

SOUTHEAST VOICE

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

April 2022



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

What's the Buzz?? Community Update and



SPORTS PARK CELEBRATION

SUNDAY, May 15, 1 to 4 pm

**@ Fulton Ravine Sports Park
& The Capilano Library**

An Informative and Fun Family Friendly Event

- COE progress report on 101 Ave Corridor redevelopment
- Hear from community, business, industrial, city and social service partners
- Learn about: Healthy, Sustainable Community Design; Housing the Vulnerable; The 15 minute Community; Business Improvement Areas
- Bring the Family for the Popcorn Truck, treat giveaways, Food Truck, Basketball, Boarding, and Bike skills demo

Organized by Greater Hardisty Community Sustainability Coalition volunteers

Hardisty Playground Expansion 50/50 Raffle



With the support of our parents, Hardisty Parent Advisory Committee, Fulton Place and Capilano community leagues we have raised \$125,000 in less than two years for the Hardisty playground expansion. Thank you to everyone who helped us get here! We still have a ways to go to get to the \$250,000 needed to make this awesome playground a reality. We have a number of really exciting fundraisers planned including this raffle, coffee, gelato and garden fundraisers as well as another bottle drop off in June.

The Playground Expansion Committee is excited to host another 50/50 Cash Raffle!
Here's your chance to win up to \$5000.

<https://www.rafflebox.ca/raffle/hspepc>

Ticket sales end April 13 and the draw date will be April 14.
The winner is guaranteed half of all ticket sales up to a maximum of \$5000.

Celebrate Earth Day

Whether you take part in public activities at a city park or choose your own family fun to share with your preschooler on April 22, you will be joining people around the world who mark the day as a special time to think about and protect our planet.

Ask your local librarian to recommend children's books to read and share with your little one about mother earth, Turtle Island, and other creation stories.

Splash in the rain or stroll in the sunshine around your neighbourhood with your child

and point out fresh colours and sounds, as tree leaves, grasses, first tiny shoots of garden plants show signs of green and birds call from high branches. When you return home, sit and paint or draw a picture together of what you saw. On Earth Day, the two of you can enjoy the natural world, even close to home.

We are volunteers affiliated with child and family serving organizations in Edmonton and are committed to raising awareness of the critical importance of the early years to success in life.

Ottewell Hello Spring Market

Ottewell Community is proud to be hosting "Hello Spring Market"

Saturday April 9, 2022 10am - 3pm FREE Entry

Ottewell Community Hall - 5920 - 93A avenue

Artisans, Bakers and Makers showcase their crafts and home businesses.

Something for Everyone!

Consider Supporting Local.

Follow us on Facebook for more information
- ottewell community artisan farmers market

SEV Liaison Needed

We are looking for someone to take on the coordination of the SEV front page submissions. That is this page! Send an email to secretary@secla.ca if you are interested!

You are hereby entitled to receive one
free
market evaluation

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e-mailed for any part of Edmonton

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Andy Verhagen
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email andyv@telus.net

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my world go round!**

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SECLA Board Contacts

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

SEESA Spring Rummage, Book and Bake Sale



April edition of SE Voice

The Southeast Edmonton Seniors Association (SEESA) Spring Rummage, Book and Bake sale is back! This popular sale offers fabulous goods at great prices!

Wanted items: Please donate your clean items such as housewares (dishes, glasses, vases, cutlery etc.) linens, small appliances (must be operational) jewellery, purses and belts, personal care, office supplies, sports items.

Donations accepted at the South Door of SEESA starting Monday, April 4 at noon through to noon Thursday, April 21 at SEESA

9350 82 Street, Edmonton.

Not accepted: Please do not bring upholstered furniture, baby furniture and supplies, encyclopedias, mattresses, pillows, computer software, hardware and out of date technology, VHS tapes, cassettes, magazines, large furniture, TVs, soft toys, clothing, shoes, suitcases, plastic food containers. SEESA cannot handle these items.

SEESA Rummage, Book and Bake Sale Saturday April 23 from 10 a.m. to 3 p.m. and Sunday April 24 from 11 a.m. to 3 p.m. at SEESA 9350 82 Street, Edmonton. 780-468-1985.

Learn more about SEESA at SEESA.ca.

Affordable seniors' housing in your neighbourhood

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PROGRAM



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



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

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Community League Board

President	Anita	president@avonmore.org
Vice President	Wendy	vicepresident@avonmore.org
Secretary	Karen	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Assistant Treasurer	Leigh	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Scott/Lisa	grants@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Kaitlyn	programs@avonmore.org
Assistant Treasurer	Leigh	treasurer@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

Parents and Tots - Mondays at 9:30 a.m.

Hello everyone!

We have been busy with crafts, running & playing, music with Playschool & more!

You are all welcome to attend the playgroup at Avonmore community hall on Monday mornings, until April 11 playgroup starts at 9:30 am. Starting April 25 onwards we will meet at 9am, playgroup ends at 11 am in the

hall- some of us play at the park for a bit afterwards as well!

Once we get some warmer weather we will occasionally meet at the park instead of inside as well.

If you have any questions please let me know at parentandtots@avonmore.org. We look forward to seeing you and your little ones!

Fundraisers

Salisbury Greenhouse Fundraiser

Thanks to everyone who purchased a gift card. We raised over \$500 for the League through this program. Cards will be available for pick up in Avonmore or delivery to your home after April 6. It was so successful we'll run it again from early May to mid-June.

New Fundraiser - Meat Street Pies - April 6 to April 20

Many of you already know and love the products of this Avonmore business. For those who haven't tried their pies - no better time than now. To order e-mail president@avonmore.org or text 780 222 4482. Payment by e-transfer or cheque made out to Avonmore Community League. Pies will be available for pick up in Avonmore or delivery on May 4. The choice of pies are:



Cornish Pasty - 4 individual \$36
Steak and Cheese - 4 individual \$36 or 1 family size \$30
Chicken Pot Pies - 4 individual \$40 or 1 family size \$30
Jamaican Patty - 4 individual \$36
Tourtiere - family size \$30
Shepherds Pie (gluten-free) 2 pack \$18
Cheese, Onion and Potatoes - 4 individual \$36

New and Coming Events

The League is currently finalizing plans for the following events. Watch Facebook, Instagram and the bulletin board on the east wall of the hall for details and how to volunteer and register.

Flag Football - This free program is being offered in Avonmore in May and June by Free Play for Kids. There will be two sessions a week one at 6:30 PM and another at 7:30 PM. Day of the week yet to be determined. Maximum of between fifteen and twenty registered participants for each session, depending on the space. Registration opens around April 7th. All registrations are done through our website at this link: <https://freeplayforkids.com/start-to-play>.

Our World Community Feasts - Avonmore Community League, Cloverdale, Metro Continuing Education, Bennett Centre and EdmontonEats are pleased to be partnering to

bring to you a series of Community Feasts. Our World Community Feasts will be an opportunity to celebrate the cultural diversity of people around us, find out more about what we have in common and connect with our neighbours. The first feast will be on May 13th from 6:00 to 8:00 p.m. at Metro Continuing Education. The theme will be Celebrating Ukraine. Tickets will be pre sold \$25.00 (people 16 to 64) \$20.00 (people over 64 and 5-15), children 3-5 \$5.00.

Community Wide Garage Sales, Recycle Fair and Big Bin Event - This event was very successful last year even with COVID restriction in place. It should be even better this year with some added features. Date will be sometime in May. Project leader and volunteers needed. Contact president@avonmore.org if you are interested in helping to plan and execute this event.

Avonmore Community League - Annual General Meeting

The Annual General Meeting of Avonmore Community League will be held on May 10, 7:00 p.m. at the Community Hall. The purpose of the meeting is to: report on the activities of the League for 2021-22, present a financial report for the past year and budget for the coming year, elect new board members and vote on a special resolution to amend the

league by-laws. There will also be a presentation of the results of the Avonmore Vision Project. All community members are invited to attend. Must be a member of Avonmore Community League to vote or take a position on the board. Agenda, reports and revised by-laws will be posted and sent to members in advance of the meeting.

What is a Community League?

A community league is a volunteer, not-for-profit organization formed to meet the unique needs and interests of residents within a defined geographic area of the City of Edmonton. The role of Community League is to:

- Speak on behalf of their Community League members, and
- Report on behalf of all residents within the Community League's specified geographical area
- Bring neighbours together
- Provide recreation and social programs
- Develop amenities
- Represent community interests to the gov-

ernment and other organizations.

A Community League is an autonomous body, registered under the Societies Act with the Corporate Registry of the Government of Alberta. Therefore, it must have a properly elected board of directors including committee chairpersons responsible for carrying out the business of the league. Each individual Community League has specific boundaries that will define its membership. Currently there are 161 Community Leagues in Edmonton. Leagues are grouped in 12 Edmonton Federation of Community League Districts. Each District appoints one director to EFCL.

You Can Make a Difference in the Avonmore Community

The ideal way to make a difference and affect change is to serve on the board of the Community League or volunteer to lead or support a program or activity. Every year many Avonmore residents dedicate their time and expertise to shape the future of the league and community as board members and volunteers. Board members provide the critical intellectual capital and strategic resources to power success and strengthen our community. Volunteers make it possible to offer programs, maintain facilities (e.g. rink and hall) and keep the community informed of happenings.

-Are you committed to sharing your time and talents to help make Avonmore a better place?

-Do you have specialized skills and expertise that could benefit the board of the community league and the community as a whole?

-Are you willing to be an enthusiastic advocate for the League and the community and encourage others to get involved?

Serving on a board is a wonderful way to support the community and a cause that you care about. It also can be a powerful way to build your own skills and expertise.

Individuals who serve on the board can develop and grow as leaders, cultivate new skill sets, and expand their network of peers, professionals, community leaders, and community thought leaders.

Board Members Needed

Election of Board members is done annually at the Annual General Meeting. The following positions are up for election. If you want to know more about these positions, contact any member of the board at the e-mail addresses given at the top of the page.

Positions Becoming Vacant and Those Seeking an Associate Director:

- President - incumbent retiring - no candidates identified
- Secretary - incumbent is willing to serve another term
- Fundraising and Grants - incumbent is willing to serve another term. Seeking an associate director to help and learn the role
- Civics Director - incumbent is willing to serve another term. Seeking an associate director to help and learn the role.

