

SOUTHEAST VOICE

**Serving the community leagues of
Avonmore, Capilano, Cloverdale, Forest/Terrace Heights,
Fulton Place, Gold Bar, Holyrood, Idylwyld, Kenilworth,
King Edward Park, Ottewell, & Strathearn**



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com - Dec 2023/Jan 2024

Your Community NEEDS you: Community League Volunteer Awareness

Hello southeast Edmonton citizens! SECLA was pleased this past month to welcome Councillor Ashley Salvador, the city planning department, and various community league board members from across the southeast Edmonton community at Cloverdale Community Hall to discuss all manner of local issues from the recently passed zoning bylaw and the future of district planning, to the role that community leagues play in Edmonton communities. It is on this latter point I want to direct some energy this month, and I will save the rest for next month.

Edmonton is unique in that it has a community league structure that serves as an unofficial fourth level of government. It is of course, not actual government, but the

role it plays in communities is one that you are no doubt a benefactor of. If you have used an outdoor skating rink, a dog park, or attended an event at one of the southeast area's community halls you may or may not be aware that these buildings, and the amenities these buildings provide are run by the twelve south east community leagues boards. The people who do this are volunteers, like me, and others like me.

One of the issues that was brought forth at our meeting with the councillor was the volunteer crisis amongst southeast communities. We are fortunate to live in a vibrant area of the city with many events happening all year long. Contrary to common opinion these events and the buildings they are run

Thank you
from the Hardisty School
Playground Expansion
Committee!

**WE WOULD LIKE TO ACKNOWLEDGE
FOREST TERRACE HEIGHTS COMMUNITY
LEAGUE'S GENEROUS DONATION OF
\$1,000!**

If you would like to support our fundraising efforts and receive a charitable tax receipt, please go to the <https://foundation.e-psb.ca/giving/school-fundraising/> page and CLICK the green button that says "Donate Directly To Any Of Our 213 Schools Here" and identify "School Specific - Hardisty School Playground" in the donation allocation box. The EPSB Foundation will issue charitable tax receipts for all donations of \$25 or more.

Thank you for your continued support as we work towards building a new inclusive playground in the Summer of 2024!

out of are not run or managed by the city. Community facilities have caretakers that are managed by the community league boards, community rinks

are either run by community league volunteers or, or managed by a third party that is again, managed by community volunteers.

Continues on page 5

Gold Bar Winter Market

DECEMBER 2, 2023 | 10AM - 3PM

SHOP LOCAL FOR THE HOLIDAYS!

- OVER 20 VENDORS
- FREE ADMISSION AND PARKING
- CONCESSION PROVIDED BY THE LADIES AUXILIARY FOR THE SHRINERS CHILDRENS HOSPITAL
- FOOD BANK DONATION BOX LOCATION

Gold Bar Community Hall
4620 - 105 Avenue, Edmonton

free
market evaluation

You are hereby entitled to receive one

Buyers package delivered or e-mailed for any part of Edmonton

Now is a great time to sell!

Andy Verhagen
780.907.8202
email andyv@telus.net

I love referrals they make my world go round!

RE/MAX Elite

to view my properties, visit www.andyv.ca

The Art of Giving

With all the holidays and family times in December and January, what a great opportunity this is for sharing the art of giving with young children. Choosing and giving a thoughtful gift can bring joy to the person who gives and the one who receives. Warm smiles light up both faces. Help your preschooler experience the delight of being the one who makes that happen with simple, often free, gifts. By doing so, you enhance your child's social and emotional development.

With your child, create and write a story or draw a picture on a piece of paper, roll it up, and tie it with a ribbon or a piece of yarn. Let your child decide who receives

it. Put on some favourite music and encourage your child to make up a dance and a song to perform for a grandparent. Together, bake extra cookies to wrap in a bag and give to a neighbour. Surely, these gifts will be remembered by everyone who receives them. Ask your local librarian to suggest children's books about giving that you can read with your child. Maybe they'll give you more ideas for special gifts to make together. We are volunteers affiliated with child and family serving organizations in Edmonton and are committed to raising awareness of the critical importance of the early years to success in life.

Tillie's Café

Tillie's Café is open for business serving home-made and affordable meals and snacks for breakfast and lunch. Daily Lunch Specials. Gluten free options available. Dine-in or takeout.

Tillie's is open to the general public, not just



SEESA members – please stop by for a visit!

For further information on these and other happenings at SEESA, check out our website (www.seesa.ca); stop by our centre at 9350 82 ST NW, Edmonton; or scan our QR Code.

SOUTHEAST EDMONTON SENIORS ASSOCIATION (SEESA)

Upcoming Events:

December 10: Melody Singers Present "Getting in the MOOD for Christmas" Performance*

December 12: Registration for 2024 Session 1 (Jan 2 – Mar 1) Classes & Clubs. In-person & On-line

December 15: Christmas Luncheon*

January 2, 2024: Session 1 Classes and Club Begin

March 3, 2024: Canadian Country Music Legends Concert*

(* Ticketed Events – purchase at SEESA's front desk or by phone)

Reminder to Purchase your 2024 Membership

Membership fees for 2024 are increasing but you can save \$\$ by purchasing your 2024 SEESA membership before December 31, 2023.

Fundraising – Raffles

SEESA is a nonprofit charitable organization that relies on community support to provide our programs. We currently



have three raffles running. Tickets can be purchased at our Front Desk or by calling 780-468-1985. Thanks for your support!!

-50/50 Raffle – Tickets \$5/each. Draw Date: December 15th

-Fall Cardigan – Tickets \$4/each. Draw Date: December 19th

-Christmas Quilt – Tickets \$5/each Draw Date: December 19th



ALBERTA BASED FRANCHISE

Empowering Health, Inspiring Communities...

At **MEDICAN**, we're a community-driven force dedicated to fostering health, unity, and positive change. Founded with a passion for well-being and a vision to inspire, we have evolved into a hub where health, sports, and community intersect in remarkable ways. With unwavering determination, we have set an ambitious target of establishing 25 new locations within the next five years.



Alberta aids to daily Living

- Walking Aids
- Bathroom & Shower Aids
- Incontinence/Ostomy Care
- First Aid & Dressing Supplies
- Foot Care Products
- Sports Medicine Supplies
- Orthopedic / Surgical Support



What Makes Us Different

- Open 7 Days A Week
- Shorter Wait Times
- Prescribing Pharmacists
- Compounding Lab
- Free Blister Packing
- Free City Wide Delivery
- Free Travel Consultations
- Flu Shots and Travel Vaccines
- Free BP & Blood Sugar Checks
- 10% Senior Discounts Daily
- 20% Off on all Non Prescription Products Every Tuesday (For Seniors), and First Tuesday of the Month for all Customers.





Southwoods
COURT NORTH

RETIREMENT LIVING CHRISTENSON



INDEPENDENT LIVING

Experience **full independence in a vibrant community** centrally located in Hazeldean, close to many amenities, walking paths and the Millcreek Ravine. On site **social & recreation programs** and **optional meal plans** are available.



Suite Features

- Full L Shaped Kitchen
- Movable Island Cabinet
- Individual Air Conditioning
- In-suite Laundry
- Window Coverings Included
- Spacious Balconies & Patios

Building Features

- 1 Bedroom + Den
- 2 Bedroom Coach Homes
- Lounge/Dinning Area
- Guest Suite
- Exercise Room
- Safe & Secure

FOR LEASING INQUIRIES, CONTACT:

Southwoods@cdlhomes.com, or call 780-760-3400

CDLhomes.com



Community League Board

President	Elise	president@avonmore.org
Vice President	Leigh	vicepresident@avonmore.org
Past President	Anita	pastpresident@avonmore.org
Secretary	Karen	secretary@avonmore.org
Treasurer	Dan	treasurer@avonmore.org
Assistant Treasurer	Ken	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Adele	grants@avonmore.org
Soccer/Sports	Connor	sports@avonmore.org
Civics	Vacant	civics@avonmore.org
Programs	Vacant	programs@avonmore.org
Playschool	Ashley and Tracy	director2@avonmore.org

Crib Nights Are Back in 2024

3rd Saturday Each Month
Crib Nights are back on January 20th, February 17th and March 16. Join us for an exciting evening of friendly competition at Avonmore Community League Hall! Avonmore Crib Nights are the perfect opportunity to socialize, have fun, and test your cribbage skills. Whether you're a seasoned player or new to the game, everyone is welcome to participate.

The Avonmore Community League Hall

provides a cozy and inviting atmosphere where you can enjoy the game in person. Get ready to play, strategize, and socialize. \$6.00 per person. Limited to 36 players so register early. This is not a tournament - draw of 6 door prizes at the end of the evening.

Register for the January Crib Night on Eventbrite <https://avonmorecribnightjanuary.eventbrite.ca> or e-mail pastpresident@avonmore.org

Community Coffee

1st & 3rd Wednesdays

Fight the winter blues and come out for coffee with your neighbours. Community Coffee Mornings. Community Coffee is on the 1st and 3rd Wednesdays of every month 10:00 a.m. to noon. Everyone is welcome to attend. This is a great opportunity to get to know your neighbours whether you are new to Avonmore or a long time resident. All ages welcome. There are always treats from the Hazeldean Bakery or sometimes from someone's kitchen. Contact pastpresident@avonmore.org if you have questions.

