

SOUTHEAST VOICE

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

May 2023

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



Forest Terrace Heights
**COMMUNITY
YARD
SALE** June 10 & 11
10 am - 3 pm



Table Rental FREE for Community Members
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Email events@forestterrace.org to book a table,
make a donation or for more info

Gardening with Preschoolers (No Garden Required!)

This May, you and your little one can share the fun and reap the benefits of planting tiny seeds and helping them grow, even if you don't have a yard of your own.

No fancy equipment needed. With a small amount of potting soil, an empty egg carton, and a packet of lettuce seeds, you're ready to start. Like magic, you may see small green sprouts and big smiles appear in about a week!

Together, poke a couple of small holes in the bottom of each section of the carton, add potting soil, sprinkle a pinch of tiny seeds on top, cover with more soil and pat firmly. Pour

on water to moisten it and place your "garden" on a tray, place next to a window and keep moist daily. Your child learns that soil, water, and light are necessary for plants and, with patience and planning, you both soon have a tasty, healthy treat you've grown yourselves.

Visit your public library branch to find books with ideas about gardening projects.

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.

CLOVERDALE COMMUNITY LEAGUE
AGM 2023
EVENING OF JUNE 19 AT THE HALL

Sweet Summer Sounds Returns to Kenilworth!

Starting in July, concerts will take place every second Wednesday for a total of 5 concerts. Food truck and brewing company on site for each concert, as well as 50/50 tickets. See you there!

SAVE THE DATE
COME CELEBRATE
THE PARK IS COMPLETE!

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Park Party!

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SECLAEDMONTON | FB
SOUTHEAST.VOICE.YEG | IG
PROJECTS@SECLA.CA | INFO

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SECLA Board Contacts

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Cloverdale	Reg	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
Fulton Place	Gavin	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
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SECLA SEV Liaison	Scott	SEV liaison@secla.ca

Interconnected Communities are Stronger Communities

Greetings residents of Southeast Edmonton. I thought I would take the time to update everyone on the direction SECLA is going to take for the next little while. As a committee, we recognised that there is already a lot of good work being done in our various member leagues, and that it is not always widely known. So, SECLA will work to improve inter-community relations and promote interactivity within the wider southeast communities. We will do this by highlighting events happening in and around the community that are open to and can accommodate members from all of Edmonton southeast communities. We are still working on a communication strategy, but this president's corner notice will be a part of it to start.

I will begin by highlighting a couple of groups that are welcoming interested participants to join them. There are also some exciting events happening in the southeast communities this summer, but I will speak on that next month!

The **KCL youth committee** is a group of engaged youth in Kenilworth, we host events twice a month on Mondays and they would like to welcome all youth from surrounding neighbourhoods! This will be a great way for the youth of our neighbourhoods to learn that involved communities are strong communi-

ties. All their events are free! You can contact them by email: youth@kenilworthcommunity.com or using our Instagram, @KCL.youth

In Holyrood, if you want to get your yoga on try **Yoga with Barb** at St. Luke's Church on Thursdays from 7-8:15 pm! Yoga is about increasing ease, stability & joy. \$30 punch card for three classes or drop-in for \$13/class. If you have questions, please email barbayogaguide@gmail.com or check her out online at barbaralritter.ca

Another group welcoming participants in the southeast communities is the Southeast YEG Men's Shed. Men's Sheds Edmonton is a non-profit organization that builds and promotes casual spaces for all men to connect, create and socialize in a positive environment. In other words, we get the guys together to tinker, tell stories and hang out for good fun. Some project the Southeast YEG Men's shed has completed in the past includes building six picnic tables for supportive housing at the old Sands Hotel, five benches for Sinkunia community gardens, and three dog houses for SCARS Walls for Winter program. The Southeast Men's shed meets every Thursday at 7pm at the Kenilworth community league. If you are interested, please pop by on Thursday evenings, or contact Morris at mreid2057@gmail.com



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NSH

NORTH SEERA HOCKEY
Competitive, Co-ed, Community Hockey

**Registration Opens
June 1, 2023**

North SEERA facilitates teams in the U7, U9, U11 and U13 age categories.

Exciting changes are in the works for the upcoming season!

We have been working hard to increase our programming: Look for development camp and power skating registrations when you are doing your general registration.

@north_seerahockey
North Seera Hockey Society

www.northseera.ca



Southwoods
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Programs	** (empty) **	programs@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

Avonmore Community League Annual General Meeting (AGM)

Wednesday, May 10 @ 7:30 pm

During the AGM, there will be a presentation from Avonmore Vision Project on the next steps, Community League Highlights & Financial Statement for 2023-2024 & Budget for 2023-2024. We will then have an Election for New Board Members and a Notice of Motion to Adopt New Bylaws. Before the meeting, a copy of the new bylaws will be sent to all current members. Avonmore has applied for federal grants to upgrade the building to be Net zero. This includes solar panels,

geothermal heating/cooling, and building upgrades. As part of the grant, we will be exploring accessibility options which include building an addition. We require a Special Resolution to continue beyond the planning stages for this project. Register on Eventbrite <https://www.eventbrite.ca/e/annual-general-meeting-acl-tickets-615274010127> You will receive an agenda, updated bylaws, reports, and a Zoom link to participate online. You must be a member of the League to nominate someone, run for office, and vote at the AGM.

