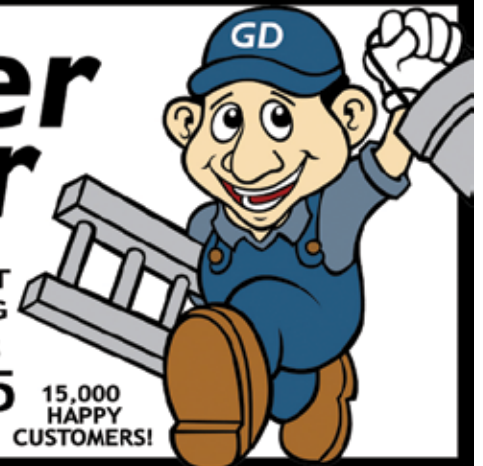
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## Holyrood Community League Contacts

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

holyroodcommunity.org @HolyroodCL Holyrood Community League

Purchase memberships through [efcl.org/membership/](https://efcl.org/membership/)  
**Complimentary memberships are available for newcomers to Holyrood!** Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

## HOLYROOD COMMUNITY GARDEN UPDATE

Happy summer!  
The Holyrood Community Garden (HCG) committee has been meeting and updating and revising our community garden proposal to the Holyrood Community League (HCL), SEESA, and the City of Edmonton community gardens program.

The **Strategic Plan for the HCG** has been submitted to the City of Edmonton. Highlights include:

- Due to COVID-19 and changes to the SEESA leadership, SEESA is unable to participate in the HCG this summer
- In the interim, implement a 'Demonstration Garden' adjacent to the HCL building and the HCL rink shack buildings in the summer 2020
- Build our membership in the summer 2020 including recruiting a chairperson and additional volunteers

In the interim, HCG has offered to start to 'beautify' the grounds adjacent to the Holyrood Community League building and the HCL rink shack building.

When we receive approval from the City of Edmonton, we will quickly implement a 'Demonstration Garden' in the summer 2020.

The Demonstration Garden will be a community effort (not individual plots) to plant some vegetables, flowers, and engage (while maintaining social distancing) community members including children at the Holyrood After School Care (HASC).

**Our next steps:**

- Weeding the grounds around HCL building and the HCL rink shack buildings
- Purchase soil and compost
- Start planting vegetables and flowers
- Increasing activity on our Facebook Group - Holyrood Community Garden: [facebook.com/groups/HolyroodCommunityGarden/](https://www.facebook.com/groups/HolyroodCommunityGarden/)

### What you can do now:

- Join the Facebook Group - Holyrood Community Garden - and share your pictures about your garden, ask questions, reply to questions from your neighbors
- Come by HCL and see what's growing!
- If you have a few minutes to spare - help out with the weeding and planting! We can't hold 'work bee's' but you can bring your gloves and garden tools and get your hands dirty!
- Help us with our wish list items - we have a few, specific things that we need this summer. See the Facebook group for the list.

If you have any questions, please hit email [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org) or look us up on Facebook!

Laura - Treasurer  
Margo - SEESA Representative  
Sheena - HASC Representative  
Jaime - HCL Representative

PS - If you are one of the first 20 people who join our Facebook Group - Holyrood Community Garden <https://www.facebook.com/groups/HolyroodCommunityGarden/> and post a picture - HCG will share with you a packet of seeds compliments of Sustainable Food Edmonton!



## HOLYROOD COMMUNITY SPRAY PARK UPDATE

Holyrood's spray park has been selected by the city of Edmonton to be one of the 25 spray parks to open this summer. The full list of the 25 spray parks reopening this summer is now available on the City website [https://www.ed-](https://www.edmonton.ca/activities_parks_recreation/spray-parks-water-play.aspx)

[monton.ca/activities\\_parks\\_recreation/spray-parks-water-play.aspx](https://www.edmonton.ca/activities_parks_recreation/spray-parks-water-play.aspx)

In our area of the city, the following spray decks will be activated in the next two weeks: Kinsmen, Gallagher Park, Holyrood, Avonmore

## HOLYROOD BABYSITTER'S REGISTRY

We have launched our babysitter's registry. Interested babysitters can apply at <https://forms.gle/wdKnJ6am9kLmtbYd9> or visit the Holyrood Community League website [www.holyroodcommunity.org](http://www.holyroodcommunity.org) to find the link to the application form. Interested parents can email [communications@holyroodcommunity.org](mailto:communications@holyroodcommunity.org) to be matched up with potential babysitters.