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Avonmore Parent, Baby and Tot Playgroup

The playgroup is located at the Avonmore Community Hall and runs every Monday from 9:30 am - 11:30 am (not on statutory holidays).

The playgroup is a special community meeting place where parents and caregivers of babies and toddlers have an opportunity to socialize and engage in unstructured play. We'd like to reach out to new moms especially, who may be looking for other new moms in the community to connect with. Join the facebook group "Avonmore Parent, Baby and Tot Group" to get real time updates.

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Community Swim

Free to Avonmore Community League Members with a valid 2023/24 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 - 5:00 pm
Bonnie Doon Leisure Centre
8648 81 Street; Sundays 4:15 - 5:45 pm Visit www.edmonton.ca for more info.

Fitness Club

Avonmore Fitness Club runs on Thursdays from 8:00 - 8:50. This is not instructor led, but is entirely free! All you need is a membership to any community league. Bring one set of heavy weights, one set of light weights, a yoga mat and some water and come break a sweat! Classes

will vary between fitness videos and circuit training. The idea behind fitness club is accountability, routine, and building a healthy community. Email president@avonmore.org if you are interested. We will add your phone number to a WhatsApp group for future communications.

Volunteers Needed!

We are looking for community members to fill the vacant board positions of Programs Director and Civics Director. If you have a passion for your community, and are interested in getting more information - please contact president@avonmore.org. Anybody can volunteer!

Avonmore Community League Membership

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

Annual membership term: September 1 to August 31.

We welcome new residents in Avonmore Community* by celebrating with a FREE MEMBERSHIP in your first year, please contact membership@avonmore.org for more details!

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. Enjoy Meat Pies? Well... Meat Street Pies (located at 7015 83 St NW [at the back]) is offering 10% off on all their Meat Pies in-store by showing your membership card.

Looking to purchase a membership?



You can, by emailing membership@avonmore.org or buying directly from Dairy Queen at 7460 76 Ave NW, or online via the QR Code:

*We welcome all residents but if you reside outside of Avonmore Community League,

please visit your community leagues' website for membership information and contact.

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.

Shinny Ice Hockey

Fall/Winter hockey ice times are Fridays 10:45 pm @ Kenilworth arena. We will play from October to March 2024.

Shinny hockey is a group of players getting together to play hockey. Players of all genders and ages are welcome to participate. Our players vary in age from high school age to seniors and the range of abilities are beginners to ex-professionals. We choose different teams each session while still keeping the teams balanced.

We play for 1.5 hours with \$400 for all 22 sessions or \$20 drop in fee. Paying for

all sessions will guarantee you a spot every week as space is limited. Full equipment is recommended, but you can wear whatever you are comfortable with. We have several players who have extra sets of equipment if you need to borrow items.

There are 3 main rules we follow: Have Fun, Play to the ability of your opponent, Avoid stick work.

Space is limited, if you are interested and would like to attend or would like more information please contact Boris at sports@avonmore.org

Avonmore Community Sponsors



7460 76 Ave NW

Thanks to our amazing sponsors who help support our community!

Considering ways to support your community? Please contact our Membership Director at membership@avonmore.org.



Avonmore Community Playschool

Avonmore community Playschool would love to wish everyone a wonderful winter holiday. Here at the Playschool we are busy creating our gift bags for people in the community again for a second year in a row. This year we will be including home-made cookies in the package and the children have decided they are so good that we need to share the recipe too. Hope you enjoy them!

Eggnog Cookies-

cup soft butter, 1 cup sugar, 2 eggs, 2 ½ tablespoons of eggnog, 2 ½ cups of all purpose flour, ½ teaspoon salt, ½ teaspoon baking soda, ½ teaspoon ground nutmeg or ½ teaspoon of epicure eggnog spice
Icing- 2 cups confectioners sugar, ½ teaspoon ground nutmeg or ½ teaspoons epicure eggnog spice, 4-5 tablespoons of eggnog

In a mixing bowl cream together butter and sugar. Beat in eggs. Stir in eggnog. Combine the flour, salt, baking soda, and nutmeg; gradually add to creamed mixture. Cover and refrigerate for 1 hour or until easy to handle.

On a lightly floured surface, roll out dough to ¼ inch thickness. Cut with floured cookie cutters. Place on cookie sheet with parchment paper for best results.

Bake at 375° for 8-10 minutes or until edges begin to brown. Remove to wire racks to cool completely. Makes approximately 4 dozen cookies.

In mixing bowl beat confectioners sugar, nutmeg and enough eggnog to achieve desired icing consistency. Add food coloring if desired. Spread over cooled cookies and let dry.

Hall Rental

The Avonmore Community Hall is available for rentals and bookings! For more information contact Tanya at hallrental@avonmore.org

Community Music Classes

Our music classes are free for children ages 1-5 and are facilitated by our wonderful music teacher Dawn Bissett at the Avonmore community hall. Classes include singing, dancing and exploring different musical instruments. The dates

for this years classes are December 14th, January 11th, February 8th, March 7th, April 4th, and May 30th. Classes are from 10:45am - 11:15am. Hope to see you there.

Yoga Classes Start January

New session of yoga classes will begin on January 9th. Drop ins are welcome. Classes at 6:00 p.m. and 7:30 p.m. on Tuesdays. Instructor of Shannon

Shea. Cost for the session of 12 classes is \$140.00. Drop ins are \$16.00 a class. For more information or to register contact Anita pastpresident@avonmore.org

Avonmore Book Club

Avonmore Book Club meets every 4 - 6 weeks on Sunday evenings. You don't have to be from Avonmore to join and new members are always welcome. It's a great way to expand your reading list and meet new people who share a love of books.

Each month members come with a recommendation on the best book they've read that month and the list is shared after the meeting. You never have to worry about what you will read next. Contact Anita pastpresident@avonmore.org for details.

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 still include: "Avonmore Parent & Tot", "Avonmore Garden Club" and "Avonmore Concert Series". Come join us!

Check us out on Twitter and Instagram! Follow us and share any photos or events happening in or around our community



and join the conversation using #YEGA-vonmore

Twitter: @AvonmoreLeague

Instagram: avonmoreleague

Continues from cover page

Some of these volunteers have been serving their communities for decades. Some of the buildings in our area are very old and in need of maintenance and repairs.

Here again, it is community league board members/volunteers who manage this. They clear the rinks, make the halls available for private bookings, and they organise and run events that bring the communities they serve together.

So, if you don't know, now you know. ½ Communities are most vibrant when they work together, and my note this month is to acknowledge all of the hard work and time committed to the hundreds of volunteers serving southeast communities, and by putting out a call for more people to do the same.

If you know someone on your league board thank them for all that they do for your community, but more importantly reach out to your community and see how you can get involved. You do not have to be available every week, or be able to attend monthly meetings to be involved. Communities are always needing volunteers for all manner of events.

The city governance structure has placed some emphasis on the Edmonton Federation of Community Leagues to help administer the community initiatives that make Edmonton the vibrant place that it is.

Examples of this are the various summer concerts that happen, the Ottewell Farmer's Market, and the Strathearn Artwalk to name a few, these are all community driven and volunteer run!

I spoke of a crisis being raised by many at our meeting with Councillor Salvador, this crisis is declining volunteerism. In many neighbourhoods it is the same people volunteering now as it was at the turn of the century, it is time for the next generation to get involved, it is a great way



to get to know your neighbours and make new connections.

I am not trying to shame you into action, but until I started serving my community two years ago, I did not understand all that my community league did for me. I incorrectly assumed that community leagues were an extension of city government, but this is not entirely true.

If you can't get involved with time, consider supporting your league by buying a membership.

This helps offset the cost of running league amenities. If you are using community league amenities like dog parks, and skating rinks, you SHOULD be a paying community league member.

To find out how you can get involved, and what your community league is doing for you, all community leagues in Southeast Edmonton can be contacted via the EFCL website and browsing the various topics posted under the for the public section: <https://efcl.org/for-the-public/>

I hope to see many of you out and about engaging in our multitude of community offerings! Until next month!

Sincerely,

-Marshall, SECLA president

Follow SECLA for Community updates scan the QR

COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Jocelyn	treasurer@capilanoocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanoocl.ca 780 863-0914
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather N.	new-heather@hotmail.com
Volunteer Director	VACANT	
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill S.	780 718-7270
Webmaster	Katie	webmaster@capilanoocl.ca
Social Media	Serena	serenasvidal@gmail.com
Sign Rental	Karen	780-977-5252
Building & Grounds	VACANT	
Civics Director	Jill H.	jkhest@gmail.com
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Sam	rink@capilanoocl.ca
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Jill H.	jkhest@gmail.com
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook "Like Us"

Check us out on Instagram @capilanooclcommunity

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 capilanoocl.ca.

Facilities Director wanted!

The facilities director is responsible for overseeing the maintenance of the Community League facilities and grounds. You are responsible for setting a long and short term plan for the building and grounds including improvements and on-

going maintenance. You will oversee the work of our facilities contractor who is responsible for carrying out the specific maintenance activities. For more information, please contact Kris at K.cramer@telus.net.



CAPILANO COMMUNITY LEAGUE

JOIN US FOR A CASUAL MONTHLY SOCIAL WITH LOCAL CRAFT & SPIRITS AT THE HALL!

