

SOUTHEAST VOICE

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

June 2022



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

Hardisty School & Community Playground Expansion Bottle Drop Off Fundraiser

Please DROP OFF your bottles at the
Hardisty School parking lot (10534-62 St) on
Friday, June 17 2:45-3:30PM or
Saturday, June 18 10AM-3PM

Can't Drop Off?
Text your address to
780-982-9876
by Thursday afternoon
of that week so we can
coordinate pick ups

Little Bear GELATO  **HARDISTY PLAYGROUND FUNDRAISER**

25% of proceeds go to the playground

ORDER ONLINE
Order a pint of ice cream (500ML)
or ice cream cake by June 14
\$12/ pint or 3 for \$30
pick up at Hardisty School June 17 from 2:30-5:30PM

WWW.LITTLEBEARGELATO.COM/HARDISTY-FUNDRAISING

— YOU'RE INVITED —

Cloverdale Community League Annual General Meeting

Monday, June 27 at 7pm at the
Cloverdale Community League Hall



There's a lot of cool things happening in your neighbourhood, and the AGM is your chance to hear about it AND have a say! Vote on major upcoming projects, elect the board, and maybe even join the board! (Yes, you!)



For the agenda, board/committee positions, and more, visit: cloverdalecommunity.com/agm-2022

Avonmore Community League – Annual General Meeting

The League AGM on May 12 was attended by 29 neighbours, online and in person. Bryan (Civics Director) highlighted the work towards the community Vision for guiding redevelopment in our neighbourhood. Financial reports were presented and accepted. Several awesome people volunteered for specific events but empty board positions remain unfilled, presenting us with a difficult challenge to continue providing programs.

City releases 101 Avenue public engagement report

The city recently posted its What We Heard report, a final account of the input it collected on the 101 Avenue Streetscape Project. From June 2021 to April 2022, the public and stakeholders were invited to learn about the project and provide input to inform the development of the recommended concept plan. At present, the project is funded solely for concept design. If the city decides to fund more detailed design and construction, other public input opportunities will be available. There is currently no timeline for construction. Go to edmonton.ca and search for "101 Avenue streetscape".

Idylwyld 2022 Annual General Meeting

This year's Idylwyld Community League AGM will take place at 7pm on June 9. It will be an in-person meeting held outside of the Community League Hall at 8631 81 st. There will be a formal presentation by the President to recap the past year and to lay out the plans for what we hope to accomplish! Please RSVP to league@idylwyld.org if you can make it!



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Andy Verhagen
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email andyv@telus.net

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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

Important Notice

Edmonton

To Property Owners in the City of Edmonton

2022 property tax notices have been mailed to property owners.

Your property tax notice includes:

- + **Municipal taxes**, which help pay for civic services like police, fire rescue, public transit and road maintenance.
- + **Education taxes**, which go directly to the Government of Alberta to fund education.

If you have not received your notice in the mail, contact the City of Edmonton by phone at 311 or view your notice online at [MyProperty.edmonton.ca](https://myproperty.edmonton.ca).

Taxes Due by June 30

Property taxes are due in full by June 30, 2022 if you are not enrolled in the monthly payment plan. A five per cent penalty on any outstanding 2022 amounts will be charged to your account on July 1, with further penalties later in the year. Property taxes cannot be appealed.

Payment Options

- + Property tax bills can be paid at most financial institutions, by telephone/online banking, and by mail.
- + The City also offers a monthly payment plan. Please contact 311 or sign up at edmonton.ca/taxes.

Did your taxes go up or down? Find out more about how your property taxes are calculated and how your property assessment compares to overall assessment changes at edmonton.ca/taxes.

You can also view your property tax notices online at [MyProperty.edmonton.ca](https://myproperty.edmonton.ca). Sign up for your MyProperty account using the unique access code found on your tax notice.

For more information, call 311 or visit edmonton.ca/taxes.



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

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

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

 **Marlin Schmidt**
MLA Edmonton-Gold Bar



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

780-495-8404

heather.mcpherson@parl.gc.ca
10045 81 Avenue T6E 1W7



www.heathermcpherson.ndp.ca
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Optional Meals

Terra Court South
AT HAZELDEAN
Future Active Adult Rentals



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- Independent Retirement Living
- Monthly rates with meals on select suites
- 1 bedroom + den with full kitchens
- In-suite washer/dryer, spacious balconies

Christenson Hub Open 1-5pm
9433 - 67A Avenue NW, Edmonton, AB
or phone Lynne at **780-975-2509**



Southwoods
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- 2 + 3 Bedroom Family Townhomes
- Ask about Internet & cable TV incentives
- In-suite washer and dryer
- Near school, daycare and tot lot

Visit Our Rental Office, 1-5pm daily
6621 - 96 Street NW, Edmonton, AB
or phone Diane **780-432-3222**

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and cafés will complete
your urban village. Just
steps from your door
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CDLhomes.com



Community League Board

President	** (empty) **	president@avonmore.org
Vice President	** (empty) **	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 (replacement needed)	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	** (empty) **	programs@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

Board Members Needed

Thank you to all the board members who have stepped up to continue to keep the board running. Without a fully functioning board, many if not all the programs that we have grown to enjoy in Avonmore would not be possible. We have key positions that are unfilled, and still several more that will become vacant as current members are stepping down. If these positions remain empty, the Community League Board will most likely have to drastically scale back the events and programs offered. If you want to know more about any of these positions, contact any member of the board at the e-mail address given at the top of the page.

dresses given at the top of the page.

Positions Vacant or Becoming Vacant

President – incumbent retiring - no candidates identified

- 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 but is wanting to step away from this position

Avonmore Community League Membership

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

Annual membership duration: September 1 to August 31.

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. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages.

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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 or buying directly from Dairy Queen on 75th Street, or online via this QR Code.



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.

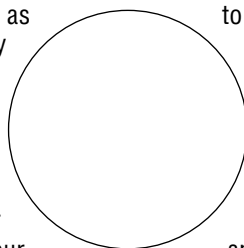
Community league members received a discount as each item is \$15.00; otherwise, without a membership, each item is \$20.00.

Avonmore 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 than the scheduled open houses, please email playschool@avonmore.org and our teachers will try their best to accommodate you.



Message from the President

IMPORTANT: If the President, Vice President, or programs positions are left unfilled, many programs will cease to operate in the community.

This space intentionally left blank.
We would like to fill it with information from volunteers willing to serve in the vacant positions mentioned above.
Thank you.

Avonmore Community League – Annual General Meeting Highlights

The League AGM on May 12 was attended by 29 neighbours, online and in person. Bryan (Civics Director) highlighted the work towards the community Vision for guiding redevelopment in our neighbourhood. We hope this will aid the League in providing some influence over inevitable infill and densification.

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Financial reports were presented and accepted.

Several awesome people volunteered for specific events but empty board positions remain unfilled, presenting us with a difficult challenge to continue providing programs.

Parent & Tot

Hello everyone! We will continue to meet from 9-11 am on Monday mornings at the Avonmore community hall. Please join the Avonmore Parent and Tot group for more updates! Look forward to seeing you all.

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.

Avonmore Garden Club

Plant Exchange and Yard & Garden Tour

Please look for upcoming details on our Social Media pages. More info to come soon!

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."

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Active Avonmore - Avonmore Moves

Active Avonmore is on the verge of being discontinued. This is yet another program offered by the Avonmore League that is at risk due to lack of volunteers and engagement from the community.

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

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.