We have to remind everyone to be as safe as possible during this uncertain time, and make sure that you stay home if you



are sick. Please don't contact any potential babysitters to care for a sick child, or if anyone in your household is sick.

## HOLYROOD COVID-19 UPDATE

### Swimming:

Bonnie Doon Pool is scheduled to open within the next month! Community swim is currently on hold at this time. The city is working to be able to open up the community swim again after labour day. Holyrood is registered for Saturday and Sunday times at both Bonnie Doon and Commonwealth locations.

### Yoga:

Classes are now being offered with Free Facebook Live Yoga Classes on Tuesday and Thursday nights at 7:00 pm.

Ruth is offering "Ruth's Anytime Yoga", where you can go to any of the live practices when you have time with a donation.

Ruth is also offering iRest 6 week courses. The courses involve spending about an hour each Wednesday learning tools to navigate life's challenges and bring you into a deep state of ease. Each week you will be guided through a iRest practice while you rest on your back, with your eyes closed. It's incredibly relaxing. Think of it like a weekly spa treatment. It does take a committed practice to incorporate the tools. Whether you are new to meditation, or practiced, or new to iRest or not, come along with their zoom community and delve deeper. Check out the youtube description at [https://www.youtube.com/watch?v=h2ZA0YXcw\\_E&](https://www.youtube.com/watch?v=h2ZA0YXcw_E&feature=youtu.be)

[feature=youtu.be](https://www.youtube.com/watch?v=h2ZA0YXcw_E&feature=youtu.be) Course starts JUNE 24th, contact Ruth to register at 780-237-6730

### Playschool:

Playschool is still on hold. HASC has been given exclusive access to the hall due to Covid until August 31. Playschool is still working the logistics of opening in the Fall.

### Construction:

Have you noticed vehicles from the construction site at Holyrood Gardens or LRT build, driving through the neighbourhood? If you can, take a snapshot, note the date, time & approximate location, and email [civics@holyroodcommunity.org](mailto:civics@holyroodcommunity.org)

### HCL Board:

The board is on break until September, but that doesn't mean that we're far from our email! Reach out to us via social media, or the website, or check out the email list posted every issue of South East Voice, to reach out and contact us! We are still seeking to fill some vacant positions on the board, if you're interested, please reach out to our President, Larissa [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org). The positions that are vacant are:

Secretary  
Facilities & Grounds  
Vice-President  
Sports & Fitness

## Idylwylde Executive

President	Kate	president@idylwylde.org
Past-President	Marcus	pastpresident@idylwylde.org
Vice President	David	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Corrina	secretary@idylwylde.org
Casino/SECLA	Bridget	casino@idylwylde.org
Civics	Lee	civics@idylwylde.org
Programming	Sheri	programs@idylwylde.org
Membership	Michelle	membership@idylwylde.org
Garden	Lauren	garden@idylwylde.org
Facilities	Stuart	facilitiesidylwylde@gmail.com
Social	Vacant	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Kamila	grants@idylwylde.org

Purchase your membership online at [efcl.org!](http://efcl.org!)

To contact us, please do so by emailing [league@idylwylde.org](mailto:league@idylwylde.org) or by leaving a message at 780 466 7383.

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

Also make sure to visit us at [www.idylwylde.org](http://www.idylwylde.org) and sign up for our monthly e-newsletter.

## Hello Neighbour!

We're several weeks into social distancing, now, and we're heartened by stories of kindness between neighbours. Folks are offering surprise cookie packages, help with groceries, and leading delightful community art projects. (Did you see the socially isolating penguins?)

This is also a very difficult time, and we're wondering how you are doing. We'd like to know...

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

**Do you know your neighbours?** We'll be

distributing a couple of postcards the City of Edmonton made that you can use to share with your neighbours to offer help, if you can. Watch for them in your mailbox.

