

# SOUTHEAST VOICE

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

May 2020



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## City of Edmonton Announcements



### Making Community Connections while Maintaining Physical Distancing

As we support each other during this time of change and uncertainty, we are reminded that while physical distancing is needed to protect our health, not being social is challenging. In fact, social connection is critical to our wellbeing and feelings of safety and security.

Neighbours around our city are reaching out to one another to strengthen existing connections and to build new ones by phone and in other ways. Here are some ideas:

- Leave a card in a door or mailbox offering help if needed.
- Go for a walk and look for the window art in your community.
- Use social media to stay connected
- Offer virtual tutoring sessions for students going back to school online.

For additional indoor and outdoor activities, please visit <https://tinyurl.com/ybbxsadk>

### 211 Alberta

211 Alberta is a valuable information resource for citizens. This month they have created a Google Sheet with a summary of COVID-19 resources in Alberta, with a specific tab for Edmonton resources. To review this spreadsheet, please go to <https://tinyurl.com/yb9w52cm>

### Playgrounds & Spray Parks Closed

For your protection and safety, effective immediately, city-owned playgrounds will be closed. For additional information, please visit <https://tinyurl.com/ybjpp9bp>

### Bookings & Events Canceled

The City is cancelling, effective immediately, all bookings and events in City-operated facilities until further notice. Watch for refund information.

## Make A Noise

A few of us folks are going outside in our front yards to make some noise for a few minutes at 7 pm every night (if we are able) to thank our essential workers. This is happening around the world. We bang on some pots and pans but you can simply clap or do

whatever you want. It's a good excuse to get off the couch, get some fresh air, let the kids burn off some energy, and maybe even get to know your neighbours a little better (from a safe distance of course). Feel free to join in the fun!

## Contest Gets Neighbours Colouring

To give everyone something fun to do while we're at home, Forest Terrace Heights community league asked Emma Wales from Art-Ventures for some designs for an all-ages colouring contest. Entrants could pick from a chickadee, daffodils or rubber boots, then post a picture of their finished project to social media with the hashtag #FTHCLcontest.

The winners were randomly chosen from all entries. Kim Potrykus won a \$25 Kind Ice Cream gift card; Isabelle McDougall won a \$25 Real Deals gift card; and Lilly Book won a \$25 Two Mothers gift card.

The league wants to thank all entrants and the local businesses for donating prizes. You



can see more entries at [forestterrace.org/programs-events](https://forestterrace.org/programs-events).

## Enjoy Art with Your Community



Karen Parker, a program manager with the City's Open City and Technology Branch, has designed an online map to show the locations of homes with art in their windows, so that community members could plan walks around art.

Here's how artists of all ages can participate!

Draw, colour, or paint a picture, or write

out an inspirational quote. Let your creativity run wild!

Put your creation in your front window.

Go to #YEGWindowArt Map at <https://tinyurl.com/yarf8ry5> to list the address of your home, so that people can find your art.

Walkers can also go to #YEGWindowArt Map at <https://tinyurl.com/yarf8ry5> to find window art in their area.



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## SECLA Board Contact List – Updated April 2020

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmorerep@secla.ca
Capilano	Monte	capilanorep@secla.ca
Cloverdale	Dave	cloverdalerep@secla.ca
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Fulton Place	Miles	fultonplacerep@secla.ca
Gold Bar	Jamie	goldbarrep@secla.ca
Holyrood (Vice-Chair)	Claire	holyroodrep@secla.ca
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Kenilworth	Kevin	kenilworthrep@secla.ca
Ottewell	Sandra	ottewellrep@secla.ca
Strathearn	James	strathearnrep@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Secretary	Jamie	secretary@secla.ca
SECLA SEV Liaison	Erika	SEVLiaison@secla.ca

## The Happy Sidewalk in Strathearn



If you're out for a walk in Strathearn and you come across the Happy Sidewalk, please grab some chalk and add your positivity!

## Beat Back Boredom and Bring Joy to Your Neighbours

How are you beating boredom and brightening up life during the pandemic?

The Potrykus family in Forest Heights built some inukshuks and a "mini-Icehenge" with ice chunks in front of their home in April. Lots of passers-by stopped to take photos.

Sharon Whillans spotted some gorgeous chalk art on the sidewalk in Terrace Heights with an encouraging message for everyone.

Are you or your neighbours getting creative, lending a hand or just acting a little silly in this unsettling time?

Send your photos or videos to newsletter@forestterrace.org or tag #FTHCL on social media and we'll feature some in the next Forest Terrace Heights newsletter or in the Southeast Voice.

## Looking for the Positive during COVID-19

My name is Richard. My wife Monique and I bought our house in Ottewell in 1991 after looking at houses for about a year. We actually had been in our house before without knowing it, at a party hosted by my neighbour, who I knew when I was a small child in Sept-Îles, Quebec. When I tell people that I live where the old Skyview Drive-In was, the response was often "Oh yeah. We used to hide in the trunk to get in." (Ever wonder why it went bankrupt?)

We love living here. It is a quiet neighbourhood, close to services, downtown, and Sherwood Park. When I had an opportunity to transfer to Ottewell School as a teacher, I jumped at the chance. By this time we had a

son, and as he grew, he and his friends could ride bikes, have water gun fights, and play street hockey and shinny at the rink. He attended Ottewell School for one year and then Austin O'Brien High School. There are so many advantages to having your child attend school in the local community. He is now a grown man and married, but has many fond memories of growing up in Ottewell.

So it is for many families. This neighbourhood is transitioning. As more seniors move out, young families move in. I find it interesting that many people who grew up in Ottewell and moved away are now moving back with their own children. I am now semi-retired and still

substitute teach at Ottewell. I have heard more than once: "You taught my mom or dad!"

We try to walk in our neighbourhood every day, from -30°C to +30°C. Before the pandemic, we would see people walking sometimes, but not often, and usually with their dog. Well, things have changed since Covid-19! Now we see so many people walking, and one difference is that we often see families with children. They seem so happy as they pass, and they smile and say hi. There are the dog walkers, and people of all ages. It seems that our quiet little area has come to life!

Going to the supermarket is stressful, but the staffs at the Capilano Safeway are profes-

sional and helpful. Shoppers seem to realize what a valuable service they provide.

Last Saturday, as you turn out of our street, all the neighbours were in their own yards in lawn chairs, greeting passers-by. People seem happy and friendly.

There seems to be a renewed sense of community and hopefulness. Dr. Deena Henshaw, Alberta's top medical officer, has encouraged people to get outside, while keeping social distance. So keep going out, smile at the people you pass, and we will get through this terrible time with hope and a sense of what is important.

*Richard Mack*

## Joyful Music Options for Preschoolers

Are you counting the days since you began to work at home, with your preschooler bouncing around beside you since childcare is closed?

As adults, many of us turn to music to help us through the isolation imposed by COVID19. We dance with music, laugh and cry with music, feel hope with music.