Green Shack Program

The Green Shack Program is coming back to Avonmore for the summer of 2022! Stay tuned to our Social Media outlets for more information, or visit https://edmonton.ca/activities_parks_recreation/green-shacks

Soccer

Soccer will be having a bottle drive late May or early June. Please save your bottles and watch for our kids. 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.

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 "Avon-

more 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

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.

Summer Camps

Playschool Camp
10:00 - 1:00 July 25 - 28. Register by emailing Jamie at playschool@avonmore.org
Reuse Carnival Camp
9:30 am - 3:00 pm August 9 - 12. Cost is \$140 for Abnomre Members or \$160 for non-members. Camp will involve games, visit to the Reuse Centre and creation of their own carnival games. We are also looking for gen-

tly used toys/stuffed animals for carnival prizes. To register or donate, email Jamie at jkonrad8@icloud.com
Glow Yoga Summer Camp
9:00 am - 3:30 pm July 18 - 22 or August 15-19. Available for ages 3 - 12, for more information and to see prices or register visit https://www.glowyogakids.com/camp-registration.html

Managing stress through meditation

Meditation is one way to help you relax and relieve stress. The goal of mindful meditation is to focus your attention on the things that are happening right now, in the present moment. The idea is to note what you experience without trying to change it. Meditation can help you relax, because you are not worrying about what happened before or what may occur in the future. You don't need any special tools or equipment to practice this meditation. You just sit in a comfortable position in a chair or on the floor. Or you can lie down, if that is more comfortable. If your mind wanders, don't worry or judge yourself. When you become aware that your thoughts are wandering, simply focus again on the present moment. One way to do this is by paying attention to your body. For example, is your breathing fast or slow, deep or shallow? Meditation may bring up certain feelings or emotions. If this happens, don't try to rid your mind of these feelings. Just focus on what you feel at the present moment. Don't get lost in the thoughts that those feelings might trigger. Getting ready

- Choose a time and place where you can

meditate without being interrupted. Try to find a quiet place, but don't worry if there are some noises, such as traffic. That kind of noise is just part of the present moment. When you start, try to meditate for only 10 minutes at a time. Then you can increase the time bit by bit. You can also try meditating for 10 minutes in the morning and 10 minutes in the evening. The practice

- Sit in a comfortable position, either in a chair or on the floor. Or you can lie down, if that is more comfortable. You can close your eyes, or you can look down, keeping your gaze a few centimetres in front of you on the floor.
- As you sit, start to pay attention to your breathing. This is a good way to focus your attention on what is happening right now. Don't try to change your breathing. Just notice how it feels in your lungs and chest.
- If your mind wanders, don't worry or feel bad about yourself. Try to notice your thoughts, such as "I wonder what I will need to do at work today." Then let the thought go, and bring your focus back to the present moment and your breathing. You may do this over and over again during a meditation session. That's OK.

Getting help for varicose veins

Varicose veins are twisted, enlarged veins near the surface of the skin. They are most common in the legs and ankles. They usually aren't serious, but they can sometimes lead to other problems. What causes varicose veins? Varicose veins are caused by weakened valves and veins in your legs. Normally, one-way valves in your veins keep blood flowing from your legs up toward your heart. When these valves do not work as they should, blood collects in your legs, and pressure builds up. The veins become weak, large, and twisted. Varicose veins often run in families. Aging also increases your risk. Being overweight or pregnant or having a job where you must stand for long periods of time increases pressure on leg veins. This can lead to varicose veins. What are the symptoms? Varicose veins look dark blue, swollen, and twisted under the skin. Some people do not have any symptoms. Mild symptoms may include:

- Heaviness, burning, aching, tiredness, or pain in your legs. Symptoms may be worse after you stand or sit for long periods of time.
- Swelling in your feet and ankles.
- Itching over the vein.

More serious symptoms include:

- Leg swelling.
- Swelling and calf pain after you sit or stand for long periods of time.
- Skin changes, such as: Colour changes. Dry, thinned skin. Inflammation.

Scaling.

- Open sores, or bleeding after a minor injury.

Varicose veins are common and usually aren't a sign of a serious problem. But in some cases, varicose veins can be a sign of a blockage in the deeper veins called deep vein thrombosis. If a physician identifies this as a problem, you may need treatment for it. How are varicose veins diagnosed? Your doctor will look at your legs and feet. Varicose veins are easy to see, especially when you stand up. Your doctor will check your legs for tender areas, swelling, skin colour changes, sores, and other signs of skin breakdown. You might need further tests if you plan to have treatment or if you have signs of a deep vein problem. How are they treated? Home treatment may be all you need to ease your symptoms and keep the varicose veins from getting worse. You can:

- Wear compression stockings.
- Prop up (elevate) your legs.
- Avoid long periods of sitting or standing.
- Get plenty of exercise.

If you need treatment or you are concerned about how the veins look, your options may include:

- Sclerotherapy to close off the vein.
- Laser treatment to close off the vein.
- Radiofrequency treatment to close off the vein.
- Phlebectomy, or stab avulsion, to remove the vein.
- Ligation and stripping to tie off and remove the vein.



INDOOR YEAR ROUND MARKET!

CAPILANO FARMERS' MARKET

Saturdays
9:30 a.m.-3 p.m.

5004-98 Ave. (Capilano Mall)

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@capilanocl.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@capilanocl.ca
		780 863-0914
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@capilanocl.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	Lyris	780 242-8874
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”
Check us out on Instagram @capilanocommunity
Capilano Community is using the Nextdoor app!

Total Body Fitness

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome! We are outdoors for the summer, just to the north of the community hall.

Tuesday classes at 6:45 p.m. and 8 p.m.

Thursday class at 6:45 p.m.

Current session runs May 3/5 – June 21/23, although you can join at any time.

Next session starts the week of July 5.

\$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. We are outside for the summer, just north of the community hall.

Thursday class at 8 p.m.

Current session runs May 5 – June 23.

Next session starts July 7.

\$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.

Capilano Babysitting Registry

Parents of Capilano: Could you use an extra set of hands to keep the kids busy while you do the yard work or take a night out this summer? Consider hiring a babysitter from Capilano's Babysitting Registry!

Email babysittingregistry@capilanocl.ca to be matched with sitters in your area. Babysitters who are looking to meet new families are welcome to email as well, to be added to the registry.

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 flooring and a fresh new coat of paint and all amenities are available to make any event special. Hall capacity is 80. Third party/ liability insurance is required for ALL hall rentals.

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. You must reside in the Capilano boundaries and have a current community league membership to get the member rates.

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

NOTE: If you want to participate in the upcoming Capilano Community Garage Sale or the Community Big Bin Event, a Capilano Community League membership is required for both of these events.

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, book-

ing 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.

Volunteer Opportunity – SECLA Rep

Capilano Community League is seeking a Capilano resident to represent it on the board of directors of the South East Community Leagues Association (SECLA). SECLA, which consists of 11 community leagues in central southeast Edmonton, seeks to strengthen community networks by providing a forum for

collaboration, discussion and the sharing of information. It also provides funding for the Southeast Voice community newspaper. The board typically meets the fourth Thursday of each month for two hours. If you are interested in learning more about this volunteer opportunity, please contact Shelley at 780-497-0395.

Capilano Seniors Afternoon Program

Come join us Tuesday June 21 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 12:30 to 2:30 p.m. at Capilano Community Hall.

Cost is only \$7.00 (Coffee/lunch/dessert/prizes provided), please call 780-433-5377, to register. Please watch our Facebook Page and our webpage at (capilanocl.ca) for last



minute updates.