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

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

*The Idylwylde Community League Board*

## The Idylwylde Community League Board

Caring for Our Four-Legged Friends

We understand your dog is tired of being stuck at home just like everyone else but please don't let them wander around outside unsupervised. Make sure your furry friend is

on a leash unless you're in one of Edmonton's off-leash dog parks. You can find a map of all the areas your dog can run free at [www.edmonton.ca](http://www.edmonton.ca). Just search "off leash dog parks."

## Reserve your Capital City Clean-Up Litter Kit

Want to help beautify Idylwylde and care for our planet? Contact Sheri at [programs@idylwylde.org](mailto:programs@idylwylde.org) to get a free Capital City Clean-Up

Litter Kit. Each kit includes a safety guide, litter grabber, a pair of gloves, and a small and large garbage bag.

## Monthly Community Meetings

We are experimenting with technology to see what fits our needs best. Contact our VP

if you would like an invite to our next meeting.

## Cheery Tomato Community Garden

Stay connected to the community while keeping your physical distance!

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



## Social Chair Still Needed

**WANTED:** Planner supreme with a creative flair for parties, shindigs, and general community get-togethers. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails. Time spent on planning and coordinating will be up to you, but the main responsibilities are things like community league day, and our winter family fun day!

If this sounds like something you would be interested in, get in touch with us today!



## 311 Hours of Operations Change

The hours of 311 are being reduced from 24 to 12 hours a day (Effective February 2, 2020). The new hours are from 7am to 7pm, seven days a week (closed on statutory holidays).

The changes to 311 hours are an effort by Council to deal with reduced revenues and to keep tax increases down for citizens. The compressed schedule will result in a slight increase in wait times.

Support for essential public safety and urgent bylaw calls will continue to be available after hours. Examples include; down trees, manhole cover off on arterial road, sinkholes, dog attack, parking related concerns, etc.

For additional information, please visit: [https://www.edmonton.ca/programs\\_services/service-311-contact-centre.aspx](https://www.edmonton.ca/programs_services/service-311-contact-centre.aspx)

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## Avenue Magazine Best Neighbourhoods

We know that social distancing is the new normal... for now. But, at Avenue, we're still prepping for a great Best Neighbourhoods edition this coming August. This is why we are asking community leagues to put the word out about our Best Neighbourhoods survey, which informs the August edition of the magazine. We want to know what Edmontonians believe are the most important qualities of a great neighbourhood.

Through e-mail or newsletters, you can help us spread the word through your community while keeping a safe distance.

You can find the survey here: <https://www.avenueedmonton.com/edmonton-best-neighbourhoods-survey/>

Thanks for your help!  
Avenue Edmonton Magazine



## Kenilworth Executive

President	Irene	<a href="mailto:president@kenilworthcommunity.com">president@kenilworthcommunity.com</a>
Vice President	Jon	<a href="mailto:vicepresident@kenilworthcommunity.com">vicepresident@kenilworthcommunity.com</a>
Treasurer	Colleen	<a href="mailto:treasurer@kenilworthcommunity.com">treasurer@kenilworthcommunity.com</a>
Secretary	Maren	<a href="mailto:secretary@kenilworthcommunity.com">secretary@kenilworthcommunity.com</a>
Adult/Seniors Programs	Loida	please email President for direct information
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Reg	please email President for direct information
Children's Programs	Jo	please email President for direct information
Grant Applications Coordinator	Aly	please email President for direct information
Membership	Rebecca	<a href="mailto:membership@kenilworthcommunity.com">membership@kenilworthcommunity.com</a>
Play School	Krista	<a href="mailto:ps@kenilworthcommunity.com">ps@kenilworthcommunity.com</a>
Publicity	Jason	<a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a>
Rentals	Liz and Al	<a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a>
SECLA	Kevin	please email President for direct information
Soccer (indoor)	Vacant	please email President for direct information
Soccer (outdoor)	Vacant	please email President for direct information
Social	John	please email President for direct information
General inquiries & Publicity Requests (SEV & Website): <a href="mailto:publicity@kenilworthcommunity.com">publicity@kenilworthcommunity.com</a> Hall Rental requests: <a href="mailto:rentals@kenilworthcommunity.com">rentals@kenilworthcommunity.com</a> Keep Current on our website, <a href="http://www.kenilworthcommunity.com">www.kenilworthcommunity.com</a> and on Facebook!		