Here are some joyful music options for your preschoolers too. Watch them together for easy fun. <https://tinyurl.com/omv65gu>

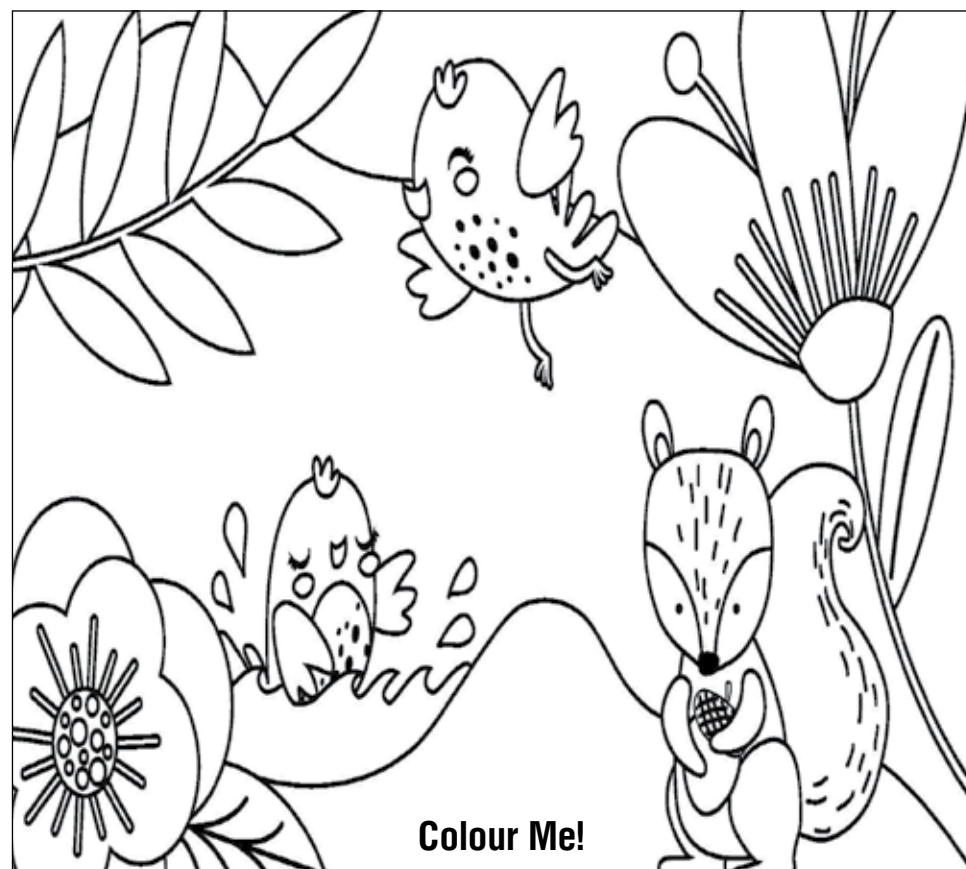
You can find these two sweet, simple videos on the Edmonton Public Library website. Go to [www.epl.ca](http://www.epl.ca), scroll down to School's Out, click on Babies and toddlers and then on Storytime at <https://tinyurl.com/ydyqx92a> and <https://tinyurl.com/yas7kpr8>

You can also sign up for a free music class on Zoom at [www.musictogethernl.com/make-ups.aspx](http://www.musictogethernl.com/make-ups.aspx)

As volunteers, we remain passionately committed to nurturing young children and supporting families. We will continue to raise awareness of the critical importance of the early years to success in life.

We hope you all stay healthy and safe.

*The South East Edmonton Early Childhood Community Coalition*



**Colour Me!**

## 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.

-Fly & Fetch - <https://flyandfetch.ca/>

Have groceries and other supplies delivered, or sign up to help others.

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

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

-Bag Half Full - <https://www.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](https://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.

## 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	Lisa	membership@avonmore.org
Grants and Funds Raising	Scott	grants@avonmore.org
Volunteer Coordinator	Bob	volunteer@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Norman	civics@avonmore.org
Programs	vacant	contact Vice President

## Neighbourhood Watch

The team has been hard at work getting signatures/sign ups from residents who support the program. We are now eligible for 2 additional signs which will be going up at entrances to the neighbourhood. Contact

ENW@avonmore.org to learn more about our neighbourhood watch initiative and to get involved. We need several volunteers (light commitment) to get signs for our neighbourhood!

## Thanks To All the Volunteers in Avonmore

The Board of the Avonmore Community League recognizes that there are many contributors to community events and to generally making life better in Avonmore. Thanks to everyone who makes our community a great place to live. Special thanks to the people listed below.

### Rink

Adam Nelubowich and Gary Pocha spent many cold, dark hours cleaning and flooding the rink this winter. Curtis Staub coordinated Rink Shack volunteers: Bob and Bridget Raynard, Lynn Beaudoin, Donald Fenniak, Chad Chalmers, Chantel Lagimodiere, Rob Roberts, Matt Scott, Brandi Mogge and Alex and Laura Grams.

### Concert Series

Wendy Keiller, Agata Hall, Tania Jacobs, and Chloe Albert organized our much-loved concerts.

### Pancakes in the Park and Gingerbread Event

Our two major events were organized by Wendy Keiller for Pancakes in the Park and Leigh Thomson for the Gingerbread Event.

### Parent and Tot

Every Thursday morning Yaara Ben-Ami and her team of Tracy Bradshaw, Ashley Tillaugh and Jody Thomas Prevost open the hall and host parents, grandparents, and tots for a variety of fun activities.

### Soccer

Boris Vajsabel puts in countless hours year-round to make this program available in our community. We are very fortunate to have him.

### Newsletter

It takes a community to have a community newsletter. There are the contributors. There is Nikki Stalker who does the layout and the editing. Finally there is Bob Raynard

and his crew of dedicated delivery people: Tiffany Smith, Ed Bouthillier, Clair Miller, Ginette Davediuk, Breanna Larson, Scott Taylor, Cathie Skoropad, Agnes van der Klaauce, Maureen McKenzie, Owen Hutchinson, Danielle Miller, Eric Beyer, Joanne Alford, Bernadette Huber, Norman Baudisch, Christy Whited, Jennifer Stern, Taryn Proskow, Tess Rutledge, Marg Munroe, Naomi Abel, Mark Wheller, Audz Jefferis, Rod Smith, Annemarieke Hoekstra, Jennifer Dunlop, Eva-Marie Smith, Amanda Hilbrecht, Alaina Thursby, Robbie Selover, Kiersten Walls, Lynn Beudoin, Agnes van der Klaauce and Chris Van Tighem. Special thanks for delivered the COVID19 card as well.

### Casino

Casino volunteers put in 8-9 hours shifts in September. This is our major source of funds. Your contribution is critical to our success. Ron Wiggill, Monique Lapalme, Helen Croford, Eugene Badorek, Tina Hilbrecht, Roslyn Thomson, Leigh Thomson, Hazel Shekooley, Anita Lunden. Ron Monroe, Richard Kraft, Matthew Kraft, Jamie Conrad, Alisha Boekestyn, Dan Schiffner, Cheryl Lockhart, Cynthia McKeddie, Barry MacLaren, Chris van Tighem, Barb Pillay, Shirley Clark. Rod Smith, Marge Kruse, Cheryl Smith, Marg Monroe, Cam Bennett, Scott Bennet, Jamie Konrad, Erin Martin, Alison Foster, Joanne Alford, Faye Carey, and Michele Bennett

### Garden Club

Monique Lapalme organized Garden Club events this year and Joanne Alford helped with organization and promotion.

### Website and General Communications

Cheryl Lockhart has managed our website for almost as long as we've had a website. She also sends out special updates and bulletins to members.

## Helping Local Business

The Board of Avonmore Community League is planning to launch a program to promote local tradespeople, businesses and services. Many skilled people in our community may be unemployed or underemployed and looking for extra work. At the same time Avonmore households are looking for a variety of services: yard and garden help, home repairs (electric, plumbing, carpentry) dog groomers, graphic design, meal preparation etc. To start off the program, the Board invites anyone in Avonmore with a service or product to sell to contact one of the following Board members and we'll provide you with a form to fill out describing your business etc.

If interested contact: president@avonmore.org or vicepresident@avonmore.org

## Online Community

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

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

Twitter: @AvonmoreLeague

Instagram: avonmoreleague

## Avonmore Community Playschool Box Program

I would like to take a moment to say I am thinking of all the families and friends that are and have been staying at home and keeping safe. In a matter of weeks all of our lives have changed very quickly. I thought about all the parents who have become their own children's preschool, elementary or high school teacher/assistants over night. I now am 'sometimes' monitoring my children's Grade 2,6,7&10 classes online. I thought about doing things on line for the playschool and remembered that I am not very good with tech. So I thought about all the resources the playschool and I have, just sitting on the shelves, to be untouched and unused until next year. Now it was time to get creative.