Upcoming dates are: Tuesday July 19, and Tuesday August 16 (Subject to change but SCONA Seniors will keep us informed; watch our web and social media for updates)

Cloverdale Community League

2022 Board of Directors Contact List / For South East Voice (SEV) / Updated: 2022-03-09

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: lrtcommittee_cochair@cloverdalecommunity.com
Gallagher Park Concept Plan	Name: Kirsten Email: parkplan@cloverdalecommunity.com
Abundant Community - Neighbourhood Connectors	Name: Marilyn Email: neighbourhoodconnector@cloverdalecommunity.com
Hall Rentals	N/A E-mail: rentals@cloverdalecommunity.com

Summer Camps and More at the Ski Hill

Full day weeklong camps for kids are coming this July at the Ski Hill. The camps include daily mountain bike rides with a qualified ride leader, and hikes exploring biodiversity and encouraging stewardship of the natural spaces. The summer camps start in July and are for ages 7–12 years. More information can be found on the Edmonton Ski Club's website:

edmontonskiclub.com

The Ski Hill also has beginner mountain biking programs for riders aged 6+ to adults. Take your skills to the next level, moving from pavement to dirt and gravel trail, all while learning the skills needed to ride varied terrain safely. Four-week club programs can be booked on the Ski Club's website. Spots are limited, so book today!

River Valley LRT

LRT progress continues this summer with walkway grading and construction of river valley trail connections in the Cloverdale and Riverdale communities. Paths around the

Tawatin Bridge are continuing to be landscaped and worked on, and public safety campaigns have been rolled out. Service is currently expected to commence in early Autumn of 2022.

Spray Park Open!

After a long winter, the spray park in Gallagher Park is back up and running! Crews from the City of Edmonton inspected and set all the controls for the spray deck, reconnect-ed the water line, and scrubbed the deck surface. So grab your swimsuit, towels, and kids

and hop on over to the park on a warm day!

The Spray park is in operation from mid May to usually about September—depending on weather conditions. It is located in Gallagher Park in front of the Community Hall and beside the ice rink.

Contaminated Soil Removal In Gallagher Park

A western section of Gallagher Park, in the Ski Club area near the Peace Dove, is temporarily closed while the City completes remediation work near the former incinerator site. The work is expected to be completed by Fall, and will pause for the Folk Fest. The bike/walking path will remain open.

The remediation includes removing contaminated soil and replacing it with 30cm of clean soil and sod. The City reports that the

contamination has been present at the site for decades, but the grass has provided a layer of protection. Replacing it now will ensure safety in the future for park users and city workers. The site was previously a dumping ground for the incinerator, which was active from the 1930s until 1971. Further information on the park remediation project can be found on the City's website:

edmonton.ca/gallagherparkconceptplan

YouthWrite Camp at the Bennett Centre

YouthWrite Summer Camps are back for youth ages 8–13 at the Bennett Centre in our neighbourhood! YouthWrite is an inclusive, multi-disciplinary writing camp that offers young writers the chance to work with superbly talented instructors from many facets of the performing, visual, musical, dance, film, and

written arts. Camps aim to not only develop writing skills, but to build sound mental health and resilience for children and teens. More information about the schedule and registration can be found on the YouthWrite website: youthwrite.com/youthwrite-river-valley-experience-2022

Make Cloverdale a Friendlier Neighbourhood

Fun community events like group garage sales or block parties are organized thanks to the help of Block Connectors. The Community League is always looking for Block Connectors that can represent their street, floor, or condo building, and keep their neighbours up to date

on what's happening in the community! It's a relatively low time-commitment opportunity to build a friendlier neighbourhood. If you want to help foster a neighbourly Cloverdale, please contact Marilyn at NeighbourhoodConnector@CloverdaleCommunity.com

Stay up to date with Cloverdale news!

Did you know that Cloverdale has a website? Visit CloverdaleCommunity.com to see the latest news and events happening in your neighbourhood. We constantly post about upcoming

events, community news, program updates, and more on our website, and we have tons of resources about the neighbourhood for you to explore. Visit your community, online!

Folk Fest Meeting on June 21st

On May 18th, Cloverdale Community League (CCL) hosted representatives from the Edmonton Folk Music Festival (EFMF) and discussed with Cloverdale's recent developments in EFMF's Cloverdale ticket policy. The concerns of the community and also the position of the Edmonton Folk Fest were discussed at length.

The CCL has reviewed the information collected from that meeting and has developed a proposed framework to move forward with. This will need to be ratified by the commu-

nity at a special meeting on June 21st and 7pm. Please come to the Community Hall that evening to learn more indepth about the proposed framework and to vote on it. To vote, you must have a Cloverdale Community League Membership, as is required by the CCL bylaws. The CCL is If you do not have a membership, you can purchase one at cloverdale-community-league.square.site/

Updates on this situation and proposal will be posted on the CCL website: CloverdaleCommunity.com/folk-fest-2022

Hydrangeas Abound at the Muttart

Cloverdale's glass pyramids are currently filled with over 10 colours of big, beautiful hydrangeas. The "Making Memories" exhibition is one of the Muttart's most popular feature shows, and one where couples love to say, "I do." The show runs until June 19th in the Feature Pyramid. After that exhibition, the Feature Pyramid will be switched out for the next theme, "Junkyard", which will run June

25 until September 11.

The Muttart also houses the delicious Culina To Go At The Muttart. This delicious cafe serves snacks, coffee, espresso, and baked goods, and has a fully licensed patio open year round. Paid admission to the Muttart Conservatory is not required to enter Culina at the Muttart, so pick up a latt on your next walk around the neighborhood!

Food truck and funny man coming June 15

We're reprising a popular event from last summer by bringing comedian Lars Callieou and the Fox Burger food truck back to the hall on Wednesday, June 15.

The truck will serve from about 5 p.m. until 8 or whenever they run out of food. At 7 p.m., comedian Lars Callieou will bring his hilarious hour-long show to the rink.

Bring a chair or blanket, a drink and, if it looks like rain, an umbrella – the show will go ahead even if it pours.

Lars has appeared at the Just for Laughs Festival in Montral and had a one-hour special on The Comedy Network. He's been overseas to entertain Canadian troops five times



and is a two-time Canadian Comedy Award nominee.

His neighbourhood shows are slightly cleaner than a comedy club, but the recommended age is 16+. Tickets are available on Eventbrite: \$15 for community league members, \$20 for non-members.

Community garden

The Heights Community Garden added some new plots, so if you're interested in one, email garden@forestterrace.org.

We're also looking for new volunteers to join

the committee that runs the community garden and plans activities throughout the season. We meet once a month on Tuesday evenings from February to October online or at the garden.

Briefs from the board

NEXT BOARD MEETING: Everyone in the community is welcome to attend board meetings. Our next one will be Wednesday, Sept. 7 at 7 p.m. Email secretary@forestterrace.org to request the link for the virtual meeting.

HALL RENTALS: Our hall at 10150 80 St. offers one of the lowest rental rates of any community league 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.

REWARD A GOOD NEIGHBOUR: Has a neighbour reached out to you or made a difference on your block? If so, email sonya@forestterrace.org or text her at 780-720-7034 to nominate them for our bouquet giveaway, in partnership with Capilano Grower Direct.

BOARD RECRUITMENT: We're always look-

ing for new members to join us in building a better community for everyone. If you're interested, please email the board president, Jeffrey, at president@forestterrace.org. 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 the weekly free swims and other 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), 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.

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.

Get ready for the Big Bin Event

Our annual Big Bin Event is coming June 18, so start gathering up your old, damaged furniture and other waste items that are too big for regular garbage pickup.