-Communications - incumbent is willing to serve another term. Seeking an associate director to help and learn the role

Currently Vacant Positions:

- Vice President - incumbent stepping down - no candidates identified
- Social/Programs - position is vacant - no candidates identified
- Facilities Director - position is vacant - no candidates identified
- Sports/Soccer - incumbent is willing to serve another term. Seeking an associate director to help and learn the role
- Directors at Large/Associate Directors - 1 year director at large position can be created at the AGM to assist directors with large portfolios as Associate Directors or to head major projects

Community Coffee - 1st and 3rd Wednesdays

Community Coffee Mornings has started again on the 1st and 3rd Wednesdays of every month at 10:00 a.m.. Everyone is welcome to attend.

Active Avonmore - Avonmore Moves

In Avonmore, we are currently running a movement initiative, in support of mental Health going until at least the end of May 2022. We know there is a definite connection between mental health and exercise!

Since the beginning of June 2021, we've encouraged Avonmore residents to track their movement in kilometers. Some residents use a device that tracks their movement of steps, running, biking or others calculate 20 minutes of workouts which equals 1.6 kms. Community members record their movement and send their information to me so we record the numbers for the whole neighbourhood.

We have 16 people who regularly track their movement and send in their numbers. Between June 1, 2021 and March 20, 2022 Avonmore community members have moved and travelled a total of 58,099.14 kms. That is equivalent to movement from Vancouver to St John's return, Edmonton to Disneyland return, Edmonton to Disneyworld return, we went to the North Pole and were Santa's Elves!!! We travelled more than the circumference of the earth which is 40,075 Kms. We are currently travelling home from Panama City; Panama and we're thinking where we'll go next in

2022. Soon April will be here so we'll all be out moving more, join us in the fun!!!

We want you to join us in tracking our movement! To encourage your participation, we are enhancing our movement initiative to not only include kms from a device for walking running, biking but INCLUDE workouts: cross county/downhills skiing, snow shoeing, hockey, skating, figure skating, yoga, swimming, dance, cheerleading, soccer (games and practices), You tube workouts, Zoom exercises, etc. Anything you or your kids do that is active is eligible! Count 20 minutes of exercise is equivalent to 1.6 kms/4.8 for the hour!

We would like everyone who can log their workouts, steps or biking kms to join us! Please join us the rest of Avonmore is this fun way to improve our physical and mental health by doing these two things:

1. Send me an email at active@Avonmore.org and get started recording your own movement.
2. Sending this same email address to everyone in your Avonmore contact list so they can join in.

If you have any questions, please email active@Avonmore.org. I look forward to hearing from you!!

Avonmore Garden Club

Gardening is a passion in Avonmore - whether its vegetables, fruit or flowers. There's a wealth of experience and continuous experimenting with new varieties, new growing techniques and new methods of dealing with the challenges of climate, weeds and pests. If you would like to join the Garden Club, get updates on coming events and share successes and challenges contact gardenclub@avonmore.org.



You are also welcome to join our Facebook group, "Avonmore Garden Club."

Community Bulletin Board

There is a new bulletin board on the outside east wall of the hall. The League will use it to post information on coming events and other items of interest to the community. Community members are welcome to use it as

well - space permitting. Notices should be no larger than a letter sized sheet of paper. If you have something to post, place the printed notice in the mailbox at the hall and send an e-mail to president@avonmore.org.

Hall Rental

The Avonmore Community Hall is available for rentals and bookings! Please visit <https://www.alberta.ca/covid-19-public-health-actions.aspx> for more information or contact

Tanya at hallrental@avonmore.org or buying directly from Dairy Queen on 75th Street.

Avonmore Community League Membership

Welcome and thank you for your continued support towards making Avonmore a great community!

Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. In addition, we are delighted to welcome two local businesses offering exclusive membership discounts to YOU! The Love

Shaving Club is offering a 20% discount for ALL online purchases and FREE local shipping. And for coffee lovers, Candid Coffee Roasters is offering an in-store 10% discount on ALL beverages.

We welcome new residents by celebrating with a **FREE MEMBERSHIP** in your first year, please contact membership@avonmore.org for more details. Looking to purchase a membership? You can, by emailing membership@avonmore.org

Avonmore Playschool

With Spring approaching quickly, here at the play school we are enjoying as much time as we can in the snowy outside, while looking forward to all the fun things we can do when the snow is ready to melt. We are also getting excited for our open houses in March, as we can welcome families back into our space for a meet and greet with our teachers and ask questions. If

you are unable to attend the open houses feel free to check out our open house video on the Avonmore Community website or our videos on the playschool's own Facebook page. If families would prefer to meet at a time different then the scheduled open houses, please email playschool@avonmore.org and our teachers will try their best to accommodate you.

Avonmore Community League Merchandise

We have Avonmore merchandise available for purchase by emailing the Membership Director at membership@avonmore.org. Should you need to keep your beverage warm or chilled, the 10 oz. Insulated Mug will satisfy your needs.

Or want to add colour to your wardrobe and/or stay warm? Our colourful Toques have you covered. Community league members received a discount as each item is \$15.00; otherwise, without a membership, each item is \$20.00.

Avonmore Vision

Thank you for your continued interest in our Avonmore Vision project. We are still collating our survey results and formalising a vision. If

you are interested in helping us write it up, or with any other aspect of this project, please contact Bryan at civics@avonmore.org

Soccer registration



Soccer registration has started! If you are interested in registering, or looking for further information please visit <https://emsasouth-east.com/coachref/outdoor-season-information/> for full details.

We are looking for a co-director to work with Boris, all inquiries please contact sports@avonmore.org.

This will be Boris' last season of running the soccer program so come and learn while you can.

Shinny Ice Hockey

Shinny Ice Hockey will be starting in April and run till the end of August. We play out of Argyll arena on Thursday evenings. Drop in and full

time players are always welcome. There is a cost to this event. For full details please contact Boris at sports@avonmore.org.

Community Swim

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

Commonwealth Community Recreation Centre 11000 Stadium Road; Saturdays, 3:00

p.m. - 5:00 p.m.

Bonnie Doon Leisure Centre 8648 81 Street; Sundays, 4:15 p.m. - 5:45 p.m.

Eastglen Leisure Centre 11410 68 Street ; Saturdays 3:00 - 5:00pm

Visit www.edmonton.ca for more info.

Online Community

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

Concert Series". Come join us!

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

Twitter: @AvonmoreLeague

Instagram: [avonmoreleague](https://www.instagram.com/avonmoreleague)

Welcoming back customers for April 2022. Reserve your spot today!

You can ask for the full package or choose from the following a la carte services:

Power Rake, Aeration, Garden Bed/Hedge Blow out, First Mow & Trim



- Fertilization & Weed Control
- Gutter Clean /Repairs
- Parking Lot Sweeping
- Tree & Brush Trims
- Concrete Pavers
- Power Wash, Homes & Decks
- Fence Repair /Replacement
- All Small jobs
- Debris /Junk Removal
- Litter clean Ups
- Over Seeding & Sod Replacement
- Appliance Pick ups
- Drywall Repairs/Replacement
- Minor Electrical /Plumbing

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E-Mail Snowclearing@yahoo.ca

Respect your neighbourhood. SEESA affiliated, in good standing with good recommendations.

COMMUNITY LEAGUE BOARD



CAPILANO
COMMUNITY LEAGUE

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Kyle	treasurer@capilanoocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanoocl.ca
City Programs	Kristin	780 238-7795
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	webmaster@capilanoocl.ca
Social Media	Jean	780 863-0914
Sign Rental	Karen	780-977-5252
Building & Grounds	Carson	587-930-6977
Civics Director	Monte	780 243-7547
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	Lyrus	780 242-8874
Hardisty Gym/Pre Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook "Like Us"
Check us out on Instagram @capilanooclcommunity
Capilano Community is using the Nextdoor app!

Choose Capilano Hall for your Event

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

ing and a fresh new coat of paint and all amenities are available to make any event special. Hall capacity is 80.

Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend

rates are \$325/members and \$450/non-members. Covid-19 health measures are adapted as necessary.

To book the hall or for more information contact Marzena – 780-909-5886 or visit our website at capilanoocl.ca.

Capilano Community Memberships

Memberships for September 1, 2021 to August 31, 2022, are available.

Family \$20.00

Senior couple \$10.00

Single \$10.00

Need a Capilano Community Membership? Contact Jean at 780-863-0914 or memberships@capilanoocl.ca.

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!

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

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue (Cash only). Note: Only Family Memberships available and EFCL

\$5.00 admin fee attached to the purchase.

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

Your community league membership also offers several perks, deals, and discounts from various local businesses and organizations. Go to efcl.org for more information.

Capilano Community League May 18 AGM

May 18 Annual General Meeting

Join us for Capilano Community League's AGM!

When: May 18, 2022 at 7 p.m.

Where: TBD

What:

--Annual president's report

--Treasurer's report

--Election of officers (Vacant positions: Vice President, Civics Director)

- Volunteer opportunities:

All Capilano Community League members are welcome!

All attendees will receive a free community league membership!

Wanted – Hall Rental Co-Manager

Capilano Community League is looking for a Hall Rental Co-Manager to start this summer.

We are looking for a community member who loves meeting new people, has flexibility in their days and weekends, is organized and enjoys being involved in community events.

Some of the hall manager's responsibilities include scheduling hall viewings, booking

rentals and community events, managing and logging hall revenues and expenses, bank deposits,

making sure the space is clean and ready for renters and our fitness classes. The hall manager position is a paid position. To find out more details please contact Marzena at 780-909-5886.

Thank you Patrick!

CCL would like to give a special thanks to Patrick Der for all his hard work and dedication over the past four years. If you have ever wondered how the messages on our community signs were updated/changed – Patrick was the amazing person behind this.

In rain, blizzards or heat waves Patrick ensured the signs were updated to keep our

community members informed or to ensure people received sweet messages on their special days. Patrick, thanks for your hard work and dedication over the years. We know the person behind the sign is not always noticed. We want you to know the league was always grateful for your contribution. We wish you the best as you move on to the next great thing!

Capilano Seniors Afternoon Program

Come join us Tuesday April 19 at Capilano Community Hall!

The Capilano Community League has been bringing the SCONA Seniors Centre in, to facilitate a program at our community league. It is a fun afternoon of chat and perhaps a game or two. Doors open 12:45 to 2:30 p.m. at Capilano Community Hall.

Cost is only \$5.00 (Coffee and snack/lunch provided), please call 780-433-5377, to register. Please watch our Facebook Page and our webpage at (capilanoocl.ca) for last minute updates.

Upcoming dates are Tuesday May 24 and Tuesday June 21 (July and August dates to be announced)

Capilano Tennis Club

The Capilano Tennis Club (10810-54 Street) offers great value for recreational and competitive players.