## Introducing Irene Wood: KCL's new president

Hello Kenilworth Community League members:

I wanted to introduce myself, at our Annual General Meeting I was voted in as President of the community league: my name is Irene Wood.

I am a born and raised KCL member; my parents still live in the community. I grew up here, went to Waverley Elementary, Kenilworth Junior High and at the time Bonnie Doon High School. I moved away from the community for a number of years and returned when my kids were young, now I have been here as an adult for the past 14 years. My kids are 18 and 22, we have two dogs and my husband is Marvin.

I grew up participating in KCL activities: tap, jazz, soccer and now that my kids are grown I

feel it is time for me to give back. Thank you for your trust and support in our community. It is an amazing group of neighbours.

We have closed the KCL hall but not the good spirit of people. Please reach out if you are interested in supporting our community. Little things make such a difference. If you need any help in your own home, let us know, we have so many amazing KCL community members who will do some shopping for you, pick up supplies etc. just say the word. I can be emailed at [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com)

I look forward to saying hello, from a distance, as I walk my dogs in the community.

*Take care,  
Irene*

## Senior's Events will be back

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

Dinner and a Movie  
Individual Potrait Sessions  
Afternoon Tea at Hotel McDonald  
City Hall and Art Gallery tours  
Canada Day breakfast

Dinner and Dance at Kenilworth Community League

Remembrance Day Event

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

## Christmas in July

Kenilworth's Annual Christmas in July Card Making event will go ahead this year, in a different format.

To keep everyone safe, project kits will include a stamp set and the products you will need to create a total of 8 greeting cards. The cost to purchase a "to go" kit is



\$45.00. Payment and registration is required before June 30th.

Payment options include: e-transfer, cash, cheque, or Kenilworth Voucher.

For additional information, contact Rhonda Vague at 780 469-0010.

Winners! Winners! Winners!

## Hello neighbour!

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

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

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

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

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

### What's in it for you?

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

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

### What is the commitment?

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

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

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

*All the best,  
Kenilworth Community League*

## Caring for Seniors

100 Care Bags of Goodies were dropped off to Kenilworth seniors. This was due to the effort of Loida, our Seniors Program Director, and her team of volunteers. The seniors were so happy and grateful for the goodies we delivered. We planned many awesome events for the seniors this year but due to the COVID situation we cannot run any of them for now,

so we decided to deliver goodies to the seniors to keep in touch and show that we care. We tried to guess where all the seniors lived but it is hard to locate everyone. If you are a senior and did not receive a care bag or if you know of a senior on your block that did not receive one, please contact Loida at: [loidahomes.ca](mailto:loidahomes.ca)

## Food Bank

Our KCL league is committed to helping out the community of KCL and the City of Edmonton. We wanted to do a Food Bank drive and determined the Food Bank would do a better job with a donation. The Food Bank has bulk purchasing ability and also knows what their most urgent need is.

KCL Executive and Directors voted to donate \$500 to the Edmonton Food Bank in April.

If you are also in a position to donate here is the link:

<https://www.edmontonsfoodbank.com/ways-give/give-money/>

## VOLUNTEER OPPORTUNITIES

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

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and

a complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.

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

## Winners! Kenilworth "SPOT THE LETTER"

Kenilworth Community League would like to congratulate the winners of the SPOT THE LETTER CONTEST! All together 33 completed entries were made from individuals and families! The feedback from the contest was so amazing! We heard that everyone LOVED getting out and exploring new parts of the neighborhood. It was a super fun way to get people moving, sharing community spirit, and enjoying the sunshine! Keep your eyes open for some other fun events planned over the summer as we are always interested in new ways to keep the community active and having fun so keep in touch if you feel inspired with ideas for the future!

The winners are.....

THERIALUT FAMILY  
SYMIC FAMILY  
BINNS FAMILY  
WATTS FAMILY  
LORENCE & MARY PLITT

CONGRATS!!! All winners will be contacted by KCL's Membership Coordinator and will receive a GC of their choice to Anvil Coffee House, Rexall Drug Store, or Royal Pizza!