~CASH BAR~

Happy hour at Capilano!

FRIDAYS 7:30-11:30PM
DEC 1, JAN 12
FEB 2, MAR 1
APR 5, MAY 3

Cheers to Beers & Bevies!

FRIENDS NEIGHBOURS DRINKS MUSIC & SNACKS!

OPEN TO AREA LEAGUE MEMBERS & THEIR GUESTS (MEMBERSHIPS AVAILABLE TO PURCHASE)
QUESTIONS? CALL HEATHER 7808181456

Capilano Community League Memberships

Memberships for September 1, 2023, to August 31, 2024 are available.

Memberships can be purchased through the following:

-Jean at 780-863-0914

-All Care Pharmacy 5016 - 106 Avenue (Store hours only/cash)

-Edmonton Federation of Community League (EFCL) (<https://efcl.org/membership-purchase>)

Please note that through EFCL, only family memberships are available, and a \$5.00 administrative fee is added. Look forward to a fun and busy new year!

"Adopt an Event" – What are you Passionate About?

If you have a passion (sport, health, art, etc., the possibilities are endless), and would like to share it with your fellow Capilano residents, Capilano Community League would love to hear from you. This could be an opportunity for you to be a lead volunteer for a one-time event in our

community, or a longer-term program. You can make it happen with community league support. "Adopt an Event (or program)" and mentoring will be provided. Please reach out to Heather with your idea – she can be reached at 780-818-1456. Come share your passion with others!

Volunteer Director needed!

The volunteer director is a relationship builder responsible for recruiting and matching helpers from the community with those who need help. You identify and organize people to help run events like the Chili cookoff or Christmas party. You enlist those who are interested in sit-

ting on a committee, and keep track of this precious information. You organize a nominations committee and help find people interested in joining the board to keep it fresh and full of energy! For more information, please contact Kris at K.cramer@telus.net.

Little Skaters Program

Attention parents with little skaters! Capilano Community League is offering a learn to skate program for kids ages 3-5 and 6-8. Classes will be held twice a week on Capilano's ice rink (10810 54 St) on Mondays and Thursdays beginning December 7, 2023 (ice dependent).

Program will run December 7, 11, 14, 18 and 21.

This program is developed for kids new

to skating who are either first time skaters, or still working on the fundamentals of skating, stopping, and turning.

Cost:

\$50 little skaters (30 min) 4:30-5 p.m., or 5:05-5:35 p.m.

\$65 bigger skaters (45 min) 5:45-6:30 p.m.

Head to Capilano Community's website (capilano-cl.ca) for registration link and payment.

Thank you CCL Volunteers!

Capilano Community League would like to thank the following past board members and volunteers for the contribution of their time and energy:

KYLE YURIKEW, our past treasurer. As an accountant Kyle brought his expertise to make sense of and clean up our financial records. Over his four years with the Board, he put systems in place to keep us organized and on top of our finances and was a key contributor during our monthly board meetings. We are grateful for all the time and effort he put into this role. His hard work and dedication has left a lasting impact on our league, making managing our finances and completing our financial reporting much easier! We wish Kyle all the best in his next endeavours and hope to see him at our community events.

CARSON JANS, our past facilities director. During his four years with the Board Carson helped with organizing the hall's facelift, fought battles with many wasps that tried to make a home in our facilities, managed our regular maintenance tasks,

contributed at our regular board meetings and was always willing to lend a hand where needed. We are grateful to Carson for the time and commitment he made to our community and wish him the best.

MONTÉ KREUGER, our previous SECLA and CIVICS representative. During his time with the Board Monté acted as a liaison with the SECLA, oversaw and advised on civics issues and supported us in creating a security plan for the facilities. Monté always provided an objective viewpoint and kept our board focused on the important topics. We are very grateful for his contribution to our community.

PATRICK DER, who previously managed sign rentals. Patrick managed requests and updated our community sign. Patrick did this year round no matter the weather from +30 to -40 degrees he updated the sign to ensure our community members were informed of events and personal messages were posted to recognize people's special days or accomplishments.

Community Sandbox Program Review

This year, the City of Edmonton undertook a Community Sandbox Program Review. They are currently looking at 4 options for the program: 1-Discontinue Community Sandboxes, 2-Reduce and Cen-

tralize Sandboxes, 3-Status Quo, 4-Increase Sandboxes. If you use Capilano's sandbox, please call the City's 311 line and let them know. For more info, go to <https://engaged.edmonton.ca/communitysandboxes>.

Have a Merry Kick-mas! Get into Karate @ Capilano for a new year and a new you!

Karate makes the perfect gift for everyone. It's always the right size, style, and colour (of belt, that is)! Get your kids involved. Or yourself. Or make it a family affair. Get a quality karate experience at a reasonable price! Family discounts are available.

2024 will be a great year to work on yourself – mentally and physically. Karate is good for increasing flexibility, coordination, and muscle tone. And the harder you work, the more you'll sweat. For kids it helps with focus/ concentration and discipline. Karate practice has so many

other benefits!

Classes at Capilano Community Hall are held every Wednesday; separate classes for adults and youth (parents can join the youth class and work with their kids). We also practice Ryukyu Kobudo for those who have experience in martial arts and want something different – or for the new student who wants to expand their martial journey.

For more information, call/ text 780-619-3136 or email kaizen.doyo@shaw.ca.

Please include the "Karate" JPG file with this notice, if space allows.

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

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

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

Small business/commercial advertising

- \$25. Guaranteed 3 days.

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

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

Facilities Contractor for hire!

Capilano Community League is on the hunt for a self-motivated Facilities Contractor. Under the direction of the Facilities Director, you would be responsible for soliciting quotes, coordinating, and overseeing contractors, completing routine repairs and minor maintenance (e.g.,

changing light bulbs, furnace filters), regularly inspecting the facilities and grounds, and identifying maintenance needs for our facilities.

This is a paid contract position. For more information, please contact Kris at 780-720-9003.

Total Body Fitness – Capilano

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome!

Tuesday class at 6:45 p.m., Thursday class at 6:45 p.m.

Current session runs November 2/7 –

December 19/21, 2023.

\$93 one day a week (8 classes)

Drop-in rate is \$13.

For more information or to register email lisashortenfitness@gmail.com or visit @lisashortenfitness on Facebook.

Capilano Babysitting Registry

PARENTS! Now is the time to connect with a babysitter for all of your winter events.

We also have lots of younger sitters on our registry that are eager to gain some experience - consider hiring them as a parent's helper while you get jobs done around the house.

This can be a great way to ease into using a babysitter and you may end up with a great match that will be in the neighbourhood for several years before heading off to work/university!

Contact babysittingregistry@capilano-cl.ca to find a sitter or to be added to the registry as a sitter.

Hatha Yoga at Capilano Hall

Increase energy and flexibility, improve digestion, sleep, and overall wellness.

Day: Wednesday mornings

Time: 10:00 -11:00 a.m.

Cost: \$10.00 drop in per class

Join anytime – first class is free.

Note: No classes during the weeks of Christmas and New Year's (also see Gold Bar CL).

Contact: Nancy_conlin@hotmail.com

Adult Cross Country Ski Lessons

Try out cross country skiing lessons in your neighbourhood! The Edmonton Nordic Ski Club is offering adult cross

country ski lessons at Gold Bar Park this winter. Visit edmontonnordic.ca for more information.

Tuesday Kettlebells/Thursday Strong – Capilano

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.

Tuesday class at 8 p.m., Thursday

class at 8 p.m.

Current session runs November 2/7 – December 19/21, 2023.

\$93 one day a week (8 classes)

For more information or to register email lisashortenfitness@gmail.com or visit @lisashortenfitness on Facebook.

Capilano Playschool has
spots available with
flexible programming
options !



Visit our website for
more info
and to register



FREE swim for Capilano members on Sundays

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

--Hardisty Leisure Centre from 1:15 to 2:45 p.m. on Sundays

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

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Not intended to solicit properties already under contract.

Winter Car Seat Safety

Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.



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Cloverdale Community League Needs Your Help!

The Cloverdale Community League is a strong, vibrant, but small, league. Our strength is in our volunteers. While we have recently seen some wonderful engagement of new board members, some of our long-term volunteers have moved away. Now, we are in need of a few more hands to keep things running smoothly.

Communications Director needed:

A voting member of the board, the role is a coordinator of all communications.

There is a team taking care of the many components of keeping our residents informed.

The duties include:

- maintaining and writing articles for the website. Knowledge of WordPress is helpful.
- updating the reader board sign at the Community Hall Sign
- writing articles for the Chronicle (our community newsletter) and the South East Voice



- coordination and circulation of emails and flyers to residents

If you need more details/info to decide if any roles might fit your skills, please contact Marilyn at membership@cloverdalecommunity.com

Rink Maintenance help needed:

Our outdoor rink is the envy of many other communities in the city. This winter, skaters can enjoy the new permanent boards and improved LED lighting. But, we need helpers to maintain the ice once winter arrives.