Lessons are available to members and non-members, including after school and summer camps for children 5 years and older, as well as Adult Group, Semi-Private, and Private lessons.

After school and summer camp registrations will be

starting April 1, 2022 on our website:

--You can REGISTER for adult group and pri-

vate LESSONS at:

<https://capilanoottennis.ca/private-or-semi-private-lessons/>

--Programming begins in May, but MEMBERSHIPS can be purchased online now at:

<https://capilano-tennis.ca/join-us/>

--If you are interested in VISITING the CLUB prior to making the decision to becoming a member you can find visitor registration

at the following link:

<https://capilanoottennis.ca/visit-capilano/>



Capilano Playschool – Registration Open

Capilano Playschool is accepting registrations for the 2022 – 2023 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 activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

For more information on our parent cooperative playschool, or to get a registration package, please contact Bethany at 780-802-9307 or capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com, or find us on Facebook! Hurry as space is limited!

Capilano Ball Hockey (non-parented) Registration

Kids will learn to stick handle, pass, shoot, protect the ball, keep their heads up, and read the plays. Along with the basic rules, your child will learn offense and defensive strategies and tactics. Hockey skills will be improved through fun, game-based teaching methods. Each class is a mixture of learning skills and playing ball hockey. Kids will improve their playing and become more proficient and skilled hockey players. Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.
Dates: Saturday April 30 – June 11, 2022 (no

class Victoria Day weekend)
Group 1: 4–6-year-olds
Time: 9 – 10 a.m.
Group 2: 7–12-year-olds
Time: 10 – 11 a.m.
Cost: \$80/child (cash or cheque payable to Gymfit)
Where: Capilano Community League Rink (10810-54 Street)
REGISTRATION: Registration online at Capilano Community League website (www.capilanocl.ca). Look for an online form under Ball Hockey.

Capilano Preschool (non-parented) Soccer Registration

Have fun learning to play soccer. Instructed classes are 45 minutes long and specifically developed for 3–5-year-olds. Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink.
Start: Tuesday May 3 or Thursday May 5, 2022
End: Tuesday June 7 or Thursday June 9, 2022
Cost: \$80/child (cash or cheque payable to

Gymfit)
Group A: Tuesdays 5:30-6:15 p.m.;
Group B: Tuesdays 6:15-7 p.m.
Group C: Thursdays 5:30-6:15 p.m.;
Group D: Thursdays 6:15-7 p.m.
REGISTRATION: Registration online at Capilano Community League website (www.capilanocl.ca). Look for an online registration form under Preschool Soccer. Registration is limited and first come first serve.

Total Body Fitness

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome!
Tuesday classes at 6:45 p.m. and 8 p.m.
Thursday class at 6:45 p.m.
Current session runs March 8/10 – April 26/28. The following session starts in May.
\$88 (80 for CCL members) one day a week (8 classes)
\$176 (160 CCL members) two days a week (16 classes)
Drop-in rate is \$13
For more information or to register email lisashortenfitness@gmail.com or visit @lisashortenfitness on Facebook or Instagram.

Thursday Strong

If you are looking for a class that focuses on getting your whole body stronger, then this is your class - no cardio. We will mainly use dumbbells, bands, and kettlebells, with a longer mobility focused warm up. Live classes are currently being offered in person or virtually (at the same time).
Thursday class at 8 p.m.
Current session runs March 10 – April 28. The following session starts in May.
\$88 (80 for CCL members) for 8 weeks.
For more information or to register email lisashortenfitness@gmail.com or visit @lisashortenfitness on Facebook or Instagram.

Highlands Lawn Bowling

May 14 Open House
Try lawn bowling at the Highlands Lawn Bowling Club (6112-113 Avenue).
Open House: May 14: 11 a.m. to 3 p.m.
The only gear that participants require are flat shoes, without deep treads.
highlandsbowls.ca for more information.

Capilano Babysitting Registry

Need a babysitter? Contact the Capilano Babysitting Registry to be connected to sitters in your area!
Are you a babysitter looking to meet some new families? Contact us as well!
babysittingregistry@capilanocl.ca

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252
Do you have a message for the community, a birthday, anniversary, graduation, or special event that you would like advertised? Advertise it on our changeable sign located at the intersection of 65 Street and 108 Avenue.
Sign rental fees: Community League Members - \$10 (\$15 for non-members).
Small business/commercial advertising -

\$25. Guaranteed 3 days.
Please note: small business announcements/advertising also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements.
Please call as far in advance as possible to avoid disappointment!

FREE swim for Capilano community members on Sundays

Bring your current, valid Capilano Community League membership card to swim for FREE during the following times:
--Hardisty Leisure Centre from 1:15 to 2:45 p.m. on Sundays (January 2 – June 26, 2022)
NOTE: While Hardisty is closed for maintenance March 14 to April 22, 2022, our community

swim is on Sundays at Eastglen Leisure Centre (11410-68 Street) from 1-3 p.m.
The indoor community swim program runs from the second weekend in September until the end of June. Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

MARK YOUR CALENDARS!!
Capilano's
Community Wide Garage Sale
& Big Bin are back!



Community Wide Garage Sale– Saturday June 4, 2022
Big Bin Event – Saturday June 11, 2022

STAY TUNED FOR MORE DETAILS

Easter Egg Hunt and
Pancake Breakfast

SATURDAY APRIL 16, 2022
BREAKFAST STARTS AT 9 AM
EASTER EGG HUNT STARTS AT 10 AM
AT CAPILANO COMMUNITY LEAGUE 10810-54 ST

Kids can collect 10 eggs and get a special Easter treat
The league will have a donation plate available for those who want to donate for their breakfast.
Please bring your own basket for the Easter Egg hunt.

Please contact Maria 780-984-6839 or Marzena 780-909-5886 if you have any questions about the event.



Cloverdale Community League Board of Directors

Position	Name & E-mail
President	Name: Dave Email: president@cloverdalecommunity.com
Past-President	Name: Reg Email: pastpresident@cloverdalecommunity.com
Vice-President	Name: Michelle Email: vicepresident@cloverdalecommunity.com
Secretary	Name: Braden Email: secretary@cloverdalecommunity.com
Treasurer	Name: Alan Email: treasurer@cloverdalecommunity.com
Civics Director	Name: Carly Email: civicsdirector@cloverdalecommunity.com
Folk Festival Liaison Director	Name: Jayne Email: folkfest@cloverdalecommunity.com
Communications Director	Name: Alexa Email: communications@cloverdalecommunity.com
Social Director	Name: Leigh Email: socialdirector@cloverdalecommunity.com
Program Director	Name: Jennifer Email: programdirector@cloverdalecommunity.com
Membership	Name: Marilyn Email: membership@cloverdalecommunity.com
Committee Leads	
Casino Coordinators	Name: Braden Email: casino@cloverdalecommunity.com
Edmonton Ski Club Liaison	Name: Lisa & Clay Email: skiclub_chair@cloverdalecommunity.com
Flood Mitigation	Name: Eric Email: floodmitigation_chair@cloverdalecommunity.com
Community Garden (CCGC) Chair	Name: VACANT Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: VACANT Email: seniors@cloverdalecommunity.com
LRT Citizens Committee	Name: Graham Email: lrtccommittee_cochair@cloverdalecommunity.com
Gallagher Park Concept Plan	Name: Kirsten Email: lrtccommittee_cochair@cloverdalecommunity.com
Abundant Community - Neighbourhood Connectors	Name: Marilyn Email: neighbourhoodconnector@cloverdalecommunity.com
Hall Rentals	N/A E-mail: rentals@cloverdalecommunity.com

Meals On Wheels Seeks Volunteers

Edmontonians looking to give back are invited to join a local charity providing food security to vulnerable members of our community. Edmonton Meals on Wheels is kicking off the "Spring into Volunteering" recruitment drive with the goal of bringing 70 new volunteers onboard to prepare, package and deliver the meals that thousands of homebound Edmontonians rely on. The organization is looking for dedicated volunteers who can commit to regular and ongoing shifts in the kitchen or delivering meals to client's homes.

"Volunteers are our essential ingredient. With their support, Edmonton Meals on Wheels provides more than just a meal for our clients. Our kitchen volunteers help prepare healthy, nutritious meals in our downtown food production facility.

Volunteer drivers provide vital social connections and informal wellness checks. We celebrate client birthdays and other special occasions, providing flowers, cards and spe-

cial meals. Volunteers experience first-hand the impact their role has in the community," says Liz Tondou, Edmonton Meals on Wheels' Executive Director.

The organization accepts both individual and group volunteer applications, and all are welcome to pitch in: work colleagues, sports teams, families, and other groups are encouraged to apply for team building and social fun in support of a great cause!

Edmonton Meals on Wheels has been diligently combating food insecurity since 1969. Since the beginning of the COVID-19 pandemic, the volunteer-driven organization has seen demand for their services skyrocket, with over 1,200 meals produced each day. The volunteer hours contributed to Edmonton Meals on Wheels in 2021 were the equivalent of over 26 full-time positions.

Additional information about volunteering is available at mealsonwheelsedmonton.org/volunteer.

Spring Easter Event at the Hall

Join your neighbours for a family fun Easter event at the Community League Hall! On April 17 from 1-3pm, residents can participate in a fun Easter egg hunt, win prizes, enjoy snacks and beverages, go on a horse drawn wagon

ride, and so much more!

The event is free to community members and no registration is required. Please dress for the weather. We look forward to seeing you there!

Green Shack Set to Return to Cloverdale

Cloverdale once again has been chosen as a location for the City of Edmonton's summer Green Shack program — a city-wide initiative that gets kids playing, doing crafts, sports, music, and more at "green shack" locations. Clo-

verdale's Green Shack is located near the Community Hall porch and the gazebo in Gallagher Park. The Green Shack program usually runs during July and August, and is run by a City program leader from 10:30 AM until 1:30 PM.



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#302 Capilano Centre
9945 - 50 Street

- * Nails, callous, heel pain, toe problems
- * Foot orthotics
- * Diabetic foot care
- * Appointments Mon - Fri

www.greenwayspodiatric.ca

Briefs from the board

NEXT BOARD MEETING: Everyone in the community is welcome to attend our monthly board meetings, held on the first Wednesday of every month except July and August. Our next meeting is May 4 at 7 p.m. on Google Meet. Email secretary@forestterrace.org to request the meeting link.

HALL RENTALS: The community league hall at 10150 80 St. offers one of the lowest rental rates of any hall in the city. All the rental details are at forestterrace.org/hall-rental. Please contact Connie at hall@forestterrace.org to book or with any questions.