So I decided to bring the Playschool Fun to the Playschool children at home. I contacted the parents to see who would like to sign up for our learning bins and we are now at the end of our first month and I have to say it is going great. I still get to see the preschool children through windows when I drop off or pick up bins, I receive videos and pictures sent to my phone (even though I am not very tech savvy) and I get to see how they love the fun activities they receive every 2 weeks. "It's like Christmas" one boy told his mom after I dropped of the bin for the very first time. The playschool will keep the program going until the end of the regular playschool year in

## Annual General Meeting Online

Thursday, May 28th at 7:00 p.m

Due to the COVID-19 pandemic the AGM will be conducted online. Support your community and help us reach quorum. Sign up now by emailing president@avonmore.org. We will send you a link to the online meeting and supporting material a few days before May 28. You must pre-register so we can send you the link to the meeting and circulate handouts in advance. Watch Facebook @Avonmore Community League Chat, Twitter, Instagram, or our website at www.avonmore.org for more details.

The following board positions are up for election: president, secretary, membership, civics, programs and director at large. Position descriptions will be posted on our website.

If you are interested in one of these positions, and to register for the meeting contact: Anita Lunden at president@avonmore.org or call or text 780 222 4482.

## Outdoor Soccer Program

Planning for the spring season continues. All current games are cancelled but future is uncertain. It may end up being delayed but we need to see day by day and week by week on what is happening with Covid19. Contact sports@avonmore.org for more information. <https://emsasoccerportal.com/>. More information about costs and potential playing dates can be found by visiting <https://emsasoutheast.com/>

June, maybe even longer.

I do have to say a quick Thank you to my mother Dale (who lives with me) for helping make all this possible, for volunteering to help cleaning/refilling all the bins with me. I want to say Thank You to the Community League for helping the playschool create such a wonderful program and giving the children an amazing space to learn all these years. I am counting down the days until we will be back to school in the fall (139 days) and I can once again hear the children laughing, singing and having fun. I want to say thank you to my co-worker Keri for all your hard work over the years and I will see you back in the fall too.

Last, but not least, Thank you to all the parents (past, present and future) that will become part of our playschool family and make our lives that much more wonderful. Thank you for letting us become part of your children's lives, and yours.

THANK YOU EVERYONE, the playschool program would not be here without all of you. I believe that no matter how hard it is, or how hard it gets, together we will make it through, even if we are kept physically apart. We are all part of this very wonderful and caring Avonmore Community, a place I am proud to work, live and volunteer in!

-Jamie Konrad



# The Avonmore Bunny Walk



This Easter saw the inaugural Avonmore Bunny Walk. Kids were able to see and wave to the Easter Bunny from the safety of their own homes. Were you able to get a chance to see it walking down the street?

## 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 neighborhood. If 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 with your message, name, and age! "If you're stuck inside and need to work on math, check out Prodigy Math computer game!" – Piper, 9



**Ben Henderson**  
Councillor, Ward 8

**Contact me on city issues**

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

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\*\*conditions may apply



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

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

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



**Marlin Schmidt**  
**MLA Edmonton-Gold Bar**



## COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
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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	Monika	587 594-9243
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	<b>VACANT</b>	
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

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

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

## Total Body Fitness is Online!

Your strength and cardio class is now being emailed to you! You have the choice when to do it - 6 in the morning or 10 at night.

Weights and a band can be delivered to your door, you will also get 1 or 2 workouts a week with a focus on cardio and strength, and me (a certified trainer) checking in to see how it goes, or there for any questions.

\$40 once a week or \$80 for twice a week, for 4 weeks at a time.

For more information email lisashortenfitness@gmail.com or call 780-221-9857.

## 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)

## 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.

## Children's Programs – Keep up to date

To keep informed of the status of Capilano's local children's programs, such as Hardisty Gymnastics, Sport Academy, Ball Hockey, and Preschool Soccer, please monitor our website at capilanoocl.ca and/or check out the Capilano Community Facebook page.

## Choose Capilano Hall for your Event

In the future...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. Sit down hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at capilanoocl.ca.

## Capilano Community League – AGM (online)

Join us by videoconference for CCL's AGM!

**When:** May 20, 2020 at 7 p.m.

**Where:** Online or by phone.

For the online meeting use the url: <https://meetings.ringcentral.com/j/1493541893>

By phone dial (780) 666 9719

Online or by phone enter the meeting ID: 149 354 1893

**What:**

--Annual president's report

## Capilano Community Memberships

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

As well, memberships are available at:

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

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue (Cash only)

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

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

## NOTICE OF SPECIAL RESOLUTION for Capilano Community League (CCL)

The following special resolution will be proposed for approval at the Annual General Meeting of CCL's members to be held on May 20, 2020 at 7 p.m. (via videoconference/teleconference).

--The current Bylaws of the CCL be repealed in their entirety and the proposed Bylaws be adopted as the Bylaws of CCL (see our website at capilanoocl.ca for the proposed bylaws).

## 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.

## May Birthday Greetings!

Happy Birthday Connor! Love Uncle Chris, Aunt Nadia and Evan.

Happy Birthday Callum! Love Mum and Dad.

Happy belated birthday Eamon! Love Mum and Dad.

Happy 89th Birthday Dad/Grandpa/Vince! Love Jill, Greg and Ada

Happy 8th Birthday Grace and Olivia! Love Mom and Dad.

Happy birthday to our sweet feisty Nolan, who is turning 5 this May! You are kind hearted, full of life and wise beyond your years!

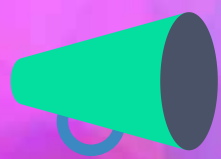


You always make us laugh and we look forward to many more games and movie nights with you! Love, Mom, Dad and Spencer

## Hold onto your stuff!

If you have been spending some of your “at home” time spring cleaning, please hold onto your stuff! Our annual Community Wide Ga-

rage Sale and Big Bin events have been postponed for now, but we will reschedule them when we can. Thanks!



# Let's Make Some Noise!!

**Help Us In Thanking Our  
Front-Line Workers**

**Every Saturday at 7PM**

**Go Outside: cheer, shout, play  
instruments, applaud, ring  
bells to show your  
appreciation for our  
front-line heroes!**



## Thank you Front Line Workers!



In our great neighbourhood of Capilano community, many of our neighbours are health care workers, teachers, first responders, grocery clerks, cleaners, postal workers, oil/gas workers and city employees!

We would like to acknowledge all the hard work that all front line workers are doing at this unprecedented time in our lives.

Thank your neighbour if they are one of these people!

## How the Program Works

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

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

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

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

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

\* Applies to new purchases only.



## Capilano Playschool – Register for 2020/2021 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](http://www.capilanoplayschool.com); or find us on Facebook! Hurry as space is limited!

## Edmonton Nordic Ski Club has great winter ski season!

Thanks to our snowmaking and almost daily grooming, the recently completed on-snow season ran from mid-November until an amazing 11th April when we ran our groomer around the trails for the final time. The opportunity to ski in the City was a welcome relief to burn off some steam for many, in the last few challenging weeks. Our most important program, Jackrabbits, is where 3 - 10 year olds can start their skiing career, and this year we were overwhelmed by the number of families wanting to participate. As a result of excellent work by our program coordinators we were able to accommodate almost 170 kids over our 10-week Saturday and Sunday afternoon program out of the Goldbar pavilion.