The Big Bin is free to all Forest/Terrace Heights Community League members with a 2021/22 or 2022/23 membership. Purchase one in advance (details below) or on site.

For a list of which materials are accepted and to book a 15-minute time slot for drop off, please go to eventbrite.ca and search "big bin forest terrace." Please book early so

we know if we need to get a second bin!

For the first time, we will be diverting reusable items from going to the landfill, by donating them to More Than a Fad, a local second-hand store that benefits women in difficult circumstances, and to the Reuse Centre.

Volunteers are usually behind great community events like this one, so consider getting involved. We have five-hour shifts or split shifts available to help direct traffic, unload vehicles or sell memberships. Please email events@forestterrace.org.

Silly summer bike parade rides July 9

Stephanie's Studio YEG is back to help guide your crafting endeavours for a Silly Summer Bicycle Parade on Saturday July 9.

Bring your bike and imagination to the hall (10150 80 St), and together we will make decorations to dress up your ride to show off during the community parade. It's free for league members and \$5 for others.

The drop-in decoration time is from 10 a.m. until noon. At 1 p.m., we will ride through the neighbourhood.



Green Shacks are back

Thanks to the partnership between the City of Edmonton and Edmonton Federation of Community Leagues, 237 leagues across the city, including Terrace Heights and Forest Heights, are hosting Green Shack programs in July and August.

The free, drop-in playground programs allow kids to get active and experience a variety of crafts, games, sports and free play every weekday.

This year's hours are:

Terrace Heights (9835 71 St.) 10:30 a.m. to 1:30 p.m.

Forest Heights (10150 80 St.) 2:30 to 5:30

p.m.

The program is designed for children aged 6 to 12, but all children accompanied by an adult are welcome to attend.

For more information, visit edmonton.ca/greenshacks or call 311.



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, and at Hardisty Leisure Centre, 10535 65 St NW, on Sundays from 1:15 to 2:45 p.m.

Urban Poling Thursdays at 7 p.m.

Our urban poling group meets every Thursday 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.

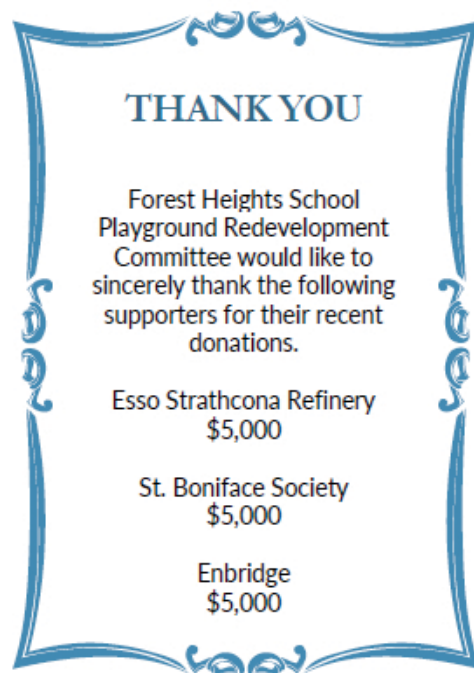
Contact sonya@forestterrace.org or 780-720-7034 for more information or look for us on Meetup.com. If you're interested in becoming a co-leader, please let Sonya know.

City releases 101 Avenue public engagement report

The city recently posted its What We Heard report, a final account of the input it collected on the 101 Avenue Streetscape Project. From June 2021 to April 2022, the public and stakeholders were invited to learn about the project and provide input to inform the development of the recommended concept plan.

At present, the project is funded solely for concept design. If the city decides to fund more detailed design and construction, other public input opportunities will be available. There is currently no timeline for construction.

To find the report online, go to edmonton.ca and search for "101 Avenue streetscape."



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Ask Charles

The seller's real estate agent lied about the house I put an offer on. Will filing a complaint with the Real Estate Council of Alberta, get me out of my purchase?

Filing a complaint with the Real Estate Council of Alberta (RECA) won't help you get out of your purchase, but you are encouraged to file a complaint against the seller's agent if you believe they lied to you.

RECA's complaint-handling process is disciplinary in nature. RECA can issue discipline against industry professionals only after reviewing the complaint, collecting evidence, conducting interviews, and holding a hearing.

And only if the industry professional is found to have breached the legislation or in-

dustry standards.

Penalties issued against industry members can be significant; up to \$25,000 per breach. However, RECA's disciplinary process can't get your money back, award you any damages, or will it enable you to get out of your purchase.

The offer to purchase that you submitted, and the seller accepted, is a contract that created legal and binding obligations. RECA does not have the authority to intervene with these legal contracts.

In the event that the lie was significant enough that you believe you will be financially or otherwise disadvantaged by continuing with the purchase, you should talk to a lawyer

as soon as possible.

A lawyer can advise you on potential legal action you can take after your purchase closes.

That said, you may be eligible for compensation from the Consumer Protection Fund (the Fund).

The Fund compensates consumers who suffer a financial loss as a result of:

fraud or breach of trust by an industry professional

the failure of an industry professional in disbursing or accounting for money held in trust

Consumers do not automatically receive compensation from this Fund as a result of

filing a complaint. Rather, there is an application process which, in some cases, requires a consumer to file a lawsuit against the industry professional in question.

For more information about this Fund, check out RECA's website at www.reca.ca.

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.

Fulton Place Community League Volunteer Board

Mike

President
president@fultonplace.org
7808867794

Miles

Vice President Civic Affairs
vp-leagueaffairs@fultonplace.org
7809515253

Gavin

Vice President League Affairs
vp-civicaffairs@fultonplace.org
7805041896

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Joshua

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Sherry-Lynn

Hall Rental

hall@fultonplace.org

Ice Rink

Shawn
rink@fultonplace.org
Babysitter Registry and Course
info@fultonplace.org

Miles

Seniors Liaison
info@fultonplace.org

Esther

Director/Community Garden
info@fultonplace.org

Michelle

Director/Walking Group Coordinator
info@fultonplace.org

Fulton Big Bin Event and Community Garage Sale June 11th



Date: Saturday June 11, 2022, 9 am - 2 pm

Where: Fulton Place Community Hall (6115 Fulton Road), outdoor event weather permitting, garage sale will move indoors if weather is an issue.

Cost: Waste disposal will only be accepted from Fulton Place Community League members - please bring your valid FPCL membership card, or you can buy one onsite during the event (cash or check only).

Garage Sale Table Booking: Pre-registration is required, email programmer@fultonplace.org, cost is \$5 for FPCL members or \$10 for non-members. If event moves indoors - space will be limited so only earliest registrants are guaranteed a table.

Bring your household items that are too large for regular garbage collection. We will also have the **Take It Or Leave It** space if you want to take an item/leave an item. Bring in your old, unwanted electronics for recycling. Help your community league raise money and help protect the environment. By bringing in your end-of-life TVs, monitors, computers, laptops, printers, and household electronics your community league will receive funding per unit to help support Community League activities.

FPCL Membership Drive in June



Your Fulton Place Community League is planning to hold a membership drive in June, to sell our 2022-2023 season memberships. Membership prices will be reduced to \$5 for next year, for single/senior/family memberships. We are planning to go door to door; if you are interested in helping us with the membership drive please contact Josh at communications@fultonplace.org

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 community 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 info@fultonplace.org

Green Shack Returns

We are pleased to announce that the summer green shack program is returning, and will be running in the afternoons this summer in Fulton. More details will be provided in the coming weeks, but the green shack programs typically run from early July until the 3rd week of August. Stay tuned!