If you can spare some time to work with a team of other volunteers to remove nets, scrape the ice as needed, and lock the change room please message Travis at 780 239-5313 or rink@cloverdalecommunity.com

www.communityleagueneews.com

CLOVERDALE FAMILY CHRISTMAS PARTY

Sunday, December 17th,
4-7 PM @ The Hall

4:00 Crafts & Stories
4:30 Santa visit
5:15 Supper (Special main course)
6:00 Kompany Family Theater

KIDS ARE FREE!
ADULT MEMBERS \$15, NON-MEMBERS \$20

Please RSVP by Nov 26 to
socialdirector@cloverdalecommunity.com
Include: how many adults & children,
please bring a salad, appy, or desert,
let us know if you can help with the event

FAMILY CHRISTMAS PARTY!

It's beginning to look a lot like Christmas, and you can come take in the festive season at the Cloverdale Community Family Christmas Party on Sunday, December 17. The party begins at 4:00PM at the Cloverdale Hall and there will be something for everyone. Things get underway with crafts and stories before Santa pays a visit to the hall at 4:30.

At 5:15, you and your family can enjoy dinner (with a special main course) and at 6:00PM, you're sure to be entertained

by the Kompany Family Theatre. The party will wrap up around 7:00PM.

Kids get in FREE while tickets for adult community league members are just \$15.00. \$20.00 for non-members.

Please RSVP by December 11 to socialdirector@cloverdalecommunity.com

Include the number of adults and children in your group. Please also indicate whether you can bring a salad, an appetizer, or a dessert and if you're interested/available to help with the party.

FOREST-TERRACE HEIGHTS Community League

Santa Claus Parade

Jingle all the way to the Santa Claus Parade. Ho ho ho! Santa's coming to Forest Terrace Heights on **Saturday, December 16**, at 1 p.m.! Join us for an afternoon filled with holiday cheer as Santa makes an appearance right here in our neighbourhood. Your kids will love getting a wave (and possibly a treat) as Santa drives by! Grab your toques and mitts and join us for this fun family parade. In the spirit of giving, we are also collecting donations for the Edmonton Food Bank, so don't forget to bring non-perishable food items. A flyer will be circulated around the neighbourhood with a route map and tag to attach to your food donations.



**FOREST
TERRACE HEIGHTS
— COMMUNITY LEAGUE —**

VOLUNTEERS WANTED

The Forest Terrace Heights Community League is looking for volunteers to join the League Board.
We currently have the following vacancies:

- Neighbourhood Watch Director
- Civics Director
- Community Garden Director

For more information contact:
president@forestterrace.org

Meditation Classes

This time of year can be hectic. Get your zen on with these weekly meditation classes to take a moment for yourself, reduce stress, and enhance your well-being. These 45-minute classes are held at the Forest Terrace Heights Community Hall (10150 - 80 Street) on Mondays at 8:15 p.m. Community league members pay \$13/class and \$15/class for non-members. Visit forestterrace.org to register or email programs@forestterrace.org with any questions.



Community League Memberships

2023/2024 Community League Memberships Now Available. With a membership, you'll get free community swims, reduced hall rental rates, discounts on all programs/events, special rates from local businesses, and more! Enjoy everything our community offers—a family membership is only \$30 bucks a year. Memberships can be purchased online at forestterrace.org or from Grower Direct flower shop on 101 Avenue. Please contact So-

nya at memberships@forestterrace.org with questions or Connie at hall@forestterrace.org.



Calling All Snow Angels



Calling all Snow Angels! The Forest Terrace Heights community league wants to match residents who need help clearing their snow with angelic volunteers. If you have a shovel, a big heart, and want to make a differ-

ence this winter, please visit forestterrace.org or email Anj at anj@forestterrace.org to sign up to be a Snow Angel today! If you or someone you know could use a helping hand this season, please reach out to Anj.

Congrats Florence and Peter!

Florence and Peter were recently recognized for the Nominate a Neighbour program (thanks to Brian, a previous nominee!). You may have seen this couple looking after City property by 98 Ave and 75 Street. They tend to the weeds in the summer and shovel sidewalks in the winter. When asked about their motivation, they say it's just a great way to stay active! Thank you, Florence & Peter, for helping to keep our community beautiful and



pathways safe.

To nominate an outstanding neighbour in Forest Terrace Heights, contact Sonya at 780-463-1613 or memberships@forestterrace.org.

Jeff Behrens Top 40 Under 40

The President of the Forest Terrace Heights Community League, Jeffrey Behrens, was recognized as a "Top 40 under 40" in EDify magazine. Jeff goes above and beyond for his community and is a shining example of commitment, compassion, and leadership. In



addition to a passion for plaid fashion, Jeff reminds us that we have the power to overcome obstacles and create positive changes for ourselves and those around us. Congratulations Jeffrey! Check out the article in EDify magazine on news-stands around the city.

Swimming



There's an updated Schedule for Community Swims. Show your Forest Terrace Heights community membership at these city recreation centres at the following times for FREE swimming! You can swim at Commonwealth Community Recreation Centre every Saturday in December from 3:00 - 5:00 p.m. Head to Hardisty Leisure Centre on Dec. 3, 10 & 17 from 1:15 - 2:45 p.m. Eastglen Leisure Centre swim times are not available in November or December.

Forest Terrace Heights Community Hall Rentals



Do you need to rent a space for an upcoming event? The solution might be right in your backyard! The Forest Terrace Heights Community League Hall is an excellent location for children's birthday parties, family reunions, fundraisers, meetings, fitness classes and more! The hall is at 10150-80 Street and seats up to 65 people. For more information or to make a booking, visit forestterrace.org/hall-rental or email Connie at hall@forestterrace.org.

Programs/Activities

• Join Lyndsey in the Forest Terrace Heights Community Hall (10150-80 Street) for some gentle movement and relaxation. Classes are on Monday evenings from 7:00 – 8:00 p.m. (November 6 – December 11). Hey, why not maximize your evening of relaxation and then join the meditation class at 8:15! Individual classes are \$12/class for community league members and \$15/class for non-members.

• Join us for an hour of heart-pumping HIGH-fun aerobics. High Fitness combines old-school aerobics with new techniques and music to guarantee a class that will leave you sweating and smiling. This class is for everyone, with options for every fitness level and a no-judgment environment! Classes run every Tuesday at 7:15 p.m. from November 7 – December 19. It's \$12/class for community league members and \$15/class for non-members. Visit forestterrace.org to sign up or email programs@forestterrace.org if you have any questions.

• Join us on February 8 at 7:00 p.m. at Fleisch for Heights Night. This is an informal evening dedicated to building community and having fun. Connect with your neighbours and forge new friendships over a drink and a snack. No registration is required. See you there!



• As we bid farewell to 2023 and welcome a new year, it's the perfect time to refresh your wardrobe! From February 22 - 25, we invite you to our much-anticipated Clothing Swap. This event lets you clean out your closet and discover new pieces. It's a win-win for your wardrobe AND your wallet! The process is simple: drop off your gently used clothes at the Forest Terrace Heights Community Hall on Feb 22 and 23 between 6-8 p.m. Then shop on Saturday and Sunday anytime between 10 a.m. - 3 p.m.! Please note that all clothing items should be clean, in good condition, and ready for their new owners. We kindly request no footwear or undergarments and that you bring only clothes suitable for swapping. Let's embrace sustainable fashion together. We encourage you to invite friends and family - the more, the merrier! If you'd like to volunteer, please sign-up on our website at forestterrace.org or e-mail events@forestterrace.org.



Alberta Health
Services

Emergency
Medical
Services

Sledding Safety



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

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Wear a ski helmet designed for use in cold weather and high speeds.

Hazards

- Avoid hills that are too steep or icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged;
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill;
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

Plan ahead

- Anticipate weather changes and plan accordingly;
- Wear warm, insulating layers closer to the body, and wind and water proof layers on the outside;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin at all times;
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill;
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

www.albertahealthservices.ca

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Fulton Place Board

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7808867794

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Esther
Community Garden
esther@fultonplace.org

Michelle
Director/Walking Group Coordinator
michelle@fultonplace.org

Facilities
Nathan
facilities@fultonplace.org

Holidays With Hardisty

Join Fulton Place and Capilano craft good vendors for our Holiday with Hardisty market on December 9th for Holidays with Hardisty featuring a stocking stuffer, vendor market, skating, fire pits, and more to kick off the holiday season. Fulton Place Community League is looking for

Tables are free for vendors. If interested, please email Justin at programmer@fultonplace.org for more information.

Past and current our Community Events:

- COMMUNITY BOOK CLUB (ONGOING)
- COMMUNITY SWIM DAYS AT HARDISTY
- WALKING CLUB (TWICE A WEEK)
- SUNSHINE GARDEN (AWARD WINNING COMMUNITY GARDEN)
- GARDEN TOURS
- GARDEN SWAPS (SPRING AND FALL)
- COMMUNITY HALLOWEEN STOP WITH FIRE PITS AND TREATS
- HARVEST FESTIVAL
- WINTER FESTIVAL WITH SANTA
- SKATING PARTIES
- BIG BIN EVENT WITH COMMUNITY GARAGE SALE AND TAKE-LEAVE IT
- SUMMER CONCERT SERIES
- FULTON RAVINE CLEAN UP
- COMMUNITY PINE CONE BIRD FEEDER BUILDING
- PAINT EVENTS
- WORKSHOPS: FALL BIKE TUNE UP AND LEARN TO FELT
- BLOCK PARTIES

Welcome from the Fulton Place Board

For anyone new to our community, and for any residents unaware of some of our activities, the following is a list of community events we've put on in the last year or two. If we missed you during our membership drive this

summer, we want to welcome all new residents to our fabulous community, and we hope to see you around at our events! Keep an eye on our website, the sign at the 4 way stop, our e-blasts, and SEV for event details.