Our coaches make sure the kids learn skiing skills, but most of all that they have fun. ENSC has invested in coach training for both parents and our youth skiers, through the National Coaching Certification Program (NCCP), to help provide excellent instruction. We also encourage our youth and adult skiers to gain technique expertise through the work they do with our club's Head Coach, Ulf Kleppe, and by supporting the cost of courses offered by the Canadian Nordic Ski Institute (CANSI). Through this, many of our former youth skiers provided coaching and lesson support this season, and the kids in both Jackrabbits and youth cross country and biathlon programs really like having coaches that are not that much older than themselves.

For those athletes that are keen to push their limits, we encourage all to participate in provincial, regional and national race events in cross country skiing and biathlon, and we host a number of these events ourselves in and around Edmonton each season.



Every Skier needs a little help sometimes. Towing a young Jackrabbit is a member of Edmonton Nordic's youth racing team, who coaches in our kids and youth programs.

Like many clubs, offering these events and managing the operations requires lots of volunteer help. We have been very fortunate to have many dedicated volunteers who have made major contributions, and allowed us to develop facilities at our biathlon range, our grooming and snowmaking operations, and our commitment to providing the best skiing opportunities to the Edmonton Community.

If you would like to find out more about our club nestled in Gold Bar Park, adjacent to Capilano community: Please visit our website: [www.edmontonnordic.ca](http://www.edmontonnordic.ca),

Join our ENSC Facebook group: <https://www.facebook.com/groups/265930973477698/>

Or for more information or questions email: [president@edmontonnordic.ca](mailto:president@edmontonnordic.ca) manager@edmontonnordic.ca

## Community Connections While Maintaining Physical Distancing

As we support each other during this time of change and uncertainty, we are reminded that while physical distancing is needed to protect our health, not being social is challenging. In fact, social connection is critical to our wellbeing and feelings of safety and security.

Neighbours around our city are reaching out to one another on their block to strengthen connections amongst each other and build new ones. Stay home, connect with your neighbours, family and friends via phone and other ways.

--Community Cards left in doors or mailboxes offering help if needed

--Themed Window Walks

--Social Media (i.e. Facebook, Instagram, Skype, WhatsApp, NextDoor, Communibee, etc.) to stay connected

--Offer virtual tutoring sessions for students going back to school online

Capilano Community League has been compiling awesome online resources for you and your families, while you're at home, at:

<https://capilanoocl.ca/news/free-online-events-and-activities-for-kids-at-home-e5Lao>



## STAYING UNITED AND SUPPORTING EACH OTHER



During the pandemic, Cloverdale residents are continuing to be supportive of each other.

## Social Media



The use of the Nextdoor app is valuable to bring neighbours together. If you are not yet on Nextdoor, send an email to [secretary@cloverdalecommunity.com](mailto:secretary@cloverdalecommunity.com) and ask to be invited.

Keep up with current events that impact Cloverdale. Like and follow "Cloverdale Community League Edmonton" Facebook page.

## Easter Family fun

Cloverdale did not miss out on Easter activities. They were just conducted a little differently. A colouring contest had pages emailed out for the little ones to add their crayon artistry and post in their windows. Thankfully declared an essential service, the Easter Bunny toured our neighbourhood and delivered treats to all participants. For an outdoor challenge, an Easter hunt was designed to have families get out to the various landmarks in Cloverdale after solving riddles that took them to Muttart Conservatory, the Edmonton Ski club, the Peace Dove, Spray park, skating/hockey rink, community garden and the League sign board. Each location had a special poster with a number and when all the location numbers were added together, the house number they were directed to had stash of Easter treats.



## Virtual Socializing



We held our first virtual "Women & Wine" on Wednesday, April 1 via Zoom. We were still able to have fun from the safety of our own homes, sipping a glass of wine and sharing how we are all managing.

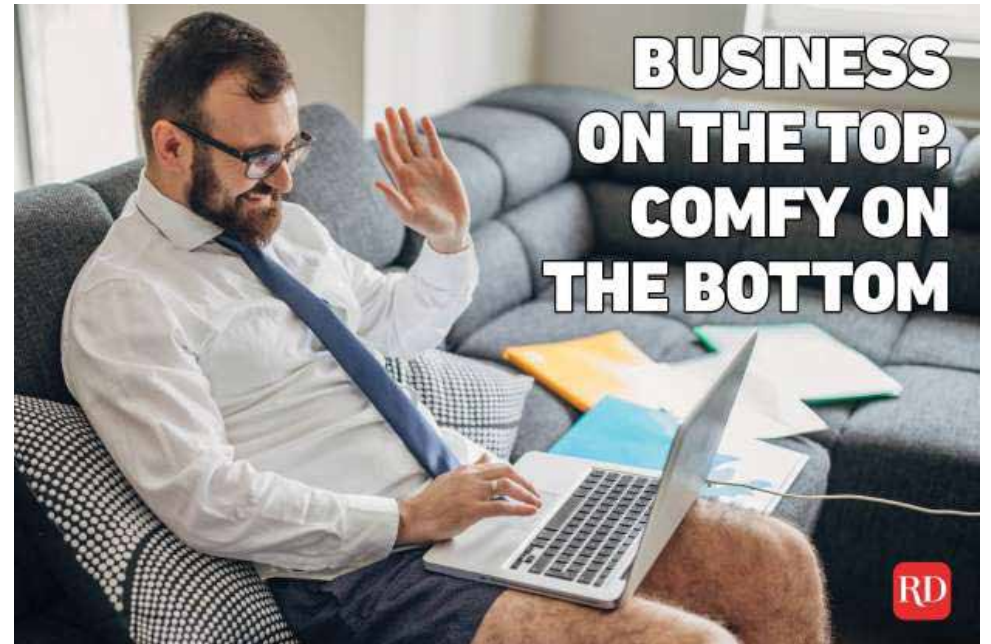
The men of Cloverdale had their own virtual gathering on Friday April 17th. "Beers and Bros" also used Zoom to connect some guys that had never met one another before. Both events will take place again in May.

## Walking with a purpose – River Valley clean up Saturday, May 16



We see lots of our residents out and about, with or without a dog, enjoying the warmer temperatures. Turn one of your walks into a neighbourhood clean-up. By picking up trash that has accumulated over winter. The City is distributing Clean up kits (garbage bags and pickers) for neighbourhood grounds clean up. Watch for details by May 4 (on website, Facebook, Nextdoor and email) how to sign up to participate and bags and pickers will be dropped off. A surprise will await those that choose to get involved. We will NOT have the Big Bin event as originally planned.

## Working from home humour



## IMPORTANT: Cloverdale Annual General Meeting Sunday June 28

The Annual General Meeting for Cloverdale will take place on Sunday June 28 via video conferencing platform (to be announced). The following are agenda items:

-**TransEd, the Valley Line LRT** contracting consortium will attend and present an update on the progress and key amenities surrounding our neighbourhood like the Pedestrian bridge over the river, replacement footbridge over Connors Road and access road changes. Another chance to ask your questions.

-**Gallagher Park Master plan update** – the Open House originally scheduled Apr. 22 could not take place. The latest update from consultations that was shared with the Executive will be provided.

-**Election for Executive positions** – a number of roles on our Community League Board are available and need to be filled to keep our

league viable. Without volunteers, we will not have an operating hall for programs, sports activities, programming, skating rink etc. Please consider stepping forward for any of the following positions: (see EFCL site for role descriptions. <https://efcl.org/league-board-resources/board-development--operations/position-descriptions/>)

Your community needs your expertise and  
President  
Vice-President  
Secretary  
Treasurer  
Civics Director  
Communications

If you have an interest in any of the roles or have questions, contact Marilyn at [secretary@cloverdalecommunity.com](mailto:secretary@cloverdalecommunity.com). Previous experience not necessary.