PLEASE JOIN US FOR THE SUNSHINE GARDEN'S

7TH ANNUAL FULTON PLACE GARDEN TOUR

TUESDAY, JUNE 21 & WEDNESDAY, JUNE 22, 2022

6:00PM-8:00PM

SUNSHINE GARDEN, 6110 FULTON ROAD

SELF-GUIDED: WALK, BIKE, OR DRIVE

A GUIDED BIKE TOUR WILL DEPART AT 6:15PM

MAPS PROVIDED ON DATE OF THE EVENT DIGITALLY (GOOGLE MAPS) OR PAPER (AT SUNSHINE GARDEN)

\$10/ PERSON - KIDS UNDER 15 ARE FREE

ONLINE: WWW.FPCOMMUNITYGARDEN.NET

IN PERSON: SUNSHINE GARDEN ON THE NIGHT OF THE TOUR
(EXACT CHANGE PLEASE)

Gardens are chosen for their charm and special features.

Garden hosts will be available to share garden design ideas.

Tour will run rain or shine.

Be inspired by the beauty of our neighbourhood!

FOR MORE INFO, CONTACT PROGRAMMER@FULTONPLACE.ORG

Fulton Place YEG Yorkie Fest

Bring your Yorkshire Terriers to the Fulton Place Community League ice rink on Saturday, July 30 from 1-3pm where there will be fun, games, and local vendors. The event is free, family-friendly, and welcome to all who enjoy these small but fierce dogs!

Prizes will be awarded in several categories including fastest Yorkie, smallest Yorkie, cutest name, best costume, best listener/well behaved, best retriever (of an object such as a ball or bone, etc.), best hair cut/hair do, senior of the year (eldest dog), and rookie of the year (youngest dog). Thank you to our sponsors, G&E Pharmacy for supplying the prizes and for the Fulton Place Community League for supporting the event.

More info about the event can be found at



<https://www.facebook.com/yegyorkielovers>. Everyone is welcome to join us for a yapping good time!



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North SEERA Hockey Registration opens June 1st!

For more information on registering please visit our website northseera.ca.

Rates for the 2022-2023 season are as follows:

Category	Age (Birth Year) <small>Age as of December 31, 2022</small>	Fees	Early Bird Fees <small>Fees paid from June 1st to June 30th, 2022</small>
U7 (Discovery)	4 (2018)	\$195	\$195
U7 (Jr. Timbit)	5 (2017)	\$195	\$195
U7 (Sr. Timbit)	6 (2016)	\$280	\$280
U9	7-8 (2014-2015)	\$570	\$520
U11	9-10 (2012-2013)	\$630	\$580
U13	11-12 (2010-2011)	\$680	\$630

We also offer a number of in-house development programs for players and families who are interested in furthering the skills of their player. These programs come at a subsidized cost and are run via a Technical Director or Third Parties who specialize in player development.

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Name	Position	Email
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*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	VACANT	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road		
Bingo Director - Parkway	Charlene Lazenby	charnelenzenby@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	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Dominique Kott	dQ.kott@gmail.com
Sign Director	Alison Boese	akcurtis23@yahoo.ca

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 VOLUNTEER TO SELL TO A ROUTE NEAR YOU ! If you're interested in helping 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.

Gold Bar bingo

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

for community use.

Parkway Bingo:
Sunday June 26- afternoon only

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. We will be outside at the playground for the duration of this session (inside for inclement weather)

May 2- June 20 No classes May 23. Next session starts in July

Mondays from 930-1030am
Contact Lisa to register or with any questions.

Mondays \$70
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

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. We will be outside for the duration of this session (inside for inclement weather)

May 1- June 19 (no classes May 22) Next session starts in July.

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

Family Futures Resource Network

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. Everything 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"

The Hall rentals

The Hall is open for rentals! Contact goldbarhallrentals@gmail.com or leave a message at 780-249-0366 and our Hall Manager Liisa will contact you! Rates, rental info and availability calendar also available on the Gold Bar website www.goldbarcl.com. Gold

Bar community membership discounts apply.

9) Please join us for our Yoga Class on Thursdays 9:45 - 11:00 am, in May and June, \$10/class. All are welcome!

Referral incentive with a chance to win a wellness package!

The Green Shack Returns!

Games, sports, crafts, music, drama and special events!

The Green Shack program will run this year from July 4th to August 25th. Weekdays from

10:30am-1:30pm. This is a free, drop-in program sponsored by the city. Children aged 6 and under must be supervised by a parent or guardian at all times.

COMPOST SALE!



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Friday - Saturday 9-5:
Edmonton Academy - 810 Saddleback Rd NW
Sherwood Park - 201 Festival Way
St. Albert Community Hall - 17 Perron St
Callingwood Square - 6741 177 St NW
Duggan Community League - 3728 106 St NW

Bulk Available Online!



Green Shack Ice Cream Social
Please join us to meet the new Green Shack leader and visit with neighbors and friends. Bring your lunch and we will provide dessert! All community members are invited.
Wednesday, July 13 from 11:00am-1:00pm
Gold Bar Playground, 105ave and 46 Street

Reducing cancer risk with nutrition
Living a healthy lifestyle can help to reduce your risk of getting cancer. A healthy lifestyle includes many factors: not smoking, being sun safe, having a healthy body weight, staying active, limiting alcohol and eating well. You can reduce your risk of cancer by following the tips below.


Fill half your plate with vegetables and fruit
Choose different kinds and colours of vegetables and fruit every day. Challenge yourself to fill half your plate with non-starchy vegetables or fruit at each meal.

Choose cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussels sprouts, kale, turnips, and collard greens. You may lower the risk of some types of cancer.

Eat a diet rich in fibre
Try to eat 30 grams of fibre each day. Eat plant foods such as whole grains and pulses, including chickpeas, kidney beans and white beans.

Limit red meat
If you eat red meat (pork, beef, lamb and veal, for example), eat only moderate amounts.

If you do eat red meat, eat it no more than three times each week. Choose a portion size that is about 3 oz (85 g), roughly the size of a deck of cards. Limit how much processed meat (deli meats, sausages and smoked or cured meats) that you eat. Not every meal has to include meat. Beans, peas and lentils are good protein choices and will increase your fibre intake, too. Try eating beans, peas, or lentils instead of meat in some of your favourite dishes.



Emergency Medical Services

Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children and the elderly may be more susceptible to the effects of heat and sun, basic prevention measures should be taken by all to avoid a heat related illness during periods of hot and humid weather.

Heat exhaustion

- Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);
- Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;
- The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.

First aid

- First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;
- Remove excess, or tight fitting clothing, and allow them to rest in a cool environment;
- If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;
- If you are concerned, seek medical attention.

Heat stroke

- Heat stroke is a medical emergency which, without prompt treatment, could be fatal;
- It occurs when the body can't cool itself naturally (e.g. perspiration). The body's temperature will continue to rise to dangerous levels;
- Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.

Prevention

- Stay well-hydrated by drinking plenty of water, at all times;
- Be aware that excessive alcohol consumption will promote dehydration;
- Always wear a broad brimmed hat to keep the sun off your face and neck;
- Apply a broad spectrum, waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.

IS YOUR EXERCISE EQUIPMENT COLLECTING DUST?!

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centre for autism services ALBERTA

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FOR INFO ON ELIGIBILITY, PROGRAMS, AND TO APPLY, EMAIL JOANNE AT PUF@CENTREFORAUTISMA.BA OR CALL 780-488-6600

REGISTER TODAY!