URGENT - Soccer Director Needed

The Avonmore Soccer Program is in critical need of a Director to take on this community program. Without a Director stepping up immediately, this long standing and beloved program will cease to exist in the Avonmore Community.

The previous director has agreed to help any individual or group with learning how to administer this program so if you, or anyone you know, are interested in maintaining this program, please contact Boris at sports@avonmore.org.

Glow Yoga Kids Summer Camp

Glow Yoga will be hosting a few of their week long kids yoga summer camps at the Avonmore Community League hall.

The July event is full, but you can still register for the August 21-25 camp. Full day

is 9am-3pm for \$280 +gst and the half day camp is 9am-11:45 am and 12:15 pm-3:00 pm for \$160+gst.

Visit glowyogakids.com or email info@glowyogakids.com to register.

Avonmore Welcoming Committee - Consider Volunteering!

The welcoming committee needs volunteers! Do you walk your dog around the neighbourhood every evening? Consider taking on the easy task of being a 'newcomer scout'. If you see somebody moving in, note the address, and update the google spreadsheet. It's that easy! No middle man, and no other tasks needed of you. Now, we also need brave souls who would like to be 'greeters' and physically

deliver the welcome packages to the newcomers. If you're an enthusiastic and friendly, welcoming person consider signing up! By giving people a warm welcome, we increase the chances of our newcomer friends becoming active members of the community. We hope to assemble 6-8 greeters to make this committee happen. Email president@avonmore.org to sign up as a scout or greeter.

Avonmore Vision is ready for everyone!

This is our community vision, so we need you to tell us what you like and what could be changed. We will share the final version at the AGM in May. You can learn more at <https://avonmore.org/vision/> or download it from this QR code.



Blg Bin & Garage Sale Event

Saturday May 27, 2023 9am-noon

Our annual clean-up event is happening on May 27. It will be hosted at Avonmore Hall Parking Lot 7902-73 Ave. Clean up your basement,

garage, and yard. Share your unwanted treasures with your neighbours. Help clean up the boulevards, alleys and parks. Watch for details on FB, Instagram, and the hall bulletin board.

Programs Director Needed

We are in search of a Programs Director! Are you interested in helping with events and programs but not sure if you'd like to be the director?

You can always be part of the Programs committee, and plan an event without hav-

ing to commit to the responsibility of monthly board meetings. This goes for any of the positions, consider taking on one or two responsibilities to help this community stay vibrant and active. Reach out to president@avonmore.org if you'd like to help.

Community Coffee - 1st and 3rd Wednesdays

Community Coffee Mornings are on the 1st and 3rd Wednesdays of every month at 10:00 a.m.. Everyone is welcome to attend. This is a great opportunity to get to know your neigh-

bours 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.

Avonmore Book Club

Avonmore Book Club meets every 4 -6 weeks on Sunday evenings. New members are always welcome. Contact pastpresident@avonmore.org for details.

Avonmore Moves

In Avonmore, we are running a movement initiative, in support of mental health. We know there is a definite connection between mental health and exercise! Since the beginning of June 2021, we've encouraged Avonmore residents to track movement in kilometres. Some residents use a device that tracks their movement of steps, running, biking or others calculate 20 minutes of workouts which equals 1.6 kms. Community members record their movement and send their information to me so we record the numbers for the whole neighbourhood. We are participating in a Community Challenge with 5 other surrounding communities.

We have 14 people who regularly track their movement and send in their numbers. From the beginning of June 2021 to April 16, 2023 we have moved a total of 115,438.9. We are heading towards our third trip around the earth of 120,225 kms before the end of May 2023. (The circumference of the earth

is 40,075 kms). We only need an additional 4,786.1 to hit our goal of 3X around the earth. WE WILL DO IT!!!!

We want you to join us in tracking our movement! Anything you or your kids do that is active is eligible! Just count 20 minutes of exercise is equivalent to 1.6 kms! We would like everyone who can log their workouts, steps or biking kms to join us! Please join us the rest of Avonmore is this fun way to improve our physical and mental health by doing these two things:

1. Send me an email at active@Avonmore.org and get started recording your own movement.

2. Sending this same email address to everyone in your Avonmore contact list so they can join in.

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

Avonmore Parent, Baby and Tot Playgroup

The playgroup is located at the Avonmore Community Hall, and runs every Monday from 9:00 am - 11:00 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 socialise 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.

Avonmore Community League Merchandise

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

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

Avonmore Green Shack

PM Only Schedule (2:30-5:30pm Mon-Fri)
The Green Shack Program is back this summer and is running from July to August. Get active and join in on games, sport, crafts, music, drama and special events! A complete list of activities and special events is posted on the side of Green Shacks each week. If there is a game or activity that piques your child's interest that you would like to have included in the programming, just ask the Program Leader.

Program leaders will be hosting a variety of games, challenges and activities that are sure to get kids active and having fun!

Program Leaders are easily identified by their blue shirts and may be assisted by volunteer leaders in training. All leaders:

Have completed a security clearance process, are trained in first aid, and are certified specialists in fun!

Ensure participants play safely (Parents are responsible for their children at all times and must be available in the event of an emergency).

Programming is still available on rainy/snowy days, but may be cancelled during severe weather.. Please visit edmonton.ca/GreenShacks for more information.

Hall Rental

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

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 Canadian Maple? Well...

Biggle (located at