## Sidewalk singalong on 73 Street



Neighbours on 73 Street and 101 Avenue marked Easter Sunday with a sidewalk singalong organized by Harley and Gail, and Walter, Jessica and their children. They dropped off a flyer a few days ahead and delivered song sheets that morning, then stepped out in the snow to share some music at a distance.



## 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](http://forestterrace.org/membership).

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

contacting our membership director Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org) or 780-463-1613.

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

## Big Bin event postponed

The league had planned to host a combination Big Bin event and rummage sale this spring, alongside the group raising money for

a new playground at Forest Heights elementary school. Due to social distancing requirements, the event is postponed until further notice.

## 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/ya7d-pqrh>

You can also call the Canadian Mental Health Association's distress line at 780-482-4357.

## Neighbourhood Watch news

Did you know Forest Terrace Heights is now a Neighbourhood Watch community? ENW is about building community to harden neighbourhoods against crime, and about making us

all feel safer. If you want to know more or get involved, contact the league's new Neighbourhood Watch representative, Madison, at [madi-son@forestterrace.org](mailto:madi-son@forestterrace.org) or visit [enwatch.ca](http://enwatch.ca).

## Your favourite views

Last month, we asked residents to share their favourite views in Forest Terrace Heights. The winning shot of the downtown skyline at sunset came from Helena Maria, who won a \$25 gift card for Dallas Pizza. Thanks to all who took part and to Dallas Pizza for the prize. See more submissions on our contest page at [forestterrace.org/programs-events](http://forestterrace.org/programs-events).



## Community Garden donation

The Heights Community Garden is full for the season and is pleased to announce that this year's plot fees will be donated to the Edmonton Food Bank, along with a matching donation from Forest Terrace Heights community league.

If you're interested in a plot 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](mailto:garden@forestterrace.org) for more information or to sign up for a plot and/or the committee.

## A message from ACE

My dear neighbours,

There are so many restrictions on what we can do right now as a community, and I want to encourage everyone to follow the advice and orders from our government as they navigate this important time. That said, THIS is the kind of time that Abundant Community exists for. The real value in knowing your neighbours is in being there for each other. As each of us is able, REACH OUT. Knock on that door and then walk to the edge of the sidewalk and ask the simple question, "Are you OK?" Have a conversation. Exchange phone numbers. Be BRAVE enough

to ask for help – with groceries, medications, simple home maintenance, social-distancing visits. Delight each other with notes of encouragement or artwork. Share what you have.

These acts will bring us all joy and increase our quality of life on so many levels. We were made for this. When this is all done, the block parties will be sweeter than ever because we have walked through this together.

Take care & live richly,

*CoraLee Lechelt, Forest Terrace Heights Community League, Abundant Community Edmonton*

## Board members needed

Members of the Forest Terrace Heights community league board receive free membership in the league and one free hall rental per year, not to mention the opportunity to volunteer alongside an enthusiastic and creative group of people who are committed to serving the community.

We want to thank four board members who are stepping down this spring after many years of service: Connie, our SECLA representative; Jeremy, our vice-president; Kathleen, our events director; and Michelle, our treasurer.

Their positions are now open and we welcome your interest:

**Vice-president:** Assists the president with managing the affairs of the league.

**Treasurer:** Oversees the management and reporting of the league's finances. Writes and deposits cheques. Annual financial reporting to AGLC, the Government of Alberta, and the



City of Edmonton. The league hires a bookkeeper to prepare monthly financial statements.

**Events director:** Plans and organizes events to engage community members of all ages throughout the year.

**SECLA rep:** Attends South East Community League Association board meetings as a representative and liaison for Forest Terrace Heights.

All directors are asked to attend board meetings, which are held on the first Tuesday of every month except July and August. Please contact [president@forestterrace.org](mailto:president@forestterrace.org) for more information or to express interest.



# Fulton Place

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

## Board Members

Mike  
President

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

Miles

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

Gavin

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

Jeff  
Treasurer

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

Facilities

[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)

## Neighbours Helping Neighbours

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 CO-VID-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 Ravine Cleanup



Fulton Ravine Cleanup will not be happening this year. Instead we ask & encourage everyone enjoying the ravine, and your neighbourhood, to pick up as much trash as you can and help keep our community clean.

## 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.

# 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	charlenelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Joelle Zimmerman	Joelle_zimmerman@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Sharon Harker	gbhallfun@gmail.com
Sign Director	Lindsay Kocil	lindsaykocil@me.com

### GOLDBAR COMMUNITY MEMBERSHIPS AVAILABLE NOW!!!!

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP- CASH ONLY (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82St) come check out these wonderful business and pick up your community membership- CASH/CHEQUE ONLY. 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  
REMEMBER CALL AND GET YOUR MEMBERSHIP FOR HOCKEY REGISTRATION!!!  
Adults/Family \$20 and seniors \$5. CASH or CHEQUE ( goldbar community league)

## BINGOS

There is still no certainty to when the bingo halls may re-open due to Covid. Please consider helping out once we resume normal schedule. Upcoming dates for Parkway: Sat. June 20- afternoon shift only

Sunday June 28-evening/late night

Monday July 20-evening/late night

Stay safe, see you soon

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## Holyrood Community League Contacts

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

🌐 holyroodcommunity.org 🐦 @HolyroodCL 📘 Holyrood Community League

Purchase memberships through [efcl.org/membership/](https://efcl.org/membership/) or at Servus Credit Union locations.

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

## COMMUNITY CONSTRUCTION UPDATE

### Holyrood Gardens

-Construction is now underway, with the excavation of the south half of the site (from 90 - 93 Aves) for the parking structure

-The tallest tower, located at the far south of the site, is expected to be the first building to be constructed

-Notice to the community was sent via SEV and social media

-Latest rendering of the project can be found on a billboard at 90th avenue, a photo of which can also be found here: <https://edmonton.skylinescities.com/database/projects/holyrood-apartment-building>

### 8302- 95 Avenue

-Permit is currently "In Development Review"

-As a refresher, this site is zoned for a 4-storey, 12-unit development

-Some renderings of the project can be found here: <https://edmonton.skylinescities.com/database/projects/holyrood-apartment-building>

### Valley Line LRT

-Construction is ramping up again, with lots of work and disruptions around Holyrood including the following:

1. Signal and davit arm (signal pole) installations along the route (April 30 and onward)
2. Overnight lane closures on 75 St. (April 28 - May 1)
3. Weekend total closure of Connors Rd. (May 22-25 & June 1-4)

## Babysitter's Registry

Our registry is live! Please email [communications@holyroodcommunity.org](mailto:communications@holyroodcommunity.org) for the sign-up sheet.

We are still accepting sitter registrations at this time.

Sitters must be certified in a babysitter's course, have proof of the course and have guardian permission to be added to the list.

We are not currently accepting applications from interested parents, due to COVID-19 concerns, but once health measures have lifted, we will open the registry again.



## THIS IS YOUR YEAR - TO VOLUNTEER!




### HOLYROOD COMMUNITY LEAGUE VIRTUAL AGM - JUNE 3<sup>RD</sup>





STAY TUNED TO SOCIAL MEDIA & THE WEBSITE FOR MORE DETAILS!  
[WWW.HOLYROODCOMMUNITY.ORG](http://WWW.HOLYROODCOMMUNITY.ORG)

We are currently recruiting for the following board positions: Secretary, Sports & Fitness and Vice-President.



Check out the website for more info or email Larissa at [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org).