BOARD RECRUITMENT: Our current newsletter and programs directors are stepping down as of the annual general meeting in June. If you're interested in either role, please email the board president, Jeffrey, at president@forestterrace.org. We're always looking for new members to join us in building a better community for everyone. All positions and

current members are listed at forestterrace.org/board-of-directors.

MEMBERSHIPS: To get a current membership in the community league and take advantage of all our perks, contact Sonya at memberships@forestterrace.org or 780-463-1613. First memberships are always free. You can also buy online at efcl.org/membership, at Grower Direct (7231 101 Ave NW), Forest Heights Grocery (10130 79 St NW), SEESA (9350 82 St) or any Servus Credit Union (\$5 surcharge).

A family membership is \$30; individual memberships are \$15; and seniors pay \$10. For a full list of membership benefits, visit forestterrace.org/membership.

NEIGHBOURHOOD SAFETY: Got a concern or question about safety or security in our neighbourhood? Contact our Neighbourhood Watch representative Madison at madison@forestterrace.org.

Fulton Ravine cleanup in its 34th year

Gather your friends and family and join the 34th annual cleanup of Fulton Ravine, on Saturday, April 30, from 10 a.m. to noon.

Meet at 6336 Fulton Drive or at the Capilano

Public Library. Supplies from Capital City Cleanup will be provided to all volunteers.

Register and choose which zone you'd like to work on at fultonravinecleanup.eventbrite.com.

Free weekly swims for members

Members of Forest Terrace Heights community league are eligible for free swims every Saturday from 3 to 5 p.m. at Commonwealth Community Recreation Centre, 11000 Stadium Road, and Eastglen Leisure Centre, 11410

68 St NW.

Hardisty Leisure Centre, 10535 65 St NW, is closed for maintenance until April 22. After that, free swims are on Sundays from 1:15 to 2:45 p.m.

Casino volunteers needed

We're recruiting volunteers for our big fundraising casino coming up in May.

Location: Pure Casino Edmonton on Argyll Rd

Dates: Victoria Day, Monday, May 23, and Tuesday, May 24

Volunteer Sign-up: volunteersignup.org/

TWKWY

Contact: annak@forestterrace.org, landline 780-485-6099

As a thank you, volunteers will receive dinner at the event and a complimentary community league membership to keep or gift to someone else.

New start time for Urban Poling

The days are finally getting longer so we are moving the start time of Urban Poling on Thursdays back to 7 p.m.

The group meets outside the community hall and usually walks from two to 3.5 kilometres.

A membership in any community league is required, but it is otherwise free and poles are supplied. Contact sonya@forestterrace.org or 780-720-7034 for more information or look for us on Meetup.com.

Neighbours

Bill and his wife Joy are the latest winners of our Nominate a Neighbour bouquet. Their neighbour Gaylene is her mom's primary caregiver and said she appreciates Bill and Joy's support.

Bill is a former community league



board member and remains active in the community. He and Joy demonstrate that the strength of our community is more than what the board and league do, but what all of us who live here do to support each other.

Community garden ramping up

If you're interested in a plot in The Heights Community Garden this growing season, email garden@forestterrace.org to be put on the waitlist. We're also looking for new members to join the garden committee, to help

run the community garden and plan activities throughout the season. We meet once a month on Tuesday evenings from February to October online or at the garden. If you're interested, email garden@forestterrace.org.



JOIN THE HEIGHTS IMAGINATION LIBRARY



Since November 2020, the Forest Terrace Heights Community League proudly runs The Heights Imagination Library in partnership with the Dollywood Foundation of Canada. The program puts books into the hands and hearts of children across the world and encourages families to spend time enjoying books together. Through this partnership, we offer **FREE**, hand-selected, age-appropriate, high-quality book each month to children in our community from birth to age five. The books are personalized with each child's name and mailed directly to their home.

All children who reside in the Forest Heights or Terrace Heights community under the age of five are eligible to participate as long as funding remains available.

To register a child please contact Allison at allison@forestterrace.org.



WANT TO HELP SPONSOR THE PROGRAM!?

We'd love to chat with you about opportunities and options.

Please contact Allison at allison@forestterrace.org.



FOREST HEIGHTS SCHOOL
PLAYGROUND SOCIETY

Save your empties!

BOTTLE DRIVE

APRIL 23

9 a.m.-2 p.m. School Parking Lot, 10304 81 St

For large pick-ups, to volunteer or with any questions, email fhsplayground@gmail.com

Help map our Little Free Libraries

We've started a new project to map all the book-sharing boxes in our community. Please send the addresses of any little libraries near you to events@forestterrace.org and we'll add them to the map and post it to forestterrace.org.

Fulton Place Community Welcomes Summer

May 28 - Save the Date!

On May 28th, the Fulton Place Community has a day of summer celebration with three events to entertain you throughout the day!

2022 Annual Spring Gardeners Swap & Sale!

May 28th, 9:00 a.m. to 12:00 p.m.

Held at the Fulton Place Community League Hall (6115 Fulton Rd).

Bring any plants (indoor or outdoor), seedlings, perennials, tools, magazines, books, etc. Bring your extras and take away new treasures.

Whether this is your 1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn something new or just have fun talking to your neighbours about flowers! Hope to see you there, rain or shine. Please bring your mask and gardening gloves.

For more information please phone Doreen 780-469-9289.

Next up is our Senior's Spring Tea! Please join Fulton Place as we celebrate the seniors in our lives with a Spring Tea! We will be holding the tea as an all ages event, but with a focus on appreciating all that our elders bring to our communities. A light lunch and beverages will be provided, along with multi-generation activities and entertainment. The event will collect donations for the South East Edmonton Senior's

Association (SEESA).

Who: all ages event, but please leave the pets at home

When: May 28th 2022, 11:00 a.m. to 2:00 p.m.

Where: St. Augustine's Church yard, 6110 Fulton Road; we will relocate to the Community hall should weather require it

We look forward to seeing you there!

And topping it all off is a Rewilding Learning Event

May 28th 2022, 00:00 p.m. to 00:00 p.m.

Held in St. Augustine's Church yard, 6110 Fulton Road; relocating to the Church basement should weather require it (?)

St. Augustine's is working on an initiative to re-landscape their site with a focus on rewilding the area - or returning it to closer to the original biome of Edmonton and want community input and engagement!

Education sessions on original biome plants and animals

Education sessions on how to maintain healthy trees with pruning (?)

Discussion on what the community would like to use the area for and how plantings can support this. Drinks and entertainment to follow the sessions!

TOOL LIBRARY

The Fulton Place Community League has a membership with the Edmonton Tool Library. With your Community League Membership card or number you get year-round access to their inventory of tools and you can borrow

up to 8 tools at a time for a one-week rental period. The inventory is located at Bellevue Community Hall, 7308 112 Avenue NW. The tool library inventory can be browsed at <http://www.edmontontoollibrary.ca>.

Hall Rental

The Fulton Place hall is available for rent, following current Covid restrictions. The hall is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place com-

munity league members. Rental rates can be found on our website (www.fultonplace.org) under the 'Rent Our Hall' section. To book the hall please contact sherry-lynn@fultonplace.org.

Community League Membership

A membership is your ticket to community participation and involvement, whether you are an individual or a family, new on the block or a long-time resident.

Members enjoy benefits such as:

FREE use of garbage bins during Trash Bash event

FREE outdoor skating in winter

FREE community swim program access on Sundays

DISCOUNTS at local community businesses

(Red Pepper Pizza)

DISCOUNT passes for City rec centres

DISCOUNT hall rental rates

VOTING rights at general meetings and a voice at board meetings

Memberships can be purchased at Servus, All Care Pharmacy, or through the EFCL website.

More details regarding membership benefits, and where to buy, on our website (www.fultonplace.org).

Fulton Place Walking Club

The Fulton Place has a walking club to help you get out, get active, explore the community and meet your neighbours. Regular walks are hosted Thursday nights and Saturday mornings at 10:00 AM. Starting time and location is communicated

on the FPCL Neighbors & Volunteers Facebook Page and emailed to all recipients of the mailing list. If you are interested in attending, hosting a walk or want more information please email michelle@fultonplace.org.

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OR CALL 780-488-6600



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780.455.6880



Gold Bar

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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	VACANT	
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	VACANT	
Sign Director	Alison Boese	akcurtis23@yahoo.ca

Family Futures Resource Network

is excited to offer week-long summer day camps for children ages 6 – 12 at Gold Bar Community League in the Southeast. Join us for themed activities, arts and crafts, games, and more, utilizing our Kids with Confidence social skills curriculum. Each day has a minimum of 1 hour of physical activity. Camp is offered full days from 9:00 a.m. to 4:00 p.m. with FREE before and after-camp care provided from 8:30 a.m. to 9:00 a.m. and 4:00 p.m. to 5:00 p.m.

Children must bring indoor shoes, appropriate clothing for the weather, a morning and afternoon snack, and lunch from home. Ev-

erything must be nut-free.

We have also partnered with Canadian Tire Jumpstart to help low-income families with the financial cost of camps. Jumpstart is more than just about getting kids active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates, and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

For more information on our Camps, Programs, Resources, and Services visit us at FAMILYFUTURES.CA"

Spring Fling Dance

Dust off your dancing shoes and join us at the Goldbar Spring Fling Dance!

It will be held at Goldbar Hall on Saturday May 14th from 4:30 - 8:30pm.

There will be food, drinks, music and prizes.

\$15.00 a family at the door.

Save the Date- May 7 for a Compost Sale and Big Bin Event.

More details coming soon on Facebook or our Website.

Goldbar Community Memberships Available Now!!!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEESA

(9350-82St) come check out these wonderful business and pick up your community membership. Check your local pool for community swim times. Please Remember Your Card.

WE NEED YOUR HELP!! PLEASE VOLUN-

TEER TO SELL TO A ROUTE NEAR YOU ! If you're interested in

helping out your community by selling memberships, we have short and long routes available.

You can purchase memberships at any of the above places or Call Amy Cooper 780-668-6836.

Adults/Family \$20 and seniors \$5.

Membership Contest!

Winner receives a \$ 20 gift card to All Care Pharmacy. We will be having a winner once a month. Buy your membership now!

***Remember to be entered all you must do is buy your membership at All Care pharmacy, online or by calling Amy 780 668-6836.

BINGO

If you are interested in helping with the Gold Bar bingos, please contact Lorie @ 780-447-1110.

These bingos help generate funds for use in our community

Parkway Bingo: Thursday April 28, evening/late night

Tuesday May 17, evening/late night

Fort Road Bingo: Sunday May 8, afternoon/evening

Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish.