Special thanks to Irene and Rebecca for their time and effort for this contest. Watch for more community activities in June such as Scavenger Hunt and Bingo. If you would like to help with the contests, please email Irene at: [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com)

## KENILWORTH SPRING CLEANUP CHALLENGE

As the weather gets nicer and the snow melts we are starting to see some of the mess and garbage from winter appear! As the City of Edmonton's Capital City Cleanup has been put on hold BECAUSE OF COVID-19, Kenilworth Community League would still like to encourage residence to participate in smaller cleanup efforts. Let's keep our community beautiful. Here are some ideas how you can practice safe community clean up!

-Ensure you wear protective equipment such as masks and or gloves while picking up garbage.

-Never pick up needles or sharp objects. Call 311 if you find anything concerning.

-Wear good footwear and weather appropriate clothing.

-Wear sunscreen and a hat

-Make sure you are only helping clean up with those who live in the same residence as you or practice safe social distancing measures. Do not plan to do this in groups.

-Dispose of garbage safely i.e. In community receptacles or in your own city picked up garbage cans.

-Wash your hands after!!!

Let's all encourage each other in community spirit! Post your creative pics of cleanup efforts on Nextdoor and Facebook and tag Kenilworth Community League!

## KENILWORTH PLAYSCHOOL

We are accepting new registrations for Playschool in the hopes that we will be able to start this program in the fall! Please contact Elaine

Voss at (780) 691-8316 or by email [elaine.voss@shaw.ca](mailto:elaine.voss@shaw.ca).

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

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



## 311 Hours of Operations Change

The hours of 311 are being reduced from 24 to 12 hours a day (Effective February 2, 2020). The new hours are from 7am to 7pm, seven days a week (closed on statutory holidays).

The changes to 311 hours are an effort by Council to deal with reduced revenues and to keep tax increases down for citizens. The compressed schedule will result in a slight increase in wait times.

Support for essential public safety and urgent bylaw calls will continue to be available after hours. Examples include; down trees, manhole cover off on arterial road, sinkholes,

dog attack, parking related concerns, etc.

For additional information, please visit:

[https://www.edmonton.ca/programs\\_services/service-311-contact-centre.aspx](https://www.edmonton.ca/programs_services/service-311-contact-centre.aspx)



## Dogs Off Leash at Kenilworth Rink

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



## Hall Rental Rates

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

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

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

Members Non-Members

Weekend (Fri.pm – Sun.pm)

## Local Business Support During Covid-19

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

Anvil Coffee House – temporarily closed. Coffee beans/brewing supply delivery offered. Visit [anvilcoffeehouse.com](http://anvilcoffeehouse.com)

Frame of Mind – still open as they are a UPS drop off and pick up point.

Brandsma Auto – open regular hours!

Sport Shack- Storefront closed. Open by appointment only.[sporthack.ca](http://sporthack.ca)

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

Yoga Within – brick and mortar studio temporarily closed.

G & E Pharmacy – open regular hours. Curbside pickup and delivery available.

	\$450.00	\$550.00
Day Rate	\$300.00	\$385.00
Damage Deposit	\$250/day rate	\$550/day rate
	\$450/weekend	\$550/weekend

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

## Avenue Magazine Best Neighbourhoods

We know that social distancing is the new normal... for now. But, at Avenue, we're still prepping for a great Best Neighbourhoods edition this coming August. This is why we are asking community leagues to put the word out about our Best Neighbourhoods survey, which informs the August edition of the magazine. We want to know what Edmontonians believe are the most important qualities of a great neighbourhood.

Through e-mail or newsletters, you can help us spread the word through your community while keeping a safe distance.

You can find the survey here.

<https://www.avenueedmonton.com/edmontons-best-neighbourhoods-survey/>

Thanks for your help!

Avenue Edmonton Magazine



PINE BOX FUNERALS INC.