### Be **KIND** to support loved ones during #coronavirus

-  Check in regularly especially with those affected
-  Encourage them to keep doing what they enjoy
-  Share WHO information to manage anxieties
-  Provide calm and correct advice for your children

Learn more to Be **READY** for #COVID19:  
[www.who.int/COVID-19](http://www.who.int/COVID-19)

 UNITED NATIONS World Health Organization

## HOLYROOD COMMUNITY LEAGUE VOLUNTEER APPRECIATION

The board of the community league has decided to donate this year's funds which were set aside for a volunteer appreciation event. Instead of hosting the appreciation dinner, the funds will be directed to the Edmonton Food

Bank. We challenge all our neighbouring community leagues to do the same! Let's use this opportunity to give all we can, and to make our area of Edmonton synonymous with generosity and charity (not that it isn't already!)



## Idylwylde Executive

President	Kate	presidentidylwylde@gmail.com
Vice President	David	vpidylwylde@gmail.com
Treasurer	Pat	treasureridylwylde@gmail.com
Secretary	Corrina	secretaryidylwylde@gmail.com
Casino/SECLA	Bridget	casinoidylwylde@gmail.com
Civics	Lee	civicsidylwylde@gmail.com
Programming	Sheri	programs@idylwylde.org
Membership	Michelle	membershipidylwylde@gmail.com
Garden	Lauren	garden@idylwylde.org
Facilities	Stuart	facilitiesidylwylde@gmail.com
Social	Vacant	
Publicity	Rachel	communicationsidylwylde@gmail.com

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

## 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!

## 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.

## Program Chair FOUND

A huge thank you to Sheri for stepping into this volunteer role! We are looking forward to having programs running again as soon as we can.

## Being grateful promotes happiness, a positive outlook

What are you grateful for? Maybe you've got a new car, bought a big-screen TV, or scored a promotion you've been wanting. It feels great—but only for a little while.

It turns out that our set happiness points are 50 per cent predetermined by genetics, 10 per cent by life circumstances and 40 percent by intentional activities and practices. This means that a huge part of what makes us happy is within our power to change.

Gratitude is one easy and well-proven skill that can actually help improve our set happiness point.

Practicing gratitude can help improve our mental health and reduce stress. It can help create a more positive outlook on life, which helps keep us more emotionally balanced. It can also help us pay attention to the good things in life and savour them. It prevents us from taking things for granted, and it helps train us to see more good things in life.

Here are some ways to be grateful:

Keep a gratitude journal. Make it a habit to think about positive or good things you are grateful for daily, and write them down.



Reflect through mindfulness, meditation or relaxation. Take time to be still and calm and focus on the present moment. List those things you are grateful for—maybe a sunny day, a hot shower, your home, a good friend, or a nice cup of tea.

Thank someone. Nurture your meaningful relationships. Send a thank-you card or leave a note to someone you are grateful to have in your life.

Give back. Return the kindness that someone has extended to you.

Practice small gestures. Sometimes all it takes is a smile, handshake or wave to express your thanks.

## Covid-19 and Community

Hey Idylwyldeers, unfortunately the impacts of the pandemic continue, and we are unable to offer any of our regularly scheduled programs or community swims due to League and City of Edmonton closures. We know that this impacts a lot of our community members, who looked forward to taking part in these activities to stay connected with the community and to stay active.

Now that the weather has turned, there are loads of opportunities for you to stay connected to your community. If it is safe for you to do so, take a walk around the block. While you are out, say hi to your neighbors that cross the street to keep the distance! Have you noticed the neat informal right-of-way hierarchy that has formed? Dogwalkers move for families, families move for seniors, and on and on. Keep thinking of each other, we

know it has been appreciated by many!

Take a moment and chat with your neighbors over the fence or from the front porch (2m apart, of course.) Send them a text when you are out at the grocery store to see if you can pick up anything for them. Less trips out keeps us all safer AND you get to do something nice!

And why not write a message of solidarity on your sidewalk or put one up in your window? It has been really encouraging to see all the messages from the young and old within our community. The house that was encouraging social distancing by giving away plywood "COVID bunnies and penguins" was a hit! We love seeing creative ideas like that springing up from within our community.

From all of us at the League, stay safe and be well. We will all get through this together.

## 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.

Oh, and it looks like we've got ourselves a

new coordinator for this year!

Contact us and we'll let you know how you can be involved with our amazing little community garden as we figure out the best way to proceed.



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

**My team and I are here to help you through the COVID-19 crisis.**

**Also contact my office for assistance with:**

- Old Age Pensions
- Income Tax
- Citizenship & Immigration
- Canada Summer Jobs

**780-495-8404**

[heather.mcpherson@parl.gc.ca](mailto:heather.mcpherson@parl.gc.ca)



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

Follow on [Twitter](#) [Facebook](#) [Instagram](#)





## Kenilworth Community League Board

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): [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com)  
Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)  
Keep Current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com) and on Facebook!

## 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.

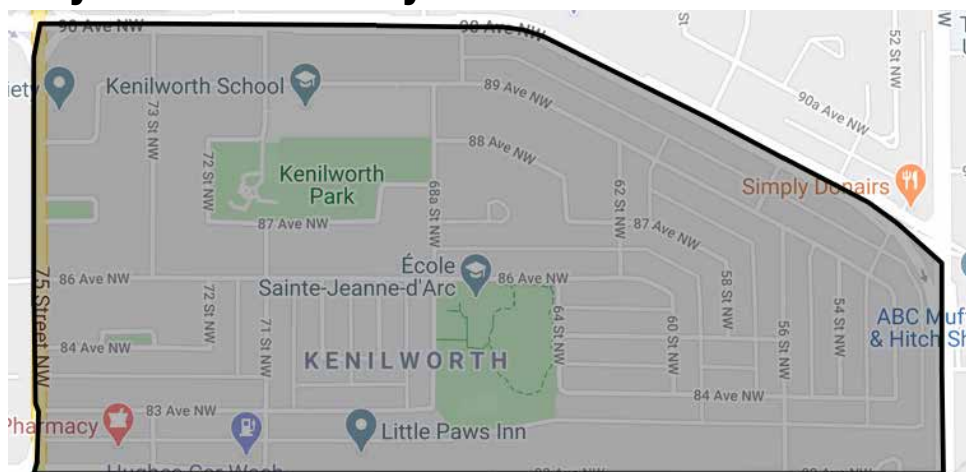
The Food Bank has bulk purchasing ability and also knows what their most urgent need is. KCL Executive and Directors voted to donate \$500 to the Edmonton Food Bank.

If you are also in a position to donate here



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

## May the 4th be with you



**KENILWORTH CONTEST** for KCL community members

Starting May 4th running for 2 weeks, last day to enter is May 18th.

Starting May the 4th: 10 houses in the Kenilworth community will display in their front window a letter from our Kenilworth Name.

You are to find the 10 houses, make a note of the letter and the address and once your

find all 10 letters that spell KENILWORTH submit by email to [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com) the address and letter of each house.

You will then be entered to win Gift Card from our local Anvil/ Safeway and Royal Pizza.

Hints will be given where some of the houses are located on our Face book page and on the app Next Door.

## Kenilworth Community League

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*

## Hay Bales

Once they thaw from the ground please help yourself.



## 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 a 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*



## Stay Together

Our streets are less trafficked these days. Places of business have fewer customers. Many are closed. These are strange times in which we're living. Policies in place for the protection of citizens from COVID-19, the coronavirus that is making its way through our populations. Unfortunately, these policies separate us from one another. We may avoid the disease of COVID-19 only to suffer from isolation and, in some cases, loneliness.

The best thing we can do is to stay together through phone calls, emails, or social media. It means helping out somebody who is out of work. It means sharing with someone who needs what you have - food, supplies, or even

some of your time. Stay together in that way.

We work so hard to keep ourselves safe by staying away from others and washing our hands. It's easy to forget that the most important thing we humans can ever do is to reach out to each other. Just a phone call that says, "I'm thinking about you. How can I help?" Stay together through safe contact.

Bouquets of roses are loved. But the reality is that they won't last long without roots. Cut flowers die. And when we are cut off from others, we die a little on the inside every day. So we need to stay connected. Especially at this time - stay together through safe contact.