March 6- April 24- No class April 17. Next

session starts outdoors in May

Sundays 6:45-7:55 (note this is a 70min class) Contact Lisa to register or with any questions.

Sundays \$77.

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

Mom and Me Fitness

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

March 7-April 25 – No class April 18. Next

session starts outdoors in May

Mondays from 930-1030am

Contact Lisa to register or with any questions.

Mondays \$70

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

Gold Bar Casino

May 19 & 20, 2022.


A few workers still needed.

For more info contact 789-466-3885 or


email Bella.edm@shaw.ca.

To sign up directly go to: <https://signup.com/go/ymnPHZC>

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FREE ESTIMATES

What is glaucoma?

Glaucoma is the name for a group of eye diseases that damage the optic nerve. This nerve carries information from the eye to the brain. When the nerve is damaged, you can lose your vision. Glaucoma is one of the most common causes of legal blindness in the world.

What causes it?

The exact cause of glaucoma isn't known. Experts think that increased pressure in the eye (intraocular pressure) may cause the nerve damage in many cases. But some people who have glaucoma have normal eye pressure.

What are the symptoms?

In open-angle glaucoma, the only symptom you may notice is loss of vision. Symptoms of closed-angle glaucoma can be mild and may last only a short time, such as blurred vision.

How is it diagnosed?

If your doctor thinks you have glaucoma, you will need to see an eye specialist.

How is glaucoma treated?

Glaucoma can't be cured. But there are things you can do to stop more damage to the optic nerve. To help keep your vision

from getting worse, you'll probably need medicine. You may also need laser treatment or surgery.

What can you do to cope with glaucoma?

If you have vision loss, there are things you can do to help keep your quality of life.

- Let people know that you have glaucoma. Carry a wallet card or other identification that says that you have glaucoma.
- Find ways to make the best uses of your remaining vision.
- Use vision aids such as video enlargement systems and l

arge-print items.

- Place lighting so that it's aimed at what you want to see and aimed away from your eyes.
- Mark the areas around stairways and ramps with paint or tape.
- Your doctor can also refer you to counsellors who specialize in helping people adjust to living with low vision.
- Check with a doctor before you take any over-the-counter medicines.

Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - VACANT	vicepresident@holyroodcommunity.org
Treasurer - Claire	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Kelly	programs@holyroodcommunity.org
Sports & Fitness - VACANT	sports@holyroodcommunity.org
Memberships - Nor'Ali	memberships@holyroodcommunity.org
Facilities & Grounds - VACANT	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Events - Jeremiah	social@holyroodcommunity.org
Civics - Carlos	civics@holyroodcommunity.org
Holyrood Development Committee - Jaime	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Soccer - Andrew & Geordan	soccer@holyroodcommunity.org
Playschool - Laurence	playschool@holyroodcommunity.org
Playgroup - VACANT	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org

 holyroodcommunity.org
  @HolyroodCL
  Holyrood Community League

MEMBERSHIP PERKS

Did you know there's more than just supporting your community when you buy a league membership? Free Community Swims, discounts for programming at other leagues, as well as deals with select businesses. League members enjoy a 10% discount on adult continuing education course registration through Metro Continuing Education. Call Metro at 780-428-1111 with your membership card ready, to apply for the discount.

You can also get 25% OFF at Papa John's for the duration of 2022, enter promo code 25PAULA at the start of your online order (via their app or website, papajohns.ca) and re-

ceive 25% off your entire order!

Your community league membership gets you FREE entry to the following pools at the posted times.

Commonwealth Community Recreation Centre (11000 Stadium Road) or Eastglen (11410 68 St NW) - Saturdays - 3:00pm-5:00pm

Hardisty Leisure Centre (10535 65 St NW) - Sundays - 1:15pm-2:45pm

Purchase memberships through efcl.org/membership/ **Complimentary memberships are available for newcomers to Holyrood!** Contact our Membership Director at memberships@holyroodcommunity.org

CAREGIVER CONNECTIONS PLAYGROUP

Holyrood Community League is excited to announce the return of our Thursday Morning Community Caregiver Connection Playgroup. We are excited to restart this group and finally continue with this casual gathering of caregivers and kids ages 0-5 for fun, learning, community and support.

This group will start meeting again on March 10 from 9am -11am on Thursday Mornings at Holyrood Community Church (Formerly First

Church of God) 9224 82 St NW, Edmonton, AB. All are welcome.

Please send Kelly an email at programs@holyroodcommunity.org, if you have any questions.

The position of playgroup coordinator is open for any interested caregivers. Contact Programs at programs@holyroodcommunity.org if you are interested in supporting the community in this way.

BOARD MEMBERS NEEDED

We have some vacancies on our board that we need to fill. Are you looking for a fun opportunity to help out in your community? We're a great bunch who love to make Holyrood a great place to live! Email Larissa at president@holyroodcommunity.org for more information.

****Treasurer**** This position MUST be filled

for the board to meet!

- Vice President
- Communications
- Fitness & Sports Director
- Rink Shack Helper
- Garden Committee Members
- Holyrood School Representative
- Playgroup Coordinator



HOLYROOD COOPERATIVE PLAYSCHOOL

Now accepting registrations for the 2022-2023 school year!
Located in the beautiful Strathearn Community League hall for a second year in a row.

Check out www.holyroodplayschool.ca for registration information, news update and more. Questions? Email us at playschoolholyrood@gmail.com

Spring Fling



April 16 • 2-4pm • Holyrood Park

FOOD TRUCKS • EGG HUNT
PAINT A FLOWER POT & PLANT SEEDS!

There will be food trucks available for additional treats!
Questions? Email programs@holyroodcommunity.org

BABYSITTER'S REGISTRY

Our registry is live! Please email 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.

Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Matthew	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Corrina	secretary@idylwylde.org
Casino	Bridget	casino@idylwylde.org
Civics	Lee	civics@idylwylde.org
Programming	Sheri	programs@idylwylde.org
Membership	Michelle	membership@idylwylde.org
Garden	Lauren	garden@idylwylde.org
Facilities	Stuart	facilities@idylwylde.org
Social	Yulia	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Kamila	grants@idylwylde.org
SECLA	Scott	seclarep@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org

Idylwylde.org @IdylwyldeCL Idylwylde Community League

Looking for a new Casino Chair

The Idylwylde Community League is looking for a new Casino chair. Every two years the League runs a casino fundraiser to gain funds for our league expenses for the next two years. Idylwylde Community league and community leagues as a whole rely on Alberta Gaming and Liquor Commission (AGLC) funding through casinos for most of the leagues expenses, making the Casino Chair a vital position.

The major duties of this position are completing required paperwork for the casino as

well as recruiting volunteers for the two days. With an already existing base of casino volunteers, the duty of recruiting is made easier.

Volunteering on the Board of Idylwylde Community League gives you the opportunity to meet other people in our neighbourhood, whether you're a longtime resident or a relatively new resident. Volunteering can give you a sense of belonging to a wider community, a sense of empowerment by being able to have your voice heard, and a sense of well being by being able to contribute back to society.

Spring into Fitness

Mondays from April 4 to June 27, 7:00 p.m. A fitness class involving a number of modalities including Pilates, yoga, strength, stretching and movement to get your heart rate elevated. All levels are welcome. A friendly, non-judgmental atmosphere to meet your neighbours and challenge yourself. Bring run-

ners, yoga mat, water bottle and light weights. The weights are not absolutely necessary but definitely an added bonus. Free for Idylwylde community league members (memberships available at the hall).

If you have any questions, call Kelly at 780-983-5403.

Cheery Tomato Community Garden

Now that spring is on it's way, it's time to start planning our community garden for this year. Our community garden is a great way to get out and stay connected in a safe way.

Contact us and we'll let you know how you can be involved with our amazing little community garden. There's always room for more gardeners to join!

Monthly Community Meetings

Our meetings have gone digital! Contact our President if you would like an invite to our next meeting. We typically meet the second Thursday of the month at 7 p.m.

Community League Swim

Show your community league membership card for a free swim. To get a free community league membership contact membership@idylwylde.org.

Bonnie Doon Leisure Centre
8648 81 Street NW

Starting January 2, 2022
Sundays, 4:15 p.m. - 5:45 p.m.
Commonwealth Community Recreation Centre
11000 Stadium Road
Starting January 8, 2022
Saturdays, 3:00 p.m. - 5:00 p.m.

Ask Charles

I saw on the news that fraudsters are being charged with unlicensed real estate trading. Why do you need a licence to buy or sell property?

First things first. You don't need a licence to buy or sell property; consumers are always free to buy or sell their own property. When you need a licence, though, is when you're helping someone else buy or sell property.

The individuals you've seen in the news are people who are not licensed as real estate professionals, who say they will help consumers buy and sell property, but instead, they are actually participating in various fraud schemes. That's why they're in the news.

Still, unlicensed trading in real estate remains a serious issue and not just because of the fraud that sometimes results. Under the Real Estate Act of Alberta, anyone trading in real estate, dealing in mortgages, performing real estate appraisals, or providing property management services requires a licence from the Real Estate Council of Alberta (RECA). It's the law.

Buying a home is one of the largest financial commitments most people will ever make. Why would you want to trust that transaction with someone who doesn't have education, experience, and a regulatory body behind them?

When you hire a licensed real estate professional, you can trust they've completed pre-licensing education, their background has been reviewed, they carry errors and omissions insurance, they're required to complete ongoing education, and you can feel confident that a regulatory body will hold them accountable for their actions. All real estate licensees are required to carry errors and omissions insurance, and there's a Consumer Protection Fund available in the very rare event a consumer suffers a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an in-



dustry member.

Think about it, you don't want people driving on the road who don't have a driver's licence, right? If someone has a driver's licence, it means they passed a competency test, and there's an unwritten agreement that they'll follow the rules of the road. If they don't, they can be fined or even lose their licence. The same thing applies to licensed real estate professionals. If they violate the rules, RECA has the authority to discipline them, which can include licence suspension or cancellation.

When someone doesn't have a real estate licence, and represents a consumer in a real estate deal, the consumer has no assurances that the person has knowledge or training, and there's nowhere to go – other than Court – if something goes wrong.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email askcharles@reca.ca.

Free Memberships

With the uncertainty of COVID times and family finances, the Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde! Donations are always accepted from

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



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Ask Charles

I want to learn what I can about the real estate industry in Alberta, but it's hard to keep track of all the organizations and their acronyms. The regulator, the provincial association, the local real estate board; what do they do, and who's looking out for me?

This is understandable. The real estate industry has so many players and acronyms that even some industry veterans get them confused at times.