Hall Rental

The Fulton Place hall is available for rent, and 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 hall@fultonplace.org

Fulton Place Members' Free Swim Schedule

ACT Leisure Centre, 2909 113 Avenue NW
Saturdays 2pm-4pm
September 9, 2023 - August 31, 2024
Hardisty Leisure Centre, 10535 65 Street NW
Sundays 1:15pm-2:45pm
September 10, 2023 - August 25, 2024
Clareview Community Recreation Centre, 3804 139 Ave NW
Satur. from 6pm to 8pm
Only available during

ACT Leisure Centre shut-down January 2 to March 2, 2024
Community swims do not take place on Statutory Holidays or days the facilities close early. Hardisty is scheduled for a maintenance shut-down (no swims) - March 4 - May 5, 2024. ACT Aquatic and Recreation Centre is scheduled for a maintenance shutdown (no swims) - January 2 - March 2, 2024.

Call for Rink Volunteers

We're looking for some rink shack supervisors for the 2023-2024 season. This is a volunteer position requiring no labour. All snow removal and ice maintenance is provided by contractors. Daily scrapes are generally done by players so no manual labour involved for the volunteers. The rink is usually open for the season by mid December.

Duties for rink supervisors include opening and closing the rink, engaging with community members, and keeping an eye on the rinks and rink shack.

Requirements to volunteer: 18 years or older (16 w/ parental oversight), and a Fulton Place community member.

If you are interested in volunteering to help supervise the rink please contact, Shawn (780) 278 5884 or rink@fultonplace.org

FPCL Membership Benefits

Enjoy membership benefits from local businesses in the area with your Fulton Place Community League membership. You can find a current list of our membership benefits on our website (www.fultonplace.org), under the 'Become a Member' dropdown.

Teach children about fire safety

Fire Prevention Week takes place Oct. 9 to 15 in Canada. Preventing household fires is one way to prevent injury or death from burns. Here are a few tips on how to keep your family safe around fires and open flames.

- Teach children that only grown-ups use fire. Keep lighters and matches out of reach of children.
- Use at least one smoke alarm

on every level of your home. Be sure to put an alarm outside sleeping areas and inside bedrooms. Test all smoke alarms monthly and change the batteries at least once a year if they are not lithium batteries. It may help to schedule a regular date, such as the first day of each month, to check alarms and to change batteries on the first day of fall or the first day of spring every year. Replace smoke alarms every 10 years.

- Keep the multipurpose type of

fire extinguishers in your kitchen, garage, and other areas where hazardous materials may be stored or used. These extinguishers are labelled with "ABC"—"A" is for wood, paper, and trash fires; "B" is for grease fires and flammable liquids; "C" is for electrical fires.

- Check and clean appliances regularly. Replace cords when needed.
- If you smoke in the bedroom, be sure you have a smoke alarm there. It's safest if you do not

smoke or allow smoking in your home. If you need help quitting, talk to your doctor about stop-smoking programs and medicines.

Fire survival skills

Teach your children about how to survive in a fire. Some very young children will not understand these concepts. But start discussing the issues early and repeat frequently.

- Plan and periodically practice escape routes. Make sure there

are at least two escape routes from each area of your home, including upper stories and the basement.

- Firefighters in full gear frighten some children. Explain to your child why firefighters need equipment and show them pictures. Tell children not to hide from firefighters.

- Show your child how to stop, drop, and roll if any part of his or her body or clothing catches on fire.

Wishing all my past & future clients Season's Greetings and a very Happy New Year 2024!

MERRY Christmas AND HAPPY NEW YEAR

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Gold Bar Executive

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*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Kerry Bravoisis	kerrybravoisis@hotmail.com
Bingo Director - Parkway	Charlene Lazenby	charnelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Dominique Kott	dq.kott@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	Joshua Kott	joshkott@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 (9350-82 ST) 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 VOL-UNTEER 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.

With your membership you have FREE access to the Edmonton Tool Library, and the Community Swim at Hardisty Pool from 1:15-2:45 Sundays.

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

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. You can join at any

time but this session runs Nov 6-Dec 18 Mondays from 930-1030am Contact Lisa to register or with any questions.

Mondays \$60 or \$12 drop in Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Yoga

Hatha Yoga at Gold Bar Community Hall, increase energy and flexibility. Improve digestion, sleep, and overall well-ness.

Dec. 18 and 20 bring a tea if you like, we will have snacks to share at the end of these classes.

Monday's 11:00 am - 12:15 pm

Wednesday's 7:30 pm - 8:45 pm

Join anytime, first class is free.

Drop in \$12

6 classes \$65

8 classes \$80

Contact: Nancy_conlin@hotmail.com

Note: no classes the week of Christmas and New Year's, also see Capilano Community League.

6)Attached, "Winter Market," poster



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& Happy New Year!*



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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. You can join at any time but this

session runs Nov 50- Dec 17

Sundays 6:45-7:55 (note this is a 70min class)

Contact Lisa to register or with any questions. Sundays \$66

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



Holyrood Community League Contacts

President - Chris	president@holyroodcommunity.org
Vice President - Megan	vicepresident@holyroodcommunity.org
Treasurer - Vonn	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Harry	programs@holyroodcommunity.org
Sports & Fitness - Wes	sports@holyroodcommunity.org
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Facilities & Grounds - VACANT	facilities@holyroodcommunity.org
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Events - Elisa	social@holyroodcommunity.org
Civics - VACANT	civics@holyroodcommunity.org
Holyrood Development Committee - Carmen	hdc@holyroodcommunity.org
Community Garden - VACANT	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - TBA	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org



holyroodcommunity.org



@HolyroodCL



Holyrood Community League

Purchase memberships through efcl.org/membership/

Complimentary Memberships are available for newcomers to Holyrood! Contact our Membership Director at memberships@holyroodcommunity.org.

Join The Holyrood Community League Board

Come join our fun and friendly team in making Holyrood a fantastic place to live! Commitments include attending monthly meetings, which are an hour long, in addition to a small monthly time commitment, which is dependent on the role and could be anywhere from 1-4 hours a week.

We are currently seeking to fill an upcoming vacancy - League Treasurer, with overlap from the current Treasurer to ensure a smooth transition. This role is instrumental in the financial operations of

the community league. Responsibilities also include updating the board on league finances, write cheques, make deposits, prepare financial reports and coordinating with the community league building operator (the after school care) on building and grounds repairs.

Other open positions are Facilities Director, Civics Director and Community Garden Chairperson. If you have time to spare to help build a vibrant Holyrood community, please email chris@holyroodcommunity.org

Babysitters Wanted For Babysitters' Registry

Are you certified? Want to offer your babysitting services to fellow community members? Holyrood Community League is looking for more babysitters - if you

are a babysitter or need a babysitter, please contact communications@holyroodcommunity.org to get your name on the registry, or to find a sitter.

Holyrood Community Reconciliation Initiative

We are in the midst of planning our next year of reconciliation focused activities through the support of our Community Safety and Wellbeing Funding - we would love some community support! Our initiative is focused on reconciliation and Indigenous cultures and practices, and we hope to contribute to our commu-

nity's well-being by offering opportunities for connection to arts and culture, community and spirit. If you are interested in contributing, or have an idea you would like to see in the community, please connect with coordinators Christine (christine@holyroodcommunity.org) or Nor'Ali (norali@holyroodcommunity.org)



Newsletter Subscription

Learn about fun community league events and programs, get rink and community swim schedules, and become informed and involved with community issues through our 2-3 emails per month. Scan the QR code to subscribe, or go to <https://tinyletter.com/holyroodcl>



Sign Up For League Membership Online

Scan the QR code to sign up for a new resident membership and our membership coordinator will drop off your card for you. If you have any questions about the benefits of being a league member, email memberships@holyroodcommunity.org



Holyrood Community Playgroup

Join the Holyrood Community League Playgroup for weekly drop-in play for caregivers of preschool aged kids. Get your kiddos together and chat with a fellow neighbour through this informal play-

group! Although this meeting takes place in a church, this is not a religious group.

Thurs mornings, 9:00am - 11:00am

Where: Holyrood Community Church
9224 82 Street

Community Swim

COMMUNITY SWIM is FREE with a valid community league membership (don't forget to bring it with you!) With Bonnie Doon pool now open again, Sunday swim has been changed from Hardisty back to

Bonnie Doon.

SATURDAYS 3:00 p.m. to 5:00 p.m.

Commonwealth Recreation Centre

SUNDAYS 4:15 p.m. to 5:45 p.m.

Bonnie Doon Leisure Centre

Come Skate With Santa On December 17

Bring your family and come skate with Santa and warm up with a hot chocolate. Each family will receive one gingerbread house (while supplies last) and be able to enter into the best decorated gingerbread house

in Holyrood contest! Helmets are strongly recommended for all users on the rink.

When: December 17, 2023 from 1:00 - 2:30 pm

Where: Holyrood Community Rink

Rink Attendants Needed For This Winter

Despite the warm November we've had, winter will come and the league is looking for rink attendants - please contact wes@holyroodcommunity.org

if you are interested in helping keep our rink maintained for all to enjoy!