Simple Cremation  
Natural Burial  
Family Conversations  
Local Owner

2 Holly Avenue  
Sherwood Park  
780-910-6432



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

# Ottewell

## Executive and Board Members

Executive:

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

Board Members:

Bingo Director – Kyla  
Casino – Colleen  
Hall Manager – Tim  
Grants – Dillion  
Big Bin – Andrew  
Building Projects – Lukas  
History of Ottewell Committee - We need more members!  
Indoor & Outdoor Soccer Director – Cory  
Summer Playground Director – Colleen  
Social Team – Many OC Members  
Playschool Rep – Tyler  
Rink Chair – Tom  
Maintenance – Frank  
Membership Director – Russ  
Communications – Diana  
Website – Erica  
EFCL Rep – Corinne  
SECLA Rep – Sandra

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

Ottewell Community League  
5920 93A Avenue NW  
Edmonton AB T6B 0X2

## OCL Board Meetings

Ottewell has been hosting virtual meetings to connect with board, directors and volunteer members. We don't meet the month of July. Take this time to enjoy your family and recharge for the fall. Our next virtual meeting will be on Tuesday, August 18, at 7pm. If you would like to attend please email . You will be sent a meeting invitation via ZOOM..

We hope to have an in-person meeting in September. Watch for more information in the August issue of SEV.

## New Ottewell Rink

This summer, the Ottewell Community League is building a new rink. Watch for volunteer information on our website and Facebook page.

## Ottewell Hall

The Ottewell Hall is not available at the moment, but the OCL is working to put COVID-19 procedures in place. We are working hard to ensure that we can provide safe access to small group programs in the fall. Watch for further program information in the August Southeast Voice, on Facebook, and on [ottewell.org](http://ottewell.org)

## Ottewell Community League Facilities

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

- Keep outdoor gatherings at 100 people or less.
- Maintain two metres from others not in your household.
- Share sports or play equipment only with members of your household.
- Disinfect personal sports equipment before and after use.
- Wash or sanitize your hands frequently.
- Don't touch your face with unclean hands.

### Playgrounds

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

- Consider visiting playgrounds only in your neighbourhood.

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

### Keep your park clean

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

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

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

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

## Volunteer with the Ottewell Community League

Are you interested in volunteering for OCL? WE NEED YOU! Here is one of our many volunteer opportunities.

Looking for a way to help build a stronger community but not sure how to get involved? Ottewell Community League is looking for a membership director to coordinate the sale of memberships and promote the benefits of mem-

bership within the community. It's an excellent way to meet neighbours, participate on the OCL board, liaise with local businesses, and represent Ottewell within the Edmonton Federation of Community Leagues. Mentorship is available, and there are plenty of opportunities to make the role your own. For more information, please contact [oclmembership@gmail.com](mailto:oclmembership@gmail.com)

## Ottewell Community in Bloom



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

Email a picture of your yard project to [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) and tell us what you did to enhance your space. We will post all winners on our website, Facebook, and the SEV pages.

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

## Something Exciting is Happening in Ottewell

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

## Ottewell Community News and Information Board

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

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

## September Big Bin Event

The Ottewell Big Bin Event is coming up in September, provided for free to all Ottewell Community League members with a 2020/21 membership. We will provide booked time slots to ensure physically distancing. The date and a detailed list of all items accepted will be posted in the August SEV, on our website, and on the Facebook page.

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

If you would like to volunteer for this event by directing traffic, unloading vehicles, or selling memberships, please email . 5 hour shifts or split-shifts are available. Please consider getting involved.

Participate in keeping Ottewell clean!

## Connect Your Business to the Ottewell Community

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

If you are interested in offering discounts to OCL members, please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) with the details of the discount. We will promote your business on the OCL website and Facebook.

## Thank You for Your Support



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

## Ottewell 120th Scouting

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

~ Your Ottewell 120th Scouting Group

## Congratulations Ottewell Grads

Graduation may look different this year, with families and friends gathering for a toast remotely as students toss their caps collectively over video chat, but it's still a time to celebrate students' accomplishments and the exciting things that lay ahead in their futures. As a relative or close friend of the grad, you've shaped their mind and filled their heart. Now it's time to take a step back and let them shine. Congratulations, graduates!

"The beautiful thing about learning is that no one can take it away from you."

—B.B. King

## Keeping Ottewell Clean



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

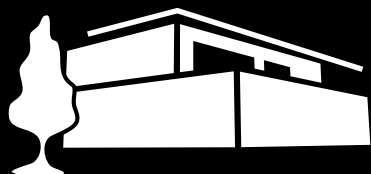
Thank you to a group of dads that cut the grass at the community park. We all appreciate the great community support we have at Ottewell. Please keep our community clean!