Holyrood Community League Contacts

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

HOLYROOD GÜD BOX

Holyrood Community League has teamed up with The Gd Box to bring our community savings on fresh fruits and vegetables. The Gd Box is a large fresh, seasonal produce box that saves you approximately 35% on fruits and vegetables. The box is available twice a month and includes always-changing seasonal fruit and vegetables, straight from your local growers, as well as some com-

mon staple items. A portion of the proceeds go towards the Holyrood Community League. The Gud Box has made some exciting new changes and are offering next day home delivery 7 days a week, that means that if you order today before 4 pm you will get your box tomorrow. Thank you for supporting the Holyrood Community League!

thegudbox.ca/holyrood

YOGA WITH BARB

Holyrood Community League is happy to introduce Yoga with Barb!

On Mondays, try out Gentle Yoga and Movement from 1:30 to 2:45 pm. And on Thursdays, join Hatha Yoga from 7:30 to 8:45 pm. Classes will be held from May 16 - June 27 at St Luke's Anglican Church (8424 95 Ave

NW).

Email programs@holyroodcommunity.org for more information or to be put in touch with Barb. Introductory prices for the spring sessions are:

\$12.00 drop-in per adult

\$8.00 drop in per participating child



Come check out the exciting new changes to The Gud Box!

Free home delivery is now available for a limited time with the Holyrood code:

freedeliveryHolyrood

FLAG FOOTBALL

The Edmonton Federation of Community Leagues has partnered with the Capital District Minor Football Association to run a community flag-football league this fall, for the U7, U10 and U13 divisions. Holyrood has applied to host flag football games on the grass in the boarded rink area. If enough leagues express interest, this new flag football league will run in September and October. Registrants will have to purchase a membership to their Community League. No experience is necessary. This is entry-level flag football for players of all genders. Divisions will focus on 5 on 5 Flag Football.

Commitment: The EFCL League runs from August 27th to October 23rd, 2022 every weekend (with the exception of the September Labour Day long weekend). Games will take place at the participating Community Leagues and sessions will be one (1) hour in length for a total of (8) sessions with no additional practices. Schedules will vary by team, but times will stay consistent from week to week. Times will be determined closer to the season as details are finalized.

Investment: \$225. This fee includes NFL Flag Team Reversible Jersey, NFL Flag Shorts, Flags, Football Alberta Membership, Football Canada Membership, Accident Insurance, Liability Insurance, Quality Trained Coaches (dependent on age level), and Field Rentals.

Team assignments are by community, teams are distributed to ensure even numbers on each team (10-12 players/team).



Players will be placed in divisions based on their age as of December 31, 2022.

The only additional equipment needed is a good pair of runners or cleats and a water bottle. Registration is open now!

EFCL NFL Flag Information:
<http://greateredmontonflagfootball.msa4.rampinteractive.com/content/2022-efcl-fall-nfl-flag-league>

Direct Registration Link
<https://www.rampregistrations.com/public/participantreg?v3=4d028726>

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

Spring Fitness Classes

All our classes are free with your Community League Membership. Contact membership@idylwylde.org if you need a membership.

Every Body Happy

Mondays from May 1 to June 27, 7:00 - 8:15 p.m. (No class May 23)

The Idylwylde fitness class is moving outdoors! We meet Monday evenings in front of the community hall. The class will focus on body weight exercises, strength and condi-

tioning employing various moves to accomplish these goals. The class is suitable for all ages and abilities. Challenge yourself to be a stronger you and let's celebrate together! For further information contact certified instructor Kelly 780-983-5403 or kbray2@telus.net.

Gentle Hatha Yoga for All

Tuesdays from April 5 to June 28, 6:30 - 7:30 p.m.

Practice yoga in a way that honours your body. Gentle yoga can allow space to bring peace, balance and harmony to our bodies and minds. This evening flow class is suitable for anyone from beginners to the more experienced yogi. It will help release any tension and re-balance the body and the mind after a long day. It will start with a breathing practice or guided meditation, continue with a Hatha stretch sequence or flow, and will end with either some yin and restorative postures as well as breath work. In this practice you will

develop a relationship between your body and your mind, while exploring your body's full range of movement through mindful motion, breathing and relaxation techniques.

Dagmar's approach to yoga is to encourage students to develop a healthy relationship with their bodies and their mind through mindful awareness. She is passionate about the practice, inclusivity for all and teaching from the heart. As a former dance instructor, she likes to incorporate liberating and intuitive movement, following the natural rhythm of the breath, all while establishing a safe Asana practice.

Casino Volunteers

Idylwylde Community League is looking for volunteers for our Casino on Wednesday, August 17 and Thursday, August 18, 2022. No experience necessary as training is provided.

This is the League's major source of funding and your assistance is needed. Please e-mail casino@idylwylde.org if you would like to volunteer or have any questions.

2022 Annual General Meeting

This year's Idylwylde Community League AGM will take place at 7pm on June 9. It will be an in-person meeting held outside of the Community League Hall at 8631 81 st.

There will be a short formal presentation

by the President to recap the past year and to lay out the plans for what we hope to accomplish in the next!

Please RSVP today to league@idylwylde.org if you can make it!

Big Bin Event

Saturday, June 4
9:00 a.m. - 1:00 p.m.
Near Idylwylde Ice Rink at 8631 81 St
Clean out those garages and bring it on down! 1

The 2022 Big Bin event is here! We're hosting the Big Bin event for household items that can't be set out for regular waste.

Check our Facebook page or website for materials accepted and other details.

Rock Painting Contest

Our aspiring artists are busy painting colorful designs and patterns on rocks. On June 4, the rocks will be displayed on the participants' front yards so you could walk around the community, find the rocks and vote for those you liked the most (the Painted Rocks map will be provided). The pictures of the rocks will also be available on our Facebook page, the website or here: <https://bit.ly/3PCe0xR>.

The voting is open from June 4 to June 6.



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.

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!

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.

Ask Charles

What's the difference between RECA and organizations like CREA or RAE? What does each organization do? Who's protecting me?

These are good questions. The real estate industry has many players and organizations that are known mostly by their acronyms, even some industry veterans get them confused.

It can make things simpler to think about all these organizations in two main groups: the regulator and trade associations.

The Real Estate Council of Alberta (RECA) is the regulator of real estate licensees in Alberta. RECA's Board of Directors and Industry Councils work with, and on behalf of, the Government of Alberta to set the standards (rules) for real estate licensees and is responsible for enforcing those standards. All real estate professionals—including real estate agents, mortgage brokers, property and condominium managers—must have a licence through RECA to practice in Alberta.

RECA's mandate is consumer protection. In the unlikely circumstance that your real estate licensee breaks the rules that

are in place, RECA can investigate the situation and can issue discipline to deter further rule-breaking. Depending on factors like the severity of the offence and the licensee's previous disciplinary history, this discipline can include a written reprimand, licence suspension or cancellation, and fines of up to \$25,000 per offence.

Broadly speaking, the real estate trade associations work on behalf of their members and those members' commercial interests. The trade associations own certain trademarks that only their members can use, such as the word REALTOR®, and operate real estate board listing databases. And, while they have rules which their members need to follow, their rules aren't found in legislation nor are they industry-wide requirements.

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

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Buying and selling real estate in Alberta can be confusing, but it doesn't have to be.

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

CONTACT US!

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

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 \$550/day rate

\$450/weekend \$550/weekend

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

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

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 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

KCL Bingos



Parkway Bingo Hall 8775-51 Ave

June 19 10:30 - 3:30

Please call Julia at 780 476-2992 if you are able to help out.