IDYLWYLDE Community League



Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Wayne	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Mick	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Royden	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	Erin	membership@idylwylde.org
Garden	Kirsten	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
Social	VACANT	social@idylwylde.org
Publicity	Victoria	publicity@idylwylde.org
Grants	Scott	grants@idylwylde.org
SECLA	VACANT	seclarep@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org

 idylwylde.org

 Idylwylde Community League

eNewsletter

Stay up to date with what's going on in the community by signing up for our email newsletter. Visit our website at www.idylwylde.org and enter your email in the 'Subscribe to our newsletter' box.

Community League Positions

The Board of Directors is looking for a volunteer for the Grants Chair and Social Chair position. The role of the Social Chair is to help generate ideas for social events that will bring together all members of our community, look after details necessary to run an event, including recruiting volunteers to assist with events, attend Board meetings when possible, and manage community notifications and signage.

SECLA is a group that consists of one member from each community league in South East Edmonton. Once a month SECLA representatives meet in person and

works together to share ideas, pool resources, and connect our large network of community leagues to enhance services to South East communities. This board funds and governs the South East Voice and recently helped spearhead the Capilano Skateboard park and it's surrounding exercise equipment. The position requires approx 2 hours a month, and has very little email communication between meetings.

If you're interested in this opportunity to contribute to your community, please reach out to the Community League at league@idylwylde.org

Art's Birthday

Join us on January 20, 2024 for Art's Birthday, a celebration of art itself! Come and see local talent perform at an Idylwylde Open Mic from 12:00-6:00 p.m., followed by performances from BEAMS artists from 7:00-11:30p.m. There will also be a curated art show on display throughout the event.

There will be free refreshments and snacks, as well as alcoholic beverages for purchase. This is sure to be a fun event!!

Interested in sharing your talent at the Idylwylde Open Mic? Performances from kids and adults are all welcome! Contact rental@idylwylde.org to sign up to perform.

Monthly Community Meetings

Want to get involved? Join us for our next meeting. Our meetings are the second Wednesday of the month at 7 p.m. at the Community League hall. Hope to see you there!

Community League Swims

Community swims are a great opportunity for the whole family to stay active during the cooler months and enjoy the facilities at our local recreation centres. All you have to do is show your community league membership card for a free swim.

-Bonnie Doon Leisure Centre

8648 81 Street NW

Sundays, 4:15 p.m. - 5:45 p.m.

-Commonwealth Recreation Centre

1100 Stadium Road

Saturdays, 3:00pm - 5:00pm



Community Ice Rink

Looking forward to skating this winter? We are looking for volunteers to help maintain the community ice rink this winter. Jobs would include snow clearing and caring for the ice.

No previous experience required. If this sounds like something you would be interested in helping with, send us a message through our Facebook or email publicity@idylwylde.org

Pub Nights

Join us for our last Idylwylde Pub Night of 2023! This month we're adding a bit of friendly competition to the evening. We will have some board games on site or bring your favourite board games to share

with your neighbours while enjoying some of the snacks and drinks that will be available. We look forward to seeing everyone Thursday, December 7, 2023, from 7 to 10 p.m. at the community hall.

Winter Activities

This winter, stay active with Tai Chi and Nia! Tai Chi is an ancient internal martial art and exercise that can promote physical and mental wellness. Learn to relax and meditate while building strength through a series of balanced postures and moves. Please bring clean, indoor shoes to wear during class.

Classes will be held every **Tuesday at 7:00pm starting January 9, 2024**, until March 12, 2024.

Nia® is a feel-good, whole-body fit-

ness practice that invites you to step out of your shoes and into sensation. Dance-based movement for all body types and fitness levels. Wear comfortable clothes and bring a yoga mat. For more information about Nia®, email Kirsten at fleurishmovement@gmail.com or go to fleurishmovement.com. **Mondays at 7:00pm starting January 8, 2024.**

All classes are free with a community league membership and hosted at the Idylwylde Community Hall.

Free Memberships and Skate Tags

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde! Now that the cooler weather is here, make sure to contact our Membership Chair at membership@idylwylde.org to get your free skate tags. This gives you access to skating at ice rinks in any

Edmonton Community League.

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 of \$10/year. Please contact our Membership Chair with proof of residency in Idylwylde to get your membership today!

WHERE ARE WE HEADED AFTER THE PANDEMIC? NEW ONLINE COURSE TAKES A HARD LOOK

Dr. Anne Fanning has been a volunteer committee member, attendee, and course organizer for the Edmonton Lifelong Learning Association (ELLA) ever since she retired. With a background in infectious diseases, she became immersed in global health issues. Her latest course tackles broad issues. After

the Pandemic: what have we learned to help us deal with the coming crises? is one of nearly 20 courses offered as part of ELLA's online winter session.

She's assembled quite a who's who of the health and government world, including the WHO's current Director General for COVID and Special Envoy, David Nabarro



– discussing what went well and what didn't globally.

"This course is a tremendous opportunity to contemplate big issues assisted by the reflections of

experts" Says Dr. Fanning. After the Pandemic plus many other exciting courses are available to members of ELLA for a reasonable cost. Memberships are \$25/year.

All courses are listed at my-ella.com, and registration opens December 5 with classes underway January 15 – March 8.

Deborah Forst



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INSTA: @SKIPTHEGYM.YEG



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	Vacant	please email President for direct information
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Vacant	please email President for direct information
Children's Programs	Vacant	please email President for direct information
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	president@secla.ca
Social	Janine	social@kenilworthcommunity.com
Men's Shed	Morris	mreid2057@gmail.com

General inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com
Hall Rental requests: rentals@kenilworthcommunity.com Keep Current on our Facebook and Instagram!

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

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

Scrapbooking Mondays

We are a group who love to scrapbook and/or make cards. We are a group that meets the last Monday of each month from 1:00-10:00 pm. We meet in Septem-

ber, October, November, January-June.

Once in a while the date might change. Contact person: Linda Burns email: lmiburns@gmail.com 780 951-5339

Fall Tips for Coexisting with Our Coyote Neighbours

As the leaves start to change and pumpkin spice lattes come back into season, it is easy to forget about our growing list of yard maintenance to do next spring. However, did you know that sealing up holes on your property, like under your deck, shed and porch, can help keep coyotes from denning in your yard next season? Coyotes can be attracted to any unsealed hole on your property that may be an attractive place to burrow in the spring to have their pups. Coyotes mate between January and March and rear pups through early summer, during which time they may be more protective and defensive. Young animals usually disperse in the fall,

but they may also remain in family groups throughout the winter. You can also help keep your coyote neighbours wild and decrease coyote conflict by:

Never feeding a coyote. Clearing away brush along the edges of your yard and trimming trees. Keeping your property free of garbage and secure compost in containers. Removing fallen tree fruit, dense shrubbery and pet waste. Avoiding leaving small pets outside unsupervised.

To learn more about how to protect our wildlife and what to do when you see a coyote visit: https://www.edmonton.ca/residential_neighbourhoods/pets_wildlife/Coyotes?utm_source=virtualaddress

KCL Youth

Looking to get involved in the community? Looking for fun activities nearby? Follow us on Facebook or Instagram @kcl.youth for updates! If you're looking to volunteer, email: youth@kenilworthcommunity.com

Upcoming Events

-Monday, December 4th Christmas Ornament Workshop 7-8:30pm @KCL
-Monday, December 18th Christmas Movie & Pizza 7-8:30pm @KCL
-Monday, January 15th New Years Youth Dance Party 7-8:30pm @KCL

Kenilworth Community Memberships

Are you a member? 2023-2024 memberships are on sale and valid until August 31, 2024. Please contact Rebecca S. at membership@kenilworthcommunity.com for more information!

2023-2024 Membership Fees

Family-\$20

Single Adult-\$10

Senior-\$5

2023-2024 Membership Purchase Options

1) Online- Renew online to instantly have a renewed membership.

Online Renewal Link: <https://kenilworthcommunity.getcommunal.com/memberships>

2) Anvil Coffee- Purchase a membership at Anvil Coffee House (6148 90 Ave NW).

3) Mailbox Drop- We will request your contact information and arrange a day to swap a new membership card and payment using your mailbox.

Kenilworth Senior's Lunch and Fun

Share great friendship, fun, and awesome food. Christmas Dinner. Wednesday, December 13 at 12 noon \$10 per person Special guest entertainer will be Bob Layton. Bob Layton is a great storyteller and sure to generate lots of laughs. Joining Bob will be Shane Blakely from Global. Shane is Global's reporter from the air. Shane will be showing a video of

things he has seen from the helicopter that are never reported - sounds funny! Both will be joining us for lunch as well. This will be followed by games and gift grab game. Should be a great day! If you would like to attend, please call 780 433-5377. You need to register in order to attend this event or you may get turned away at the door.

New Option for KCL Membership

There is a new membership sign-up and renewal system now in place for Kenilworth. It can be accessed from a link on our Membership page on our website, or by typing kenilworthcommunity.getcommunal.com/

memberships into your browser. If you wish to try the new system but run into any problems using it, please contact Donald Paton at 780 466-8115 or email: treasurer@kenilworthcommunity.com for assistance.