Who needs you today?

## SUPPORTING LOCAL BUSINESSES DURING COVID-19

One of the cornerstones of a great community are the businesses that keep our community strong and vibrant! As many businesses struggle during this pandemic here, please stay connected and support our local Kenilworth and area businesses. Also please support those who advertise in Southeast Voice and keep our newspaper possible.

Support local and help keep our businesses vibrant!



## 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).

## 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!

## 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.

## 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.kenilworth-community.com](http://www.kenilworth-community.com)

KCL Hall Rental Rates: (Seating 160)

**Members Non-Members**

**Weekend (Fri.pm - Sun.pm)**

**\$450.00 \$550.00**

**Day Rate**

**\$300.00 \$385.00**

**Damage Deposit**

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

**\$450/weekend \$550/weekend**

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

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

## 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 have been reduced from 24 to 12 hours a day. 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)

## 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

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## 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** –

**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

## Ottewell Community Park

A State of Emergency has been declared in Alberta due to the COVID-19 pandemic. As such, all community league facilities must be closed. This includes halls, rinks, playgrounds, sports courts, fields, and any other facility run by a community league.

The city has returned numerous times to Ottewell Park to replace the caution tape on all play structures. We seem to have a few folks that choose to disregard this notice, removing the tape and causing some damage at the park. Please report any occurrences where you see people on the play structure. The city has strict fines in place for those that don't follow these closures.

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

## Playschool

Our playschool is currently closed. For inquiries, contact the Director, Tyler, at [playschoolocl@gmail.com](mailto:playschoolocl@gmail.com) or (780) 271-6846.

## Ottewell Community League Facilities Closed

OCL facilities, including the Hall, are closed and will not reopen until advised to do so.

A State of Emergency has been declared in Alberta due to the COVID-19 pandemic. As such, all Community League facilities must be closed. This includes halls, rinks, playgrounds, sports courts/fields, and any other facility run by a Community League.

The Government of Alberta has indicated that "Albertans are prohibited from attending public recreation facilities and private entertainment facilities. This includes gyms, swimming pools, arenas, science centres,

museums, art galleries, community centres, children's play centres, casinos, racing entertainment centres and bingo halls."

You can contact board members by email. We monitor these inboxes daily.

Corinne - [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com)

Eric - [ottewell.finance@gmail.com](mailto:ottewell.finance@gmail.com)

Sandra - [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com)

Colleen - [ottewellsocial@gmail.com](mailto:ottewellsocial@gmail.com)

We understand that this is a difficult time for everyone, especially volunteers. If you have any questions, don't hesitate to reach out. Stay healthy, Ottewell. Be safe.

## OCL Board Meetings

At this time, it is not safe to meet in person. Ottewell is hosting virtual meetings to connect with board/director and volunteer members. Our next virtual meeting will be on Tuesday May 19, 7pm. If you would like to attend please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com). You will be sent an invite via Zoom.

## Upcoming Events

Have you been following our Facebook page?

We have been hosting coloring contests, and the Easter Bunny made special appearances around our community.

Please watch for upcoming events! Follow us on Facebook.

## Volunteer with the Ottewell Community League

Are you interested in Volunteering for OCL? WE NEED YOU! We have many opportunities available that include one-time events or a more regular commitment.

-General Volunteer (also known as "call me when you need someone" and if I can help, I will).

-Volunteer Coordination (assist the board with finding/scheduling volunteers for events)

-Project Team (Ottewell Community League Building needs some tender loving care, if you want to be a part of progress with future changes and upgrades, we need you. All plans will be presented to the board for approval).

-Grants (help ensure we have addressed all possibilities to obtain funds available to us).

-Sponsorship Coordination (obtain sponsorship and liaise with sponsors and Communications Director to ensure proper recognition)

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

-Events General Volunteer (help out at various events – shifts are 2-4 hrs)

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

## Thank You Volunteers

This week April 20 to 26 was Volunteer Week, and I wanted to wrap it up by drawing attention to the incredible effort and dedication we have with the Ottewell group of volunteers. We couldn't operate without this group that gathers virtually every week to ensure we keep our members informed and safe.

## Ottewell 120th Scouting

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

~ Your Ottewell 120th Scouting Group

## Ottewell Artisan Farmers' Market

The farmers' market is closed at this time. Watch for news in the near future.

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

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://steveanddansonlinemarket.ca/>

**Effing Seafood**

<https://www.effingseafoods.com>

**Wild Game Consultants**

<https://wildgame.ca/>

**Confetti Sweets**

<https://www.confettisweets.ca>

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

## Neighbours Helping Neighbours

We have received so many calls from our community neighbours. Thank you for your support! At this time we don't have any tasks to complete. We do have your contact information and will reach out when we have a request.

If you need help getting supplies or if you are willing to volunteer to help others, please contact OCL at [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) or 780-465-7755.



## Thank You for Your Support

A shout out to thank Steve and Dan's Online Farmers Market for their support of families in need in our community

The community league has chosen to support families in need through our school community. Gull Valley Greenhouse is providing fresh vegetables, and Steve and Dan's is providing fresh fruit. <https://steveanddansonlinemarket.ca/>

## 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!

## Craving Girl Guide Cookies?

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.



## COVID-19 Comic Relief

-Half of us are going to come out of this quarantine as amazing cooks. The other half will come out with a drinking problem.

-I used to spin that toilet paper like I was on Wheel of Fortune. Now I turn it like I'm cracking a safe.

-I need to practice social distancing from the refrigerator.

-PSA: Every few days, try your jeans on just to make sure they fit. Pajamas will have you believe all is well in the kingdom.

-Homeschooling is going well. Two students have been suspended for fighting and one teacher fired for drinking on the job.

-I don't think anyone expected that when we changed the clocks, we'd go from Standard Time to the Twilight Zone.

-This morning I saw a neighbor talking to her cat. It was obvious she thought her cat understood her. I came into my house and told my dog. We laughed a lot.

-Quarantine Day 5: Went to this restaurant called THE KITCHEN. You have to gather all the ingredients and make your own meal. I have no clue how this place is still in business.

-My body has absorbed so much soap and disinfectant lately that when I pee it cleans the toilet.

-I'm so excited! It's time to take out the garbage! What should I wear?

-I hope the weather is good tomorrow for



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my trip to Puerto Backyarda. I'm getting tired of Los Livingroom.

-Classified Ad: Single man with toilet paper seeks woman with hand sanitizer for good clean fun.

-Day 6 of Homeschooling: My child just said "I hope I don't have the same teacher next year." I'm offended!

## Food Hamper and Grocery Delivery Resources

Meals on Wheels: <https://mealson-wheeledsmonton.org/pages/the-grocery-bag>  
Will deliver meals and groceries.

Fresh Routes: <https://freshroutes.ca/>

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

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

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

Share the Goods: <https://www.sharethegoods.ca/>

Offering delivery and hampers.

Bag-Half-Full YEG: <https://forms.gle/F5u-4v1WNYh3vwoRv8> Phone: 780-952-7101

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

The Foodbank of Edmonton: Phone: 780-425-4190

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

If you need assistance in accessing ANY services, you can call or text 211 - [www.ab.211.ca/](http://www.ab.211.ca/)

## Abundant Community Edmonton - Ottewell



## ABUNDANT COMMUNITY

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 per-

son, and listener.

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

## Sports Central - Notice to Donors

Now that warmer weather has arrived, we are getting more calls about two things: people wanting bikes for their kids and people wanting to drop off equipment found when cleaning homes and garages.

We are planning a system of bicycle distribution starting in May that respects physical distancing and will minimize contact with the families. Hang on to your equipment donations for the time being. We are developing procedures for receiving and managing equipment donations safely.