It may make things simpler by thinking about the organizations in two main groups: the regulator and trade associations.

In Alberta, the Real Estate Council of Alberta (RECA) is the regulator of real estate professionals. RECA sets the industry practice standards and is responsible for enforcing them, and all real estate professionals must be licensed by RECA.

RECA's mandate is to protect consumers. In the unlikely circumstance that your real estate professional breaks the rules that are in place, RECA can investigate the situation and can issue discipline. That discipline can include licence suspension or cancellation, and fines of up to \$25,000 per offence. RECA also provides services to real estate professionals that enable them to provide competent, ethical service to consumers. Among other things, these services include a practice advisor, information bulletins, and ongoing education.

The other organizations within the real estate industry that you've probably encountered are trade associations. Membership in a real estate industry trade association is voluntary.

In Canada, the primary trade association for residential real estate professionals is the Canadian Real Estate Association (CREA). There are also provincial trade associations that operate under CREA, and there are local real estate Boards, which operate under the pro-

vincial associations as well as under CREA.

To make things easier, it may be helpful to think of all of these associations as the same organization, but at different levels (national, provincial, and local). When your real estate professional mentions their 'board,' they mean their local real estate board, which is the local level of the national and provincial associations. By being a member of their local board, they are also members of their provincial association and of CREA, the national association.

Broadly speaking, the real estate trade associations work on behalf of their members and their members' commercial interests. The trade associations own certain trademarks that only their members can use, such as the word REALTOR®, and at the local board level, they operate the local real estate board listing database. Trade associations typically have government relations or lobbying departments, they provide advocacy for their members, and while they have rules their members need to follow, their rules aren't found in legislation, and they're not industry-wide requirements or practice standards.

I hope this information helps, but if at any time you feel overwhelmed by acronyms or unsure about any aspect of the real estate industry, contact RECA or let your real estate professional know. Licensed real estate professionals are there to help you understand your transaction and the industry.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email askcharles@reca.ca.

Ask Charles

I'm shopping for a vacation home on Vancouver Island, and I'd like my Alberta real estate agent to help me, can she?

No, unfortunately, she can't. To work in another province, someone needs to be licensed in that province. Real estate has different licensing rules and criteria from province to province, and while there are a lot of similarities, individuals need a licence in a jurisdiction before working there.

The fact is, if you're buying a property in B.C., or any other place outside of Alberta, don't you want someone looking out for your interests who is familiar with the market and the rules in the area in which you want to buy? While I'm sure your Alberta real estate professional is a consummate professional and knows the ins and outs of our industry, the fact is, she knows Alberta real estate and Alberta real estate rules.

You will be better represented by working with someone in the area in which you're buying, someone who is licensed by the provincial authority in that province (in the case of B.C., it's the Real Estate Council of British Columbia).

However, there are other things that your Alberta real estate professional can do to assist you. Many real estate professionals have net-

works of professionals in other provinces and your real estate professional may be able to make suggestions of someone to work with. Alternatively, if you have friends or family that live there, you can ask them for a recommendation and of course, you can do Internet searching on your own.

I also suggest that you do as much as you can to research the market in which you're looking for a property.

Real estate transactions are significant commitments, with a full slate of obligations and responsibilities. And, things can certainly be a bit trickier when you're buying in a location in which you don't primarily live.

The best advice I can give you is to do all you can to ensure you're represented by a licensed industry professional who is knowledgeable about the market in which you are about to trade.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email askcharles@reca.ca.



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

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Marlin Schmidt
MLA Edmonton-Gold Bar

Kenilworth Community League Board

President	Irene	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Maren	secretary@kenilworthcommunity.com
Adult/Seniors Programs	Loida	loida@loidahomes.ca
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Neighborhood Watch	Luann	
Buildings/Grounds	Open	grounds@kenilworthcommunity.com
Children's Programs	Open	childrensprogramms@kenilworthcommunity.com
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
SouthEast Voice	Jason	sev@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Kevin	please email President for direct information
Social	John	please email President for direct information

Community Free Swim

Free swim with proof of Kenilworth Community Membership

Bonnie Doon Leisure Centre

8648 81 St NW

Saturday: 5:00 pm - 7:00 pm

Start Date: January 8, 2022

End Date: June 25, 2022

Commonwealth Community Recreation Centre or Eastglen

11000 Stadium Road (Commonwealth) or

11410 68 St NW (Eastglen)

Sunday: 1:00 pm - 3:00 pm

Start Date: January 2, 2022

End Date: August 28, 2022

*Eastglen has graciously invited Commonwealth Community League swim members the option of attending either at Commonwealth or Eastglen during the regularly scheduled Community Swim times.

**Community swims do not take place on Statutory Holidays or days the facilities close early.

Senior's Programs

There are programs available for lower income seniors. Special Needs Assistance for Seniors considers specific items that fall into one of the following three categories:

- appliances/furniture
- health supports
- personal supports

For example, if you earn less than \$38,546

combined couple income, you qualify for snow shoveling services, housekeeping and/or yard maintenance: maximum \$1,226 in a benefit year.

Assistance is provided for light housekeeping, grass cutting, and snow removal only.

For all the information:

<https://www.alberta.ca/seniors-special-needs-assistance.aspx>

VOLUNTEER OPPORTUNITIES

Many hands make for light work and we could use some hands. We have the following volunteer position available:

Grant Writer: It is always great to have a volunteer that has their ear to where the money is and can create a grant to help us benefit. If you enjoy writing and have some volunteer time to put grants together, we could use your help.

Buildings and Grounds:

Many hands make for light work.

KCL is seeking community members who are interested in supporting our KCL Building and Grounds Volunteer Director. If you have an hour or two a month to give to the KCL, we could use your volunteer help.

Some examples of volunteer tasks:

Are you an organizer? This job is perfect for you. Arrange for annual inspections at the hall (fire extinguishers, fire panel, smoke detectors, etc.) and for a KCL volunteer to attend the inspection date. Arrange for contractors and for a KCL volunteer to attend the hall when the contractor is present.

Are you a person that likes to do odd jobs? This might be the job for you. Volunteer your time for general maintenance tasks around building (changing out coat hooks, hanging items, light paint touch ups, etc.).

Or maybe you walk yourself and maybe your dog daily and swing by the hall? You can walk around the exterior of the hall to check the grounds. Report any safety concerns.

Or maybe you have a bit more time than just to walk around the hall. You can pull exterior garbage weekly or clean up any exterior debris on our sidewalks.

Want to volunteer but not sure what you can do? Give us a call and we can talk further.

Connect with Rebecca, membership volunteer: membership@kenilworthcommunity.com

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.

General Inquiries & Publicity Requests

Website and Social Media: publicity@kenilworthcommunity.com

SouthEast Voice: sev@kenilworthcommunity.com

Hall Rental requests: rentals@kenilworthcommunity.com

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

Hall Rental Rates

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

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 \$450/weekend	\$550/day rate \$550/weekend

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

Skating Rink

Kenilworth is sure that everyone wishes that the winter was longer but the warm weather took its toll early in March and the rink no more. Thanks to everyone who helped with the

rink this year and thank you the community for your support.

A special thank you to Ian who manages the rink for us and makes it possible.

Scrapbooking At Kenilworth Hall

We are happy to tell you that our scrapbooking evening will continue at Kenilworth Hall with events in 2022

Anyone who is a scrapbooker is welcome to come and spend the evening with a lovely bunch of scrapbookers. There is no vender, so please bring whatever you need. There is room to spread out and have a large table all to yourself or if you prefer digital scrapbooking there is Wi-Fi in the hall for those who want to bring their lap top computers. We are all responsible for setting up and taking down any tables and chairs we use (we help each other). These

group sessions are a great way to get those photos organized, tell your family history, or show off your vacation photos. Coming once a month will help keep you motivated in getting your photos in order.

When: The last Monday of April, May, and June in 2022.

Time: 6:30-10:00 pm

Where: Kenilworth Hall 7104 87 Ave

Cost: \$0

Hope to meet some new faces.

For more information: Linda Burns 780-951-5339 lmiburns@gmail.com

Memberships

Memberships are a great way to stay connected with your neighbors, community news and events.

They are also valid for discounts at city rec centers and pools.

Email Rebecca at: membership@kenilworthcommunity.com

kenilworthcommunity.com to arrange for your membership renewal or purchase.

\$20 family \$15 senior/single

Please do not let finances be a barrier to you joining our community league. Email Rebecca to discuss your options!

Kenilworth Crib Club

The KCL Crib Club is very successful this year. We have several new members, and also some younger members which have joined and that is great.

The Club runs from mid September to the end

of April. We take on members at the beginning of September only but contact us if you wish to be put on a list of players that want to join the Club next September.

For more please call Liz: 780-465-5188

KCL Community Garage Sale

Saturday May 14, 2022

9:30 A.M. – 3:30 P.M.

This event is open to crafters, non-profits, or anyone that is downsizing.

Tables are 8 ft. x 30 inches.

As tables are limited, reserve now: \$20.00

Street parking is available.

Concession on site.

A perfect time to declutter - empty closets, basements, storage areas, etc.

Your clutter could be someone's treasure!

email: garagesale@kenilworthcommunity.com

Phone: 780 469-1711

SEEKING FOLKS WITH HELPING HEARTS,
A BUT OF TIME, AND SKILLS TO SHARE

The Kenilworth Community League is compiling a volunteer data base. We have some folks in the community who sometimes need a helping hand, a walk shovelled, a small job fixed, some help with organization, online tasks, a ride, emergency child care, a meal or a few meals to get them by when they are overwhelmed or ill, or maybe just some company for a tea.

The community league itself is also constantly seeking help for fun events, dog park lock up, hall maintenance and security, etc...

Community is really about taking care of each other. We all lead busy lives but we all have special gifts to share.

If you think you can offer an hour or two, or more a month to helping a neighbor, please consider adding your name to our volunteer data base.

Please email the following to: membership@

kenilworthcommunity.com
or call Rebecca at 780 982-5885

We will need:

- your name
- tasks or jobs you are willing to do
- gifts or talents you have to share
- include your email, phone number, and best way to contact you

Thanks in advance if you are able to share some of these things with others.

If you are in need of some support, please contact us and let us know if your need is

- immediate or long term
- what you need help with
- if you have anything you can exchange for help (time, talents of your own, etc...)

Include your email, phone number, and best way to contact you

Let's continue to grow a strong community of amazing friends and neighbours

Upcoming Events

Save the date. More information closer to each event

Adult BBQ May 7

Annual General Meeting May 9

Big Bin June 11

KCL Golf Tournament August 27

KCL Membership Event September 18

KCL Youth Group

KCL Youth are looking for adult and youth volunteers.