KEP Board Members

President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michaudr@gmail.com
Treasurer	Sylvia Shank	sacul@telus.net
Secretary	Renée Henthorne	wish2bee@yahoo.ca
Tennis and Membership Director	Wayne Alexander	walexander@shaw.ca
Hall rental & Maintenance Director	Vacant	king.ed.hall@gmail.com
Civic	Rahul Deol	
Volunteer	Tod Rudge	todrudge@gmail.com
Volunteer	Kaitlyn Wall	

Connect with us online:

Twitter	@KingEdwardPark
Facebook	https://www.facebook.com/kingedwardparkYEG/
Instagram	https://www.instagram.com/kingedwardpark/
Website	https://www.kingedwardpark.org/

Community League Membership

For just \$20 you can become a Community League Member. Your membership gets you:

- Free access to select pools during Community Swim times.

- Complimentary Edmonton Tool Library Membership (with proof of KEP League membership).

- Free skating at our outdoor rink on the corner of 81 Street and 81 Avenue. As well as many additional City of Edmonton indoor arenas.

- Free or discounted rates for community recreation (Tennis, Yoga, Parent & Tot etc.)

- 10% off new annual, multi-admission,



and continuous monthly passes at any City of Edmonton sports and fitness facility.

- Additional Benefits can be found at the Edmonton Community Leagues website.

Memberships are available at our Board meetings. Otherwise, feel free to give our Membership Director, Wayne, for more information! walexander@shaw.ca

Help Wanted!

We are looking for Small Hall and Large Hall Coordinators and Rink workers to build and maintain the ice. For more information on how to apply please contact Sylvia at sacul@telus.net.

Volunteer With Us

If you're interested in helping our community league out, drop by one of our board meetings and see what we're all about or contact us at <https://www.kingedwardpark.org/contact>.

Hall Rentals

In need of a space for a special event? Consider using one of King Edward Park's two halls for your functions!

The Large Hall, located at 7708 - 85 Street NW, offers a spacious venue with a stage, projector and screen (available for an additional fee), bar area with a stand-up fridge and small freezer, downstairs space, and kitchen facility.

The Small Hall, situated near the tennis courts and ice rink at 8008 - 81 Street NW, provides a cozy space with a stove for heating prepared food and a large sink for easy clean-up.

For more information on hall capacity and availability, please visit our website. To book a hall, contact king.ed.hall@gmail.com.

Call for KEP Programing Input

Do you have a great idea for your community? Are you a skilled instructor that wants to start a program? We want to hear all about it and help to get it off the ground! The King Edward Park Community league invites you to contribute your ideas for programing.

Contact us by joining us at a meeting to share what kind of programming you would like to see

Or let us know via email what type of programing you would like to see, president@kingedwardpark.org.

King Edward Park Tennis Club

Come join our tennis club. We are proud to have a fantastic set of tennis courts located at Duncan Innes Park, 8008 - 81 Street NW.

The King Edward Park Tennis Club welcomes players of all levels and offers private and group lessons. Please note that

a valid community league membership is required to join.

KEP resident annual membership: \$50 family, 25 single. Non King Edward park resident annual membership: \$75 family, \$50 single. Contact Wayne for more information! walexander@shaw.ca

Family Movie Night

Don't miss out on King Edward Park's family movie nights!

Stay updated on our social media or website (<https://www.kingedwardpark.org/events>) to find out about the next

event. We show older and newer movies: September's movie was new release Spiderman: Across the Spider-Verse!!! Admission is \$5 per family and includes popcorn at the concession.

Contact us

We would love to hear from you! Whether you're a long-time resident or new to King Edward Park, we warmly welcome all community members to attend these meetings

and actively participate in shaping the future of our neighborhood. You can get in touch by coming to one of our monthly meetings or online at www.kingedwardpark.org/contact

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**Call 780-229-6099
for more information**

Ottewell Community League Contacts

President: Corinne	ottewell2212@gmail.com
Vice President: Tom	oclrink2021@gmail.com
Secretary: Monica	oclsecretary1@gmail.com
Treasurer: Jamie	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
Social Media: Hailie	ottewellmedia@gmail.com
Engagement : Julie	oclengage@gmail.com
SEV Liaison: Bri	sevliaison@gmail.com
Big Bin: Andrew	oclbigin@gmail.com
Bingo Director: Tyler	oclbigo@gmail.com
Grants: Chelsea	oclgrants@gmail.com
Membership Director: Sandra	oclconcerns@gmail.com
Playschool Director: Jason	jjmclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor : Craig	oclwebpage@gmail.com

Ottewell Ladies Social & Ornament Exchange

Join us for a fun afternoon at our annual Ottewell Ladies Social & Ornament Exchange event on Saturday, December 16, 2023. This is an 18+ event.

The fun will kick off at 1:00 PM in the heart of Ottewell. Bring a wrapped ornament to participate in our exciting exchange (\$15 ornament limit). You'll have the opportunity to trade and take home a unique piece to adorn your holiday tree.

Indulge in delightful conversations,

laughter, charcuterie, and a mimosa bar (toonie bar). Whether you're a social butterfly or looking to make new connections, this event promises a fun-filled afternoon for all.

Don't miss out on this wonderful opportunity to celebrate the joyous holiday season in Ottewell.

<https://www.eventbrite.com/e/ottewell-ladies-social-annual-ornament-exchange-tickets-758007018397?aff=oddtcreator>

Ottewell Community Memberships

You can purchase your Community Membership at:

ANVIL Coffee House at Ottewell Plaza
- 6148 90 Ave

Ottewell Farmers Market – every Thursday 4 – 7pm 5920 – 93A Ave

Online at Ottewell.ca; Print off your membership from the site

Cost: \$25/ Family - \$10 single - \$5 Seniors

If you are a local business and would like to provide Ottewell Community members with a discount please email: oclconcerns@gmail.com

Holding a current membership card



has its perks:

Carol's Ottewell NOFRILLS Grocery Store - will give away a \$25 gift every month until July 2024. A random draw of the current members will be held every 2nd Thursday of the month.

Stay tuned for more membership perks coming your way....

We have a COMMERCIAL Kitchen for Rent!

Commercial Kitchen Rentals: For start up businesses we have a certified kitchen we rent out to current businesses are The Herbal Mama, Maggie's Perigies, Super Amigos... we are looking for bakers hours during the week- availability from

10pm-6am.

Some Saturdays and Sundays are available away from hall rentals. Female entrepreneurs are welcome!

For more info contact: oclhallrentals@gmail.com

School Parking-A friendly reminder

Illegal parking around schools causes congestion and visual obstructions that make it hard for drivers to see pedestrians, especially children, crossing the street. Illegal parking around school areas can be a safety hazard and can create unreasonable disruption to the residents living in the area.

To help prevent problems around schools, the Edmonton Police Service and Parking Enforcement Officers work together to ensure students, parents and staff members of local schools know where to park safely and legally.

For more information visit: edmonton.ca/schoolparking.

Ottewell Rink

OCL Rinks will be going strong again this year. We will have benches outside to use and there will be a porta-potty on site as in previous seasons.

Weather permitting the Pond and Hockey rinks will be opening in late November or early December. The ice lights for both rinks will be on from 5pm to 9pm, 7 days a week. The rink shack at Ottewell will require volunteer supervisors in order for it to be open to skaters.

Ottewell rink is maintained and supervised by volunteers. If you would like to volunteer at the rink it is a great way to enjoy the outdoors and give back to your community. Volunteer positions include:

Maintenance: This position involves clearing the ice of snow using scrapers, shovels and a snowblower as well as flooding the ice as needed. These tasks are quite physical and are completed as needed. They don't follow a regular schedule.

Supervision: This position would involve opening and supervising the rink shack on a weeknight or a weekend afternoon for at least 3 hours (e.g. Mondays from 6-9 pm or Saturdays from 12-3 pm). This would be a weekly commitment for the skating season.

If you would like to volunteer at the OCL rink please email Tom at oclrink2021@gmail.com.

Thanks to our volunteers that are giving their time to ensure the kids of Ottewell have some outdoor fun!

Skate at your own risk.

Wear your helmet.

Share the space. The pond rink is for skaters and small hockey players who aren't safe on the big rink.

Play safe, and if you don't feel well, stay home.

Please use the garbage cans provided. Keep our rink area clean!

Reminder: No Dogs at the Park or Rink Area

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



Free Swim Times with OCL Membership

OCL members have access to the Community Swim Program from September - August 2023. Saturdays from 3:00 - 5:00 PM at Commonwealth and

Sundays from 1:15 - 2:45 PM at Hardisty Leisure Centre.

OCL Social Media

Stay inTouch with what's happening in your community!

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

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at Ottewell.ca

OCL Farmers Market

This market is 100% volunteer based, therefore the revenue received from the vendors goes directly back into community sponsored programs.

Every week look for our local veggie farmer, BC Fruit, local butter @\$10 a pound. Fermented Foods, Local Chefs to fill your freezer. Local take and bake, local honey. Hand Baked goods and more... don;t forget to support our local artisans for gift giving season. #shopsmaill, #buy-

localoritsbyebyelocal.

The Ottewell Community hosts an Alberta Approved Farmers Market weekly on Thursdays from 4:00 - 7:00 PM in the hall. We have a variety of local vendors, come out and support local.

Facebook page -Ottewellcommunity-farmersmarket

Instagram -oclfarmersmarket

Website -ottewell.ca

Cross-Country Ski Tracks in the Heart of Ottewell

Looking forward to this activity in our community.