Our doors remain closed to the public, as per Alberta Health Services guidelines.

## Ottewell Spring Clean Up

Do your part to clean up Ottewell streets this spring. Contact [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) to get a Capital City Clean Up kit. Kits are also available for pick up by calling 311.

Please keep our community clean!

## 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.

\*\* This is my good news story\*\*

Spring arrived, bringing bright sunlight that shone through my living room windows. Or it tried. The winter dirt had left such a film that you could barely see through. I thought I would get to those someday.

That someday arrived sooner than I thought. My neighbor rang my doorbell with a bucket and squeegee in hand. He said, "Hey, I want to clean your windows. I just cleaned mine and thought of you!"

What a great example of neighbours supporting each other. Take care of each other, Ottewell!



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## COMPOST SALE

Organic Soil™



One 40lb bag for \$10,  
3 bags for \$25,  
or 5 bags for \$40

DATE: Saturdays - May 9<sup>th</sup>, 17<sup>th</sup>, and 23<sup>rd</sup>, 2020  
PICKUP TIME: 9:00 am – 11:00 am each Saturday  
LOCATION: OTTEWELL UNITED CHURCH  
6611 93a Ave NW



Cleanit Greenit Composting System produces a Grade "A" compost, which has achieved the Ecologo certification as an "Environmentally Friendly Product". The compost contains essential nutrients and organic matter and is excellent for lawns and gardens.

- This sale has Covid 19 restrictions.
- Drive thru lanes will be marked for contactless pick-ups. You will not leave your vehicle.
- All sales are pre-paid @ <http://120scouts.org> for contactless interactions.
- Compost Bags will be loaded into vehicles by Scouts Volunteers. Safe distancing is priority.



Call 780-450-8889 if you  
have any questions or email  
[120compost@gmail.com](mailto:120compost@gmail.com)



## STRATHEARN A.V. CLUB

### ESSAY PROJECT

Submit your non-fiction essay to:  
events@strathearncl.org  
Max. 500 words, include your name, age  
and grade



**STRATHEARN SEED SWAP**

**DROP OFF SEEDS BY MAY 10th**

**PICK UP SEEDS MAY 11th - 15th**

**INSIDE the Free Little Library Bin @ 91 St south of 95 Ave**

1. Drop off packages of 10-30 seeds at the Free Little Library near Red Ox Inn on 91st Street (put inside the large labelled ziploc bag) by May 10.
2. Label packages with type of plant, eg. Tomato, Cherry.
3. Additional information can be provided, eg. plant in May after frost, 2cm depth, sunny location, etc.
4. Seeds should be fully dried and put inside a small taped-shut envelope, paper bag or origami package like this: <https://www.gardensillius-packet/>. For longer storage at home, place in paper bag out of direct light.
5. Pick up seeds between May 11-15. Take the number of packages of seeds you originally donated, ie. drop off 2, pick up 2. This is an honours system, folks!
6. No noxious or invasive plants accepted. See list and fact sheets here: <https://abinuasives.ca/>
7. Please only recent seeds for exchange (note expiry on seed package). Most vegetable and fruit seeds have highest germinations between 1-2 yrs of harvesting.
8. Any seed packages remaining after May 15 will be collected by the Strathearn Community League and either donated out or used to plant around the community hall or garden.

**Questions?**  
Contact [swap@strathearncl.org](mailto:swap@strathearncl.org)

## May Roundup

Welcome to our upbeat and good news edition of the Strathearn page in the Southeast Voice. As you can see from the posters we've got lots of socially distant things happening - neighbourhood farm deliveries, seed swaps and essay contests. Be sure to check our social media and participate in the Strathearn Scavenger Hunt. Clues are released weekly and they aren't easy, you've got to know the neighbourhood pretty well to track down the answers.

Also featured on social media and our website this month, Strathearn A.V. Club (Jam Club, Film Club, Rock 'n Roll Bookclub) members are generously offering testimonials about the books, film and music they are enjoying during the Covid times. And while Jam Club and Film Club aren't happening for obvious reasons, Rock 'n Roll Bookclub continues virtually on Thurs. May 7th at 8pm, where we'll be discuss-

ing the memoir Acid For the Children by Flea. If you're interested in joining our discussion on May 7, or any future Rock 'n Roll Bookclub sessions, please contact [events@strathearncl.org](mailto:events@strathearncl.org).

The Strathearn business community continues to do its part during the Great Interruption. While a trip to Massage Therapy Supply Outlet building (9206 95 ave) is always worthwhile because of all the public art available for appreciating, owner Joe Clare has gone above and beyond with a couple terrific endeavours. With slower sales Joe is turning some of his over stock fabric into much needed blankets for Homeward Trust Edmonton. And, his 24 hr Art Gallery - GalleryU - currently featuring the work of Christl Bergstrom, is holding a contest for young creators who could one day be featured in the GalleryU window. Be sure to check out their website for details.

## Free Little Library



Check out this title up for grabs in the Free Little Library outside Lee's Food Mart on 95 Ave in Strathearn. The library has been going great guns since the lockdown. Check it regularly for terrific titles and be sure to leave one of your own behind!

## Cabin Fever Challenge

The Massage Therapy Supply Outlet in Strathearn is seeking works by young artists at their next exhibition - Cabin Fever! Selected artwork will be showcased in our Cabin Fever Art Exhibit at Gallery U. Exhibit will be featured in the Fall of 2020.

For details please see:

<https://mtso.ab.ca/blogs/news/cabin-fever-art-exhibit-we-are-looking-of-young-talented-artists?fbclid=IwAR0Qxr0bRIHw0I2RMynr1WUtrkQEIJ7PuFSzccyVTgpSk7bF5rcUsZ-CNbl>

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

strathearncl.org

[#strathearncl](https://www.instagram.com/strathearncl)

[@strathearncl](https://twitter.com/strathearncl)

[/strathearncl](https://www.facebook.com/strathearncl)

## Strathearn Hall Upgrades



Since the hall is closed, we took advantage of having an empty events calendar to complete some needed upgrades! In November, community members Marshall, Pam and Jason met with an acoustical engineer who provided guidance on improving acoustics in the hall. Marshall and Jason set about designing, gathering materials and building the panels. Though COVID-19 prevented more than one person from doing the installation, Strathearners Robert and Steve lent tools and safety equipment to help finish this project, and Leah painted the mounting brackets. All told, this community effort took almost 50 hours of volunteer labour to complete.

The panels have resulted in a noticeable



improvement in sound quality in the hall. Although we haven't been able to hear the result with people inside the hall, the panels reduced acoustic reverb by nearly 50% in some areas of the main hall. "These panels were easy to build with the right tools and help. It was important to plan out the layout to avoid conflict with lights and ducts, but once we had a system going it came together quickly," said volunteer Jason Ruhl.

In addition to the panels, SCL also replaced our small soap dispensers with four new commercial style dispensers, donated to the hall by a local contractor. The new dispensers are much easier to fill, have higher capacity, and are easier to use.



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\*Rebate requires purchase of qualifying items between February 24, 2020 to June 12, 2020. Qualifying items must be installed by June 19, 2020. Rebate claims (with proof of purchase) must be submitted to [www.lennoxconsumerrebates.ca](http://www.lennoxconsumerrebates.ca) no later than July 3, 2020. Rebate is paid in the form of a Lennox Visa® Prepaid card. Card is subject to terms and conditions found or referenced on card and expires 12 months after issuance. Conditions apply. See [www.lennox.com/terms-and-conditions](http://www.lennox.com/terms-and-conditions) for complete terms and conditions. Requires purchase of qualifying system. See your Lennox dealer or [www.lennox.com](http://www.lennox.com) for details. Lennox dealers are independently owned and operated businesses. ©2020 Lennox Industries, Inc.

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