KCL Casino at Argyll



Dates: August 7 & 8

Location: Pure Casino Edmonton (Argyll Road)

Please Contact Bonnie to volunteer at:

Bonnielg@telus.net (preferred) or

TEXT at 780-668-2827

Volunteer names are needed by June 1.

A message from the President

Waving goodbye and hello:

Many thanks to Kevin S. who has represented KCL at the South East Community League Association (SECLA). SECLA is a group of Community Leagues in southeast Edmonton that focus on bigger community impacting projects; for example, the skate park across from Capilano Safeway. Kevin was integral in sharing KCL's vision for the park and representing our league. Thank you for your commitment Kevin, all the best.

We welcome Marshall into this role, he can be reached at:

SECLA@kenilworthcommunity.com

Rebecca H. has been involved in membership for several years. If you met her, you sure knew why she held the membership portfolio as she is all about KCL. Rebecca has taken a step back from this role and she is going to focus on Abundant Communities and new opportunities for KCL. I am excited for her adventurous spirit and where it will take our league. Thank you Rebecca.

Her new contact is connect@kenilworthcommunity.com

Rebecca S. is going to take on membership as she expands her role from volunteer Youth Coordinator, social media rep. and now membership. I know you will enjoy getting to know Rebecca as she brings her community spirit, organization, and fun ideas to KCL. If you have a new neighbour in KCL let us know

as they do receive a free membership.

Rebecca S contact is membership@kenilworthcommunity.com

Maren is continuing on in her role as secretary. We are a hard group to organize and keep on track and she does that with excellence. So glad to have her continued support.

I, Irene W., am continuing on for another term as President with KCL. I appreciate the confidence the league has in me. This role has provided me with many learnings. I still have some projects I wish to complete: our bylaw rewrite and continuing the goal of using technology to support our day to day activities. I enjoy getting to know members of our community and I hope you find value in being a member of our league. Whether it be joining our newly created walking club, being a part of our youth group, enjoying the dog park, or participating in our senior luncheon every month. I hope there is something for every Kenilworth member. If you wish to volunteer, we can always use more people.

In 2022 we hope to:

-Replace our shingles;

-Repair the sagging walls of the rink;

-Be successful in our application for grant monies to support the above projects.

Reach out if you have questions. Happy to hear from you.

Irene W., President

president@kenilworthcommunity.com

Kenilworth Dog Park

Open now

Excited to again bring the off leash dog park to our community.

This dog park only works with your support.

Each morning prior to 9 am the dog park is unlocked.

Each evening any time after 9 pm the dog park is locked up.

This is done to prevent any vandalism to the rink.

It takes great volunteers to help unlock and lock the dog park.

Sign up today for a one week shift of either opening or locking,

or both. You will be contacted prior to your

shift with lock box details.

<https://signup.com/go/rUUkShp>

The City of Edmonton provides a license for KCL to provide the off leash park.

This is supported by City of Edmonton by-laws.

Bylaw information including:

i) Dog defecation must be picked up and put in appropriate waste containers

ii) Dogs must be kept under control at all times

iii) Dogs must have a valid pet licence and display a licence tag issued by the City

iv) Users of this space must carry a leash for each dog in their care

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 Security Cameras

KCL has installed 8 security cameras. The cameras were installed to provide some additional safety measures to our hall as well as our community neighbors.

Here are their locations:

- 4 external cameras
- 2 facing parking lot

- 1 facing our front entry way
- 1 facing the rink/gazebo
- 4 internal cameras
- 1 at the main entry
- 2 inside the hall
- 1 inside the rink room

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.

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.

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 Thurs-

days except for the following evenings: March 3, March 29, March 31, 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

Classy Crafty Creations Market

7104 87 Avenue

October 1, 2022

9:30 - 3:30 PM.

This event is open to all crafters and their creations.

Tables are 8 ft. x 30 inches.

Limited number of tables so reserve now:

\$20.00

Concession on site. A craft for all season's sale. Gifts for all.

A perfect time to start your Christmas shopping!

email: classyccm@gmail.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: member-

ship@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

Kenilworth Walking Program June 4&18, July 2,16 & 30, August 13 & 27

Bingo June 19

Casino at Argyll August 7&8

Big Bin June 11

KCL Golf Tournament August 27

KCL Membership Event September 18

Classy Crafty Creations Market October 1

Scrapbooking/Cardmaking Sale October 15

Chili Supper November 25

Seniors 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>

Kenilworth Community League Walking Program!

Meet your neighbours and enjoy some physical activity right in the community! Starting June 4th, we will be walking every second Saturday from 10 - 11am.

Community League residents can walk with or without walking poles, but you must bring your own poles as none will be pro-

vided. Open to anyone wishing to get active!

Dates are: June 4 & 18

July 2, 16, & 30

August 13 & 27

Contact Melanie at letsgetactive5@gmail.com or 780 722-7558 for more info.

KCL Youth Group

KCL Youth are looking for adult and youth volunteers.

To get involved or to get more information contact:

youth@kenilworthcommunity.com



HAPPY FATHER'S DAY

Ottewell

OTTEWELL

Executive:

President – Corinne

Vice President – Tom

Secretary – Becca

Treasurer – Eric

Past President - Corinne

Board Members:

Big Bin – Andrew

Bingo Director – Tyler

Building Projects – Lukas

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 – Dillan

Ottewell Community League Monthly Meeting in person

Mark it on your calendar - **Tuesday June 21** - 6:30 pm Ottewell Community Hall. All are welcome to attend, find out what is happening in your community!

Please consider giving back to the Community, Ottewell is staying active due to the participation of our members!

Website Volunteers

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.

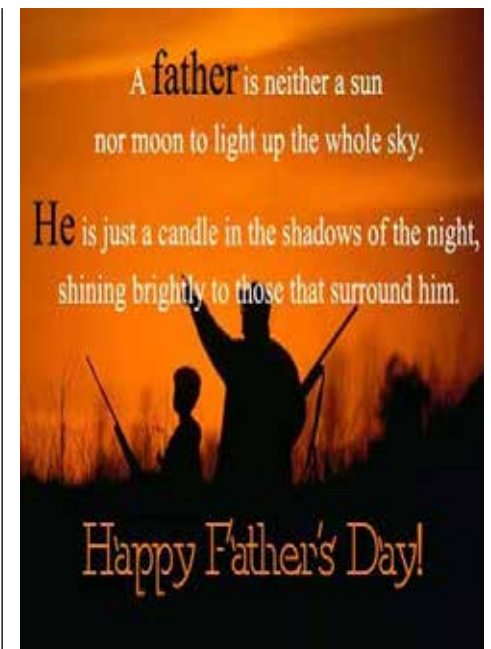
Visit ottewell.ca/home/volunteer for more details!

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. Consider giving some time.

For more info on either one of these positions, contact ottewell2212@gmail.com



OCL Media



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

OCL 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.gle/22a6V9MyqW4bRony9>

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

OCL Playschool



Wow what a year we had, thank you to our Teachers and our little students>

Registrations for the 2022/23 year are being accepted!

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/>

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

Community Clean Up - Big BIN



Yet again another Successful event! We had over 60 vehicles attending our Big Bin Event! Thank you for keeping our community clean! Thank you to Andrew and his volunteers for assisting this year!

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.

Starting in May we will have scheduled time slots for drop-in pickleball. Volunteers will open the shack and help set up nets. Paddles and balls will be available for use.

Drop-in pickleball will be free for Ottewell Community members who present their membership card. There will be a \$5 drop-in fee for those who do not live in Ottewell.

Check the website or social media for up-to-date schedules. Please note that all time slots are dependent on the availability of our amazing volunteers so the schedule may vary from week to week.