For many years, Ottewell residents have been setting informal cross-country ski tracks around the perimeter of Braemar field. These tracks have been designed by your neighbors who are looking to enjoy the park space in our front and back yards.

Please have fun using the tracks and leave them in good condition for the next family to enjoy!

The ski tracks:

make a nice loop to ski are a great way to get outside in the winter and get some exercise

Are convenient. Just walk out your front door with your skis and enjoy a

stress-relieving, energy-giving ski in your own neighborhood.

"Our family loves the fact that we can literally cross the street and go skiing in the park. Sometimes someone else has been out before us to set track or we set it. We can ski the loop as many times as we want depending on whether we just want a little ski or a bigger workout. It's so convenient to not have to load everything in the van and drive somewhere, and I always feel happier and more energetic after a ski. Skiing in the park will be a great activity this Covid winter for mental and physical health."

To learn more about the health benefits of cross-country skiing, visit <https://tinyurl.com/y2o4ffaz>

Yoga Sessions

Whether you are already active or are setting the intention to move your body more regularly, mindful movement can assist you in being more present in your body, and in your life.

Join us Tuesdays, starting in January, as we...

***Unwind the mind and body from daily stresses**

***Gain both mobility and strength**

***Practice conscious breathing and awareness to help settle the nervous system**

***Spend one full hour, every week, doing something that is just for YOU**

These yoga sessions are open to EVERYONE, regardless of experience, with options available throughout the classes to suit your needs. We also have online selections if you prefer to move in the comfort of your own home. Ask for details!

Ottewell Community Hall

Tuesdays, from January 9-March 5, 2024 12:30-1:30 pm OR 7:30-8:30pm

Total investment for all 8 sessions is-\$100/person for current Ottewell Community League Members



\$120/person for non-members

\$20 to drop in *when space allows*

Please note that we require a minimum number of participants to run this program.

If you would like more information on this series or wish to sign yourself (or someone you love) up, please message willalee@hotmail.com, or @wandering-mapleyoga on instagram.

CHRISTMAS AT GRACE UNITED

CHURCH

6215 104 Ave



Sunday, December 17, 10:00 a.m. Sunday service with Senior Choir Christmas Cantata, "Christmas Dreams"

Thursday, December 21, 7:00 p.m. Blue Christmas service – a quiet reflection on the holiday season

December 24, Christmas Eve:

6:30 p.m. Family service with Christmas pageant

10:00 p.m. Candlelight and Communion service

Everyone welcome!

For information: graceuc.com 780-466-0916

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TINYSHOPUPSTAIRS.COM



SCL Leadership

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Marina	vicepresident@strathearncl.org
Treasurer	Robert	treasurer@strathearncl.org
Secretary	Glynnis	secretary@strathearncl.org
Membership	Jen	membership@strathearncl.org
Buildings & Grounds Director	Evan	grounds@strathearncl.org
Rink Manager	Shawn	rink@strathearncl.org
Social Director	Pam	events@strathearncl.org
Communications Director	Jingjie	communications@strathearncl.org
Programs Director	Tessa	programs@strathearncl.org
Garden Director	Marina	strathearngarden@gmail.com
Members at Large	Anastasia & Vacant	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org

Please contact president@strathearncl.org if interested in filling any of our current vacancies!

Strathearn Community League has been hosting semi-regular Friday night gatherings at the Hall since September. The next social Friday on the horizon is Merry Trivia night on December 8th! Come with your friends, family, neighbors for some fun games, food, drinks and new connections! Please mark your calendars & follow us on social media and website. To register your team for the Trivia, please contact: trivia@strathearncl.org

**

Have you thought about making a little film, but don't know HOW? Strathearn Community League is hosting its first filmmaking workshop on Saturday, December 9th! There is a cap of 20 participants & only a few spots are left. Scan the bar code to register if you are interested!

**

What is on your reading list this winter? Here we recommend two books: First Spring Grass Fire by Rae Spoon & George Michael's Faith by Matthew Horton.

Please mark your calendar for our first Rock n Roll book club in the new year on Monday, January 29, 2024!

**

Waste Less: Strathearn's Waste Reduction Discussion

Holiday season is approaching! Let's talk about how to **Reduce, Reuse & Repurpose?**

As humans we all want things and that's ok. The first step to reduce is to consider why we are acquiring an item. When deciding to purchase, ask yourself:

- 1/What purpose does this item serve?
- 1/Is this item made to last?
- 1/What is my plan for this item if I no longer require it?
- 1/Can I borrow this item or find it second hand?
- 1/Where is this item manufactured?
- 1/How is this item packaged? Can I reasonably get this item somewhere with less packaging?
- Benefits of Reducing, Reusing & Repurposing:
 - 1/Reduces waste.
 - 1/Saves resources and energy.
 - 1/Saves money.
 - 1/Can reduce stress.



- 1/Supports local charities and the local economy.
- 1/More affordable and often unique.
- 1/Saves landfill space.
- Each person needs to make changes that fit their lifestyle. This ensures that the changes are sustainable. Here are some of the tips we know:
 - 1/Using a reusable water bottle.
 - 1/Asking for email receipts rather than printed.
 - 1/Choosing to own a small wardrobe of high-quality clothes.
 - 1/Gifting experiences instead of things.

New SCL membership cards now available!



Looking for a Community League membership? The fastest way to get your number and start accessing membership benefits is through online purchase via Edmonton Federation of Community Leagues! Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.

ROCK'N'ROLL BOOKCLUB



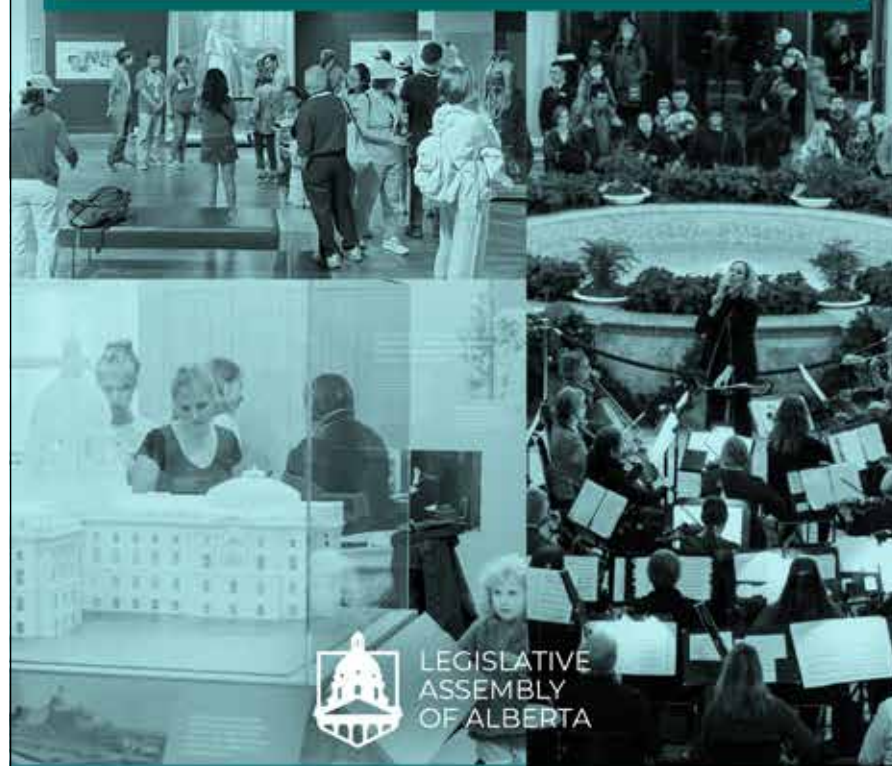
MONDAY, JANUARY 29TH 8PM
STRATHEARN COMMUNITY HALL

- RAE SPOON - FIRST SPRING GRASS FIRE
- MATTHEW HORTON - GEORGE MICHAEL'S FAITH (FROM THE 33 1/3 SERIES)



PLAN YOUR VISIT TODAY!

Discover the Visitor Centre, take a tour of the
Legislature Building and Celebrate the Season.



LEGISLATIVE
ASSEMBLY
OF ALBERTA

Always free! For more information visit assembly.ab.ca

Guerilla Filmmaking Workshop!
Saturday, December 9th 10am-3pm
@ Strathearn Community Hall

Learn remarkable DIY filmmaking techniques using
equipment you have at your fingertips!

Age 10+
Strathearn
Residents
only please

Free workshop!
Lunch provided!
Limited spots,
register soon ->

SCAN ME!

Edmonton
FAVA
Strathearn



Merry Christmas

**Greg
Dunham**

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

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PROGRESSIVE



Garneau: Spectacular City View, 3 bedrooms, 2 bathrooms, ensuite off primary bedroom, ensuite laundry, underground parking.



Parkside: 1245 Sq ft Bungalow with double attached garage, 3 bathrooms including ensuite, partially developed basement, sunny west yard



Fulton Place: Spotless 1118 sq ft Bungalow, 3 bedrooms upstairs with the possibility of one down, 2 bathrooms, beautiful lot with 15.2 meters frontage.



Parkallen: Prime cul-de-sac, massive 1026 M² lot, facing island park, redevelopment potential or renovation opportunity.