To get involved or to get more information contact: youth@kenilworthcommunity.com

Kenilworth Badminton Club



Kenilworth's Badminton Club has been given the green light to go ahead.

The season officially starts on Tuesday, March 1st. We do not supply badminton racquets! Please email

If there are any new members you are welcome to try out your first session for free. Drop-ins for \$5.00 per session for those who do not wish to commit to the whole season, but still want to make the occasional appearance and play some badminton.

Please remember that the Club plays from

7:30pm to 9:30pm on Tuesdays and Thursdays except for the following evenings: March 3, March 29, March 21, April 19 and May 24th.

Kenilworth Junior High gymnasium is located at 7005-89 Avenue. Please note that 71 Street between 89 and 90 Avenues (just north of the gymnasium parking lot) is still closed for sewer repairs. You will have to find an alternate way to get to the school through the Kenilworth neighborhood.

To sign up email: kenilworthbadmintonclub@protonmail.com

HOME RENOVATIONS

EDMONTON & SURROUNDING AREA

SERVICES:

- Kitchen Remodel
- Basement Development
- Bathroom Remodel
- Fence and Decks
- Flooring
- Painting

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MAUCTION

MAY 18-25

Visit GraceUnitedAuction.ca
to register today!

On Line Programs for Parenting

To register for all programs and/or workshops please contact
Jessica Mantel at 780-667-4383

Infants Can Talk with Their Hands



Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. Using both sign language and speech will not only ease your frustration, but also the frustration of your child. In this 4 week program, participants and their infants will learn a few basic sign language skills through the use of fun songs, stories, and handouts, all while promoting their infant's whole brain development.

Tuesdays from 9:30 – 10:00am
Zoom Meeting (ID# given at registration)
May 31 - June 21

Springtime Fun for Everyone!



In this 4 week program, children will be able to join along in some songs, stories, movement, and crafts that are seasonally appropriate and fun to explore.

Wednesdays from 9:45 – 10:30am
Zoom Meeting (ID# given at registration)
April 27 - May 18

(A little) Messy Play is Fun Play

In this 4 week program participants will be encouraged to explore various types of messy play. A copy of any of the recipes used during the program will be available so that messy play can



be created again and again.

Thursdays
from 9:45 – 10:30am

Zoom Meeting (ID# given at registration)
April 28 - May 19

Ottewell Executive:

President –Colleen
Vice President – Michelle
Secretary – Becca
Treasurer – Eric
Past President - Corinne
Board Members:
Big Bin – Andrew
Bingo Director – Tyler
Building Projects – Lukas
Casino –
Farmers Market Manager - Corinne
Grants – Chelsea
Membership Director - Sandra
Playschool Director - Jason
Rink Director - Tom
SECLA Rep - Sandra
SEV Liaison – Meena
Social Media (FB/ Insta) Hallie
Soccer Director (In/Outdoor) - Cory/Carley
Summer Playground Director -
Rink Director – Tom
Website – Taylor

OCL Media

Keep updated: Follow us @ottewellcommunityleague on instagram, Ottewell Community League on Facebook, or subscribe to email updates at Ottewell.ca

Ottewell Community Celebrates 60 Years It is time to plan the CELEBRATION!

A date has been **SET for the Planning Committee to MEET!**

Monday May 16 - 7pm at the Ottewell Community Park in the Gazebo!

We welcome all residents of Ottewell to come out and share your ideas to celebrate. Ottewell Community Celebrates 60 years from 1961 - 2021

ottewell2212@gmail.com or call 780.465.7755 to sign on to this special event committee.

OCL Board Meetings



Ottewell has been hosting virtual meetings to connect with board, directors and volunteer members. Our next virtual meeting will be on Tuesday, April 19, at 6:30 pm. If you would like to attend please email ottewellsecretary@gmail.com.

You will be sent a meeting invitation via ZOOM.

Come join this great group of volunteers, find out what is happening in your Community.

Babysitter's Registry!

Please note that OCL is just an information intermediary and we do not screen babysitters or families.

To sign up, visit the google forms!

For babysitters: <https://forms.google/22a6V9MyqW4bRony9>

For parents: <https://forms.google/uS55cy1DB-4FnAB58>

Ottewell Community Artisan Farmers Market!

Located in the Heart of Ottewell Community
5920 93A Ave

COME on in we're OPEN.

We are here year round to bring you quality items from our local vendors.

You can find us inside the community hall from 4pm to 7pm Thursdays!

For the month of April we have themed Market Days!

April 7 - National Beer Day

April 14 - Easter - Special Guest Hopping BY!

April 21 - Laugh out Loud - LOL

April 28 - All about Weddings

Onsite we will have our vendors providing you

with

Fresh Veggies, BC Fruits, Microgreens, Baked Breads, Baked Sweet Treats, Vegan Foods, Polish Foods, Jamaican Foods, Super Dips, Honey, Fresh Eggs, Fremeted Products, local distillery not to forget our local artisans with there treasures to share.

Any many more coming weekly...

PLEASE NOTE: The market has adjusted our hours to **4pm - 7pm**

Ottewell Community League is the sponsor of the Market! When you shop and support these vendors you are supporting your community league.

OCL Playschool

Registrations for the 2022/23 year are being accepted!

Mark your Calendars on April 11th at 7 PM we will be having an open house at Ottewell Hall.

We are currently running Mon/Wed/Fri mornings at \$120 for 2 days and \$180 for 3 days. Spaces are limited.

We currently have a great ratio of teachers to kids and the teachers have a lot of experience.

If you have any questions please call Jason at

780-993-5118 or go to our website at <http://www.ottewell.ca/community/oclplayschool/>

Reminder: No Dogs at the Park or Rink Area

Neighbours, this a friendly FUR-reminder, that our beloved four-legged friends are not allowed in the park, as per the City's dog bylaw. This includes the playground and rink areas.

Thank you for your cooperation and respect for our Park.

Abundant Community Edmonton - Ottewell

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

of support, assistance, or connection during this time, please reach out to ACE Ottewell at ACEOttewell@gmail.com to reach a Block Connector near you. For more information, visit ottewell.ca

What is Pickleball?

Fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players. If you play pickleball or would like to try it out for the first time you may be interested to know that our hockey rink at Ottewell has five pickleball courts painted on the it's concrete surface. In addition to painting the courts, our community league has also purchased nets and other equipment

that is available for use by community league members.

In order to hit the ground running in the spring, we are looking for community members to help out with managing equipment and programming activities such as leagues/clinics/tournaments etc.

If you're interested in getting involved or have any questions about pickleball at Ottewell, please contact oclrink2021@gmail.com

Market Event Planner

Plan and execute weekly Market themes/events

Duties:

- working directly with Market Managers to develop and plan events for Market day
- secure entertainment for Market day
- secure Food Trucks
- work with Market Media to promote events

Skills:

- excellent communication skills – written/verbal/technical
 - computer skills
 - creativity
 - problem solver
- Must be able to work independently and enjoy being part of a fast paced Team.

This position will work with the Farmer's Market Managers and must be willing to commit to approximately 2-4 hours per week.

Market Sign Maintenance

Maintain roadside market signage.

Duties:

- each week ensure Market signs are clean and visible to the public – 1-2 days prior to Market day
- repair damaged or build new signs as required
- set up of 2 promotional flag signs at pre-determined sites Thursday morning and take down Thursday after Market

Skills:

- adept at using hand tools
 - able to lift/carry up to 30 lbs
 - access to vehicle
 - good communication
- Must be able to work independently and enjoy being part of a fast paced Team.
- This position will work with the Farmer's Market Managers and must be willing to commit to 1-2 hours per week.

PLANNING SOME RENOVATIONS?

Tool Library Representative will be onsite at the OCL Farmers Market in April. Ottewell Community League has opted to become a supporter of The Edmonton Tool Library which means all members of the community league can now claim an individual annual membership which will allow you to borrow up to eight items from the large inventory of hand, power, and yard tools for a week at a time. To claim your membership please visit our location at the Bellevue Community Hall (7308 112 Avenue NW Edmonton) and bring photo identification and your ottewell community league membership card. To make the process faster you can complete a tool library membership application and review the release of liability waiver and borrowing policy. If you are not yet a member of your community league you can join online through the Edmonton Federation Of Community Leagues website or at any Edmonton Servus Credit Union branch. The Edmonton Tool Library Society is a not-for-profit organization based in Edmonton, Alberta, Canada. For more information, visit our website or email us at EdmontonToolLibrary@gmail.com. We're open every second Wednesday and Saturday- check our website for specific dates.

Check out our NEW WEBSITE??

Find us at Ottewell.ca for market hours, hall rentals, and local Ottewell based shops and businesses. Subscribe to keep up to date with news sent directly to your inbox! We are always looking to add to our wonderful team! Are you interested in photography, telling stories, or connecting people to programs and events they love?? We're looking to bring more hands on deck to build up our website to be all things OTTEWELL! No experience necessary, wordpress training provided. Commitment is 2-4 hours/per month that you can do from home with your computer. We're also looking for content creators, training provided. Visit ottewell.ca/home/volunteer for more details!

20th Ottewell Scouts Group Bottle Drive

Saturday, April 30, 2022

9:00 AM to 1:00 PM

120th Ottewell Scout Group will be in your neighborhood to collect the following recycle items:

- Glass Bottles (Wine, beer, juice)
- Tetra Packs (Juice and wine)
- Cans (Pop, juice, and beer)
- Plastic Bottles (Pop, juice, water, liquor)
- Milk Containers (Refundable milk and cream)
- Canadian Tire money
- Donations

Compost is coming back soon!!

The 120th Ottewell Scout Group will be selling Compost again May 14th! Presales will start soon!! Watch for further details as they come available!!

Proceeds from these fundraisers go towards our camping trips, Jamborees and everyday Adventures! Thank you for your continued support of Scouting in the area!

Connect Your Business to the Ottewell Community

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

Thank you to Red Swan Pizza for offering a 5% discount to OCL members. Show your OCL membership card at Red Swan Pizza, 4964 98 Ave NW, to receive your discount. Ottewell Community League members can also get:

- to participate in the Tool Shed Program
- a 5% discount at Anvil Coffee House - anvil-coffeehouse.com
- a 10% discount at Ottewell Eye Care - ottewelleyecare.com
- a 15% discount at Pop Kids Marketplace + Shy Mama Designs - www.shoppopkids.com
- a 10% discount on photography at Lightwork Consulting - www.lightworkconsulting.net).
- a 10% discount on piano lessons with Diane Robitelle - dianecrobi@aol.com.