## Craving Girl Guide Cookies?



**Girl Guides  
of Canada**  
**Guides  
du Canada**

Girl Guides are unable to sell our delicious spring sandwich cookies door to door at this time. Thankfully, retailers have stepped up to help us! Girl Guide Cookies can currently be purchased at Canadian Tire, Save-on-Foods, Urban Fare or London Drugs, who is also offering an online sale option. Cookie sales are all in support of Girl Guides of Canada.



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## Ottewell Community Playschool

That's a wrap! Our playschool has finished another school year, but we're already planning for our return in September. We're accepting registrations for Fall 2020. For registration inquiries, please contact Tyler, Director, at [playschoolocl@gmail.com](mailto:playschoolocl@gmail.com) or (780) 271-6846.

## Good News Stories

During these times we need to remember the good! Share stories of a simple kind gesture by your neighbor or family member. If you would like to share a story, please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) with the title and details of your story. Please keep it to 100 words or less to ensure that we have room for all the good news stories.

## Abundant Community Edmonton - Ottewell



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

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

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

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

### A Stay-cation Road Trip

Ever wonder what it would be like to have a picture in front of the World's Largest Perogy, or take a bite the World's Largest Sausage, or stand on the UFO Landing Pad? Would you be surprised to know that you could travel to six of the world's largest monuments in a day trip?

Start out by traveling to Vegreville, driving east on Highway 16 to see the World's largest Pysanka (Easter egg) and take a photo.

Then head to St Paul to visit the UFO Landing Pad and have a little lunch. Then take a quick 20-minute drive northeast to Glendon, where you can see the World's Largest Perogy. Head back west on Highway 28 and stop in Vilna and see the beautiful World's Largest Mushrooms, have a little ice cream, then on to Andrew to visit the World's Largest Mallard Duck. Carry on to your final stop at Mundare to see the World's Largest Ring of Sausage – home of Stawnychy Meats. One mile further north and you are back on highway 16 west back into Edmonton.

Have a fun memorable day taking pictures with all the northeastern Alberta giants. Who knew we had all these great things right in our backyard!

## Ottewell Artisan Farmers' Market



We are working on resolving a few logistical issues. Please stay tuned. We hope to share our re-opening date soon.

We are an Alberta-approved weekly, indoor/outdoor, year-round farmers' market. We bring a variety of farm fresh products to you each Thursday, along with artisan foods & crafts.

Your food is coming to you directly from the grower or producer, so it's fresher, healthier, and lasts longer. Support the local farmers, producers and makers, keeping our dollars in our community. You can find our amazing vendors listed on our NEW website at

These are a few vendors that have delivery

service in our community. Please support local businesses when you can.

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

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

Wild Game Consultants <https://wildgame.ca/>  
Confetti Sweets <https://www.confettisweets.ca>

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

## SCL Board Members

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

## What's Open in Strathearn?

With the Alberta Government's enacting Stage 2 of the Relaunch Strategy on June 12, many businesses in Strathearn have resumed operations in some capacity. So you can visit your favorite local businesses and help them with their relaunch, below is a list of Strathearn

businesses and their current operation status. Stop by for a visit, enjoy our local amenities, and support local! Remember, follow public health measures, practice physical distancing and good hygiene, and continue acting responsibly!

Business	Reopening Status
Montgomery Medical Clinic	Open
Hart's Drug Store	Open
Massage Therapy Supply Outlet	Open
Lee's Food Mart	Open
Centre d'arts Visuels de l'Alberta	Open
Red Ox Inn	Temporarily Closed
Qube Investment Management	Open – Appointment Only
Valerian Consulting	Open – Appointment Only
Hair House YEG	Open
Natural Permanence	Open
You Name It!	Open
Ralph's Handi Mart	Open
Gabriel Hair Design	Open - Appointment only
Dandi-Lines Art Gallery	Open
Juniper Caf& Bistro	Open - Take Out Only
Dorothy's Appliance Centre	Open
Anahata Wellness Studio	Open
Geodetic Surveys and Engineering	Open – Appointment Only
Strathearn Coin Laundry	Open
Hollywood Pizza & Donair	Open
St. John of God Books & Church Supplies	Open
Amitabha Kadampa Buddhist Centre	Open – Limited in Person and Online Classes
Al Manera	Temporarily Closed
Alberta Council for the Ukrainian Arts	Open
Strathearn Psychology	Open – Virtual Sessions Only
Cloud2Copier	Open
Home & Cottages	Open
Tracy Rollo Fitness	Open

## Strathearn holds successful online AGM

Strathearn Community League held its first ever virtual AGM on June 10, 2020 with approximately 20 community members in attendance.