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

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.

Check out our website to see local businesses supporting our community. If you would like to add your business to our list of supporters, please Email oclmemberships@gmail.com

OCL Farmers Market

So exciting to have this market in our Community, we are welcoming many different food trucks this market season, along with talented makers, bakers and growers, come out and check out 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** - [Ottewellcommunityfarmersmarket](https://www.facebook.com/Ottewellcommunityfarmersmarket)

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

Website - ottewell.ca

To find out what is happening at your community market!

SCL Leadership

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	Vacant	membership@strathearncl.org
Buildings & Grounds	Vacant	grounds@strathearncl.org
Rink	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	youth@strathearncl.org
Members at Large	Kim & Robert	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org

Strathearn-based Business Profile

This month we feature a business that moved into Strathearn just a few weeks ago, AAA Stop & Shop at 9420 91 Street. We checked in with proprietor Alyn Alfonso to get the 411.

AAA Stop & Shop just set up shop in Strathearn, welcome to the neighbourhood! What drew you here?

Thank you! Well, Strathearn is a peaceful community, accessible to transportation and public areas (school, train station). I was looking for a space for my business since January, and this one had opened up.

Can you tell us more about the food products and services you supply at the new store?

We offer Filipino/Asian products such as the crispylicious Lutong Bahay Chickcharon, Bagnet Pork Chicharon, Keto pastries, bubble tea, juices & drinks, frozen foods, grocery items, fresh fruits and veggies, and beauty products.

I know a few bubble tea fans who will be very excited to hear that! For those unfamiliar with your specialty, can you please de-

scribe Chickcharon?

Lutong Bahay Chick Charons are keto-friendly snacks which have a bold, crunchy, delicious flavor of classic fried chicken in a tasty, delicious keto, no carb high protein snack form. These crispy fried chicken skins are just the right balance of crunchiness but without the extra grease.

And just in time for summer adventures, what makes them the perfect camping food?

Our crispy chicken skin chickcharons are fresh, tasty and ready to eat. They come in a 550g party tray perfect for great outdoor camping experiences.

When did you throw open the doors?

AAA Stop & Shop was officially opened Friday, May 20th and we're open Mondays to Saturdays from 10am-6pm. Holidays may affect business hours.

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

Please check our Facebook page AAA Stop & Shop for product updates and feel free to drop in and see us sometime!

Drop-in Fitness Classes still on in June!

Community League Bike Challenge!

OUR LEAGUE WIDE CHALLENGE IS BACK!
RECORD YOUR PROGRESS BETWEEN
JUNE 1- 30 2022

JOIN STRATHEARN'S STRAVA CLUB
"Strathearn Community"
OR EMAIL YOUR WEEKLY TOTALS*
KIDS COUNT TOO!
MORE INFO, CONTACTS AND
QUESTIONS:
gailwozny@gmail.com

Strathearners please join us!


Monday, June 20th 7pm
at the Strathearn Hall
9511 - 90 St.

ANNUAL GENERAL MEETING



Strathearn
COMMUNITY LEAGUE NATURALLY URBAN

Questions?
president@strathearncl.org



YOGA
Classes

At Strathearn
Community Hall

TUESDAYS 8PM - 9PM

**Spring Session of 10 classes
runs Apr 12-June 14**

In person classes:
Community League (any league!) members \$90
Non-members = \$120 Drop in = \$20

Zoom only classes:
Community League (any league!) members = \$60
Non-members \$90 Drop in = \$15

Register with programs@strathearncl.org

COVID safety measures encouraged!

"2" Condos Available

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- * Workshop
- * Exercise Room
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Ask Charles

I have steady employment with a decent salary, and I found my dream condo, but my mortgage broker says I need a larger down payment. Can I borrow money from family or friends to make up the difference?

Unfortunately, no.

To obtain a mortgage in Canada you must provide proof that the money you're putting as your down payment comes from your own funds. Lenders want to make sure they're lending money to people who can afford to pay the money back.

Because of this, when you apply for a mortgage, the lender will likely ask to see three or more months of bank statements for the account from which you'll be withdrawing the funds. From your statements, they will verify that your down payment money is truly yours, that you had the ability to put that money aside—so they will look for regular payments into the account, either from your employer or transferred from another one of your accounts.

Family members can sometimes "give" you some of the funds needed, but it must truly be a gift and not a loan. If someone were to lend you money for your down payment, or part of your down payment, you effectively owe more money than what it shows on your



mortgage.

Your lender is qualifying you for a certain amount of mortgage based on the amount of money you can afford to pay each month towards the mortgage debt. If someone loans you money, you need to add the repayment of those loaned funds on to what you owe on the mortgage—and you could find yourself overextended.

Your lender, even if not physically reviewing your account history, is going to ask you for some sort of statement about where the funds have come from.

There is no such thing as a little white lie during the mortgage application process.

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10144 79 Street NW, Edmonton, AB

P: (780) 469-1561 F: (780) 490-7127

It doesn't matter if you're lying about the source of funds, how much you make, who your employer is, how long you've been employed, or your planned use for the property—that is, whether it will be your residence or an income property. By lying on your mortgage application, you're committing mortgage fraud.

Fraud is a Criminal Code offence. If you get caught committing any fraud, including mortgage fraud, you can be charged and prosecuted for the offence and may face fines and jail time.

I encourage you to talk about your options with a licensed mortgage brokerage professional. There might be mortgage products

available to assist with your ability to purchase the property. Or, it may be better to wait until you have a larger down payment.

There are options available to you but lying on your mortgage application isn't one of them.

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.

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The Bennett Centre, Edmonton

Day Camp, Ages 8-15

JULY 3-8, 2022

SUMMER DRAMA CAMPS

August 15 to 19, 2022
Strathearn Hall

6 to 12 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)

3 to 5 yr olds

Preschool Play Camp

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:



NEW SESSION STARTS MAY 12TH!

Let's Dance! Bailemos Zumba with D & S

ZUMBA!

Thursdays 6:30-7:30pm
Strathearn Community Hall

Session of 8 Classes (May 12th-June 23rd)
League members* \$72
Non-members \$96 Drop-in \$15/class

EMAIL PROGRAMS@STRATHEARNCL.ORG TO REGISTER

***Valid 2021-22 Community League Membership Required (from any community league!)**

Made with PosterMyWall.com

BARRE

Spring Session
10 weeks
WEDNESDAYS 7 - 8 pm Apr 13 - June 15



Strathearn Community Hall

\$90 for Community League Members
\$120 for Non-Community League Members
\$15/class for Drop-ins
Covid safety measures encouraged!

To register email programs@strathearncl.org

Greg Dunham

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

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Capilano: 715 m2 lot, 1160 square foot home, OVERSIZED heated double garage, updated sewerline, triple pane windows, exposed aggregate sidewalks, really nice property on a quiet street.



Ottewell: Recently updated Kitchen, bathroom, singles house & garage, hotwater tank, has A/C. Close to schools, shopping and public transport, quick possession available.



Walker: Perfect south Edmonton starter home, No condo fees, 3 Bedrooms upstairs, 3 Bathrooms (ensuite), fenced yard, garage pad, quick possession available.

**SOLD SOLD
SOLD SOLD
SOLD SOLD**



Pleasantview: 977 m2 lot, NEW Double garage, Storey and 1/2 with character, home in excellent condition, being sold for lot value.



Old Strathcona: Raised bungalow, tree lined street, coved ceiling, newer basement bathroom, basement is a self- contained living space, close to millcreek ravine.