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

Email -oclmemberships@gmail.com

SPECIAL EVENTS Planned for this Spring and Summer Ottewell Community

Artisan Farmers Markets!

First Outdoor Market is **MAY 5 - Cinco De Mayo** - with El Mero Mero Taco Truck - check out the website - elmeromerotacotruck.com Authentic Mexican Tacos rolling into our market. To help us celebrate we will have Mariachi Borealis to serenade us with great latin music. This is our first Market for the outdoor season, With a host of a variety of vendors on site to assist with your shopping needs. Thank you for supporting local!

Follow us on our **Facebook page** -Ottewell-communityfarmersmarket

Instagram -oclfarmersmarket

Website -ottewell.ca

To find out what is happening at your community market!

Ottewell Community Artisan Farmers Market Volunteer Positions

Our goal is to have a Market Team that be-

lieves in working together to build a successful Farmers Market for the benefit of our Community, families, and friends.

Market Promoter

Promote the Community Farmers Market events and vendors through:

- Community Facebook and Instagram social media platforms on a weekly basis
- ensure information is updated on Community Website as required
- promote the Market monthly in the South East Voice newspaper

Skills:

- social media savvy
- creativity
- excellent communication skills - written/verbal/technical

Must be able to work independently and enjoy being part of a fast paced Team.

This position will work with the Farmer's Market Managers and must be willing to commit to approximately 2-4 hours per week.

Outdoor Market Day Ambassador

Greet vendors and guests on Market day. Provides information on Market events as well as Community information.

Duties:

- arrive one hour before Market start to direct vendors/entertainers to predetermined stall
- help with set up of Community tent
- stationed at the Community the Ambassador will provide guests with information and sell Community league memberships
- Monitor the prize draw box as required

Skills:

- good communication
- problem solving
- good organization
- creative
- able to lift at least 30 lbs

Must be able to work independently and enjoy being part of a fast paced Team.

This position will work with the Farmer's Market Managers and must be willing to commit to 5 hours for Market Day. Choose to work one Market Day a month or more.

Volunteer with the Ottewell Community League

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

We have openings with our executive team. Both the vice president and treasure positions will be open in May. Consider giving some time. For more info on either one of these positions, contact ottewell.fiance@gmail.com

Community Clean Up - Big BIN

Clean Up Ottewell on Saturday, May 14 - 9am to 2pm.

Located in the Ottewell Community parking lot

In order to participate in this Big Bin Event

you must show your valid Ottewell Community Membership Card.

Memberships will be on sale on site - Family \$25, Associate \$10 and Seniors \$5.

This is a spring time event to help our community clean up and shine.

Accepted Materials at this Big Bin Event include:

Couches, chairs, mattresses, and other household furniture items too large for curbside pickup

Fridges, freezers, washers, dryers and other large household appliances (will be recycled)

Computers, televisions and other household electronics (will be recycled)

Non-Accepted Materials - Commercial Waste - Household Hazardous Waste - please take to an Eco Station. They will be accepted there at no cost.



Off with the touque!
Grab a golf club!
and head out to the



Ottewell Driving Range

4205 - 102 Ave

(just north of Baseline off 50 St. Behind curling club)

tel: (780) 469-8404 ottewellcc@shaw.ca



*Hours
of Operation
11 am to Dusk*



Get your swing
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SCL Community League Board

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

Interested in joining our team and filling one of our vacancies?? Please reach out to president@strathearncl.org!

The Community League Swim program is back!

An excellent perk of your Strathearn Community League membership has now resumed (effective January 2022). Simply show your 2021-22 SCL membership card to gain access to both the family-friendly pool and large fitness centre at the lovely downtown Commonwealth Recreation Centre, every Sunday between 1-3pm (with the exception of Easter Sunday, April 17th).

As an added bonus, from now until the end of August, you can also check out the salt-water pool at Eastglen Leisure Centre (11410 68 Street) and enjoy community swim time at this additional facility during the same timeframe of Sundays between 1-3pm!

To find out how to obtain a membership card, please visit strathearncl.org/membership-1



Strathearn-based Business Profile

For this month's profile we spoke with the Magpie Collective, a collective of artists and creators based in the Strathearn neighbourhood!

The Magpie Collective is brand new! How did it come into being?

Magpie Collective was founded by local visual artist, Theodora Harasymiw. She moved into the Strathearn space in 2016 through connections at ACUA (Alberta Council for the Ukrainian Arts) and Juniper Caf. Theo used the space as her own studio for a number of years and then in 2018 decided to look for artists to occupy some of the other rooms with a vision of starting a Collective. She wanted to build a space that would support, nurture, and challenge other creators while growing a community of like spirited individuals. Carrie Carbol-Ritcey was invited to join in 2018 and it has since grown to include Shelley MacGregor, Sylvie Ellis, & Cathy McMillan.... as well as our shop dog and greeter, Penny-Lou.

Can you tell us a little bit about the individual artists who comprise the collective?

Theo Harasymiw- Painter and Mosaicist
Broken bits of bone and china, gears, bobbins, wood and teeth....what are these? Theo's Inspirations. She mosaics, paints, and roller-

skates sometimes all at once. Some say size doesn't matter but for Theo, the bigger (the mosaic) the better. Now if only she could find her keys.

Carrie Carbol-Ritcey - Silversmith and Sculptor
Copper, silver, bronze and enamel, these are Carrie's Muses. Obsessed with tool collecting, pretty gems and playing with fire, she is our resident metalsmith. We often hear banging, drilling, and the occasional F-bomb coming from her studio. That's when we wait with bated breath to see her newest creation.

Shelley MacGregor - Mixed Media
Shelley likes to recycle, repurpose, and reimagine using organic materials. Her ability to create art using sticks, moss, fungi, and rusty bits (Not Rusty's bits) is magical to witness. Her giggles of glee as she creates are part of the process. Although, when she walks in carrying half a truck frame, "But I love rust!", we have to draw her

Sylvie Ellis - 4th year Fine Arts Student
The tiny one, the sweet one, the one with stars on her cheeks. She plays with fonts, textiles, inks, and paint. She dances between these with focus and passion. But beware, she might yarn bomb your car or ask you for a ride.

Spring Workshops

Holyrood Community League is partnering with our friends at Strathearn Community League to host some creative & fun workshops this spring at Strathearn Community League Hall, 9511 90 Street.

Our first workshops will be led by Barb of Little House of Macrame.

All materials are provided. No experience is necessary, both classes are for beginners.

Register for the workshop:
littlehouseofmacrame.com/pages/workshops

Questions? Email:
christine@holyroodcommunity.org

Macrame Rainbow
March 26 at 12:30pm-2:45pm
Cost: \$45 for parent & child

Macrame Planter
April 9 at 1:00pm-3:00pm
Cost: \$50 per person

Outdoor Soccer Season Is Starting!

Families with young children who would like to play with the Edmonton Minor Soccer Association are reminded that they will need a valid current community league membership in order to register. You can purchase your

community league membership online on the Strathearn website or at an authorized neighborhood retailer [NOTE: should we list them all?]. Who knows? Maybe your child will be playing in the World Cup some day!

Catherine McMillan - Painter

She lives in a painted world of misty forests, whimsical daydreams and ethereal figures who whisper to us their secret messages of playful nonsense. When not in her studio, Cath can be found wandering through old book stores and second hand shops, searching for magic and long lost treasures.

What draws the Magpies to locating their home base in Strathearn?

Community! We love the neighbourhood and the trees, and can often be found walking our dogs along Strathearn drive. Our space has amazing natural light, a must for artists. The strip mall community is also important to us - it's a mix of everything and we all support each other.

What is the significance of those beloved birds in your group's name?

Magpies - people either love them or hate them. They are resilient, outspoken and attracted to shiny things, not unlike our collective members! Edmonton is home to the largest population of magpies in North America, so it seemed fitting to use the name. We have a magpie that hangs out with us on the balcony; her name is Cassandra.

By the sounds of it, there are a lot of interesting classes and workshops coming up, even including a ukulele circle and tarot readings! Can you describe a few of these offerings?

Our in-house artists have some amazing classes to offer! Theo hosts monthly creative conversations, each with a different theme, Shelley has mixed media collage workshops, Sylvie hosts a monthly crochet club, Cathy is currently teaching a mixed media art journal class at the Paint Spot, and Carrie is offering individual silversmithing lessons in-house, as well as group classes at Bedrock Supply. We are a busy bunch!

Anything else you'd like to share with your neighbours in Strathearn?

Fans of the now closed Tiny Shop upstairs don't fret! They can find artwork from the collective on display in our gallery. Open weekly on Sundays from 10am to 3pm. Tour the studios and gallery, purchase some local art and chat with one of our artists. We will also be open April 9 to coincide with the ACUA Easter Market. Grab a coffee from Juniper and come up to browse.

Check out our website for more information!
magpie-collective.ca



SUMMER DRAMA CAMPS

August 15 to 19, 2022
Strathearn Hall



6 to 12 yr olds

3 to 5 yr olds

Plays 'N Play Day Camp

FOR KIDS who are wild about plays and playing! Camp includes drama games, theatre crafts, story creation, acting, a Fringe field-trip, show off performance and plenty of play-ground fun.

TIMES 9 a.m. to 4 p.m. (Early drop off & late pick up available)

CAMP FEES \$275.00/child (Strathearn Members \$225.00)

Preschool PlayCamp

FOR PRESCHOOLERS who love to pretend! Camp includes drama games, crafts, story telling, a show off performance and plenty of play-ground fun.

TIMES 9 a.m. to 11 a.m.

CAMP FEES \$150.00/child (Strathearn Members \$125.00)

Register

www.kompanyfamilytheatre.com/plays-n-play

kompanyfamilytheatre@gmail.com

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

We are grateful for the support from:






Weeknight Workouts at the Hall!

Spring session fitness classes will be starting soon!

Yoga, roll out your mat on Tuesday evenings from 8-9 PM:

10 sessions from April 12 - Jun 14

In Person Instruction: Community League Member - \$90, Non-member - \$120, Drop in - \$20

Zoom Instruction: Community League Member - \$60, Non-member - \$90, Drop in - \$15

Barre, Wednesdays from 7-8PM

10 sessions from April 12 - Jun 14

Community League Member - \$90, Non-member - \$120, Drop in - \$15




Strathearn Outdoor Rink Closed for The Season!



With the warm weather and spring well on its way, the Strathearn Outdoor Rink is now closed for the season. It's been another successful

skating season. We want to thank our volunteers that built and maintained the high quality ice that was well used over the winter season!





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