At this meeting, we amended a bylaw to rejig the composition of the Board slightly, adding capacity to the Communications and Buildings/Grounds portfolios, as well as the creation of a brand new Youth Director position to enhance youth involvement and represent interests of young people in our community. Several roles were swapped between existing Board members, and at the end of the day we are left with just the Youth Director position vacant – please feel free to nominate yourself or another Strathearn who would be a great fit for this new youth-focused portfolio (contact president@

strathearncl.org).

Much gratitude to our outgoing Board members Andy and Andrew, and welcome to our incoming Board members Kim and Robert!

We also reviewed and approved last year's financial statements and went through the proposed 2020-21 budget. In spite of all the challenges Covid-19 has presented (including substantial loss of hall rental AND Casino revenue), we are still in fairly good shape moving forward.

Thanks to all of our stellar volunteers who sit on the Board and also those who work behind the scenes to keep the neighbourhood activity flourishing in Strathearn, promoting community connection even in this time of social distancing.

## Strathearn Slobberknocker Post-Game

Perhaps the biggest, baddest, table tennis showdown ever to come to Strathearn was broadcast live via Facebook on June 16th, complete with professional refereeing and analysis, expert colour commentary, a rockin' soundtrack, appropriate public health precautions, and some pretty phenomenal camera work too. Billed the GREATEST [local neighbourhood table tennis] fight of the year, the Slobberknocker saw Marshall of Strathearn Psychology face off against Yasir of Anahata Wellness, both players representing small businesses located in Strathearn Centre on 87th Street.

Generous spectators wagered virtually on their favourite player to win, all of which (\$600+) was donated to the Edmonton Food Bank. The half time break featured special guest Enid from Strathearn's own Juniper Cafe, who announced the relaunch of the popular eatery's take-out/delivery services, expansion out the front doors of the cafe to a beautiful patio space, and a very exciting partnership with Kind Ice Cream (exclusive milkshake rights!).

The thrilling 5-game competition was a real nail-biter, Marshall coming out strong with an early lead but Yasir making a convincing comeback at the midpoint, and the rivals caught in a dead heat after four games. As sports fans



Barb and Gerry described it, "Such drama! We laughed, we cried, we marvelled at your awesome moves! Well done, guys!"

In the end, it was Strathearn Table Tennis Club founder Yasir Syed of Anahata Wellness who broke the tie and emerged victorious to take the 2020 Strathearn Cup! When reached for comment following the match, our Champion had this to say, "What a fantastic event put on by Robert, Jason and Andrew. It's amazing how these guys pull together for the community. I had so much fun playing Marshall and being part of this food bank fundraiser. Participating in events like this reminds me of why I love living in Strathearn so much!"

Congratulations Yasir, and great game Marshall! Thanks so the many people behind the scenes who worked so hard to bring this fun event to life. You can catch the replay at: <https://www.facebook.com/StrathearnCL/videos/1143138862726613/>

### HUMAN CONNECTION IN A TIME OF SOCIAL DISTANCING

If you or someone you know in Strathearn is at home and in need of grocery or prescription pick-up and delivery, or if you are willing to volunteer to do that, please contact:  
**community@strathearncl.org**  
**ph. 780-437-4329**

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

## GAME ON!

Edmonton Southeast Soccer Association community soccer is back starting July 11th, with some modified activity guidelines and public health measures in place to keep everyone safe. Soccer families, please find your gear and watch your email for important updates.

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

**Greg  
Dunham**

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

**gdunham@telus.net**

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**Breckenridge Greens:** West Edmonton Condo, golf course view, 2 Bedrooms, 2 Bathrooms, in-suite laundry, titled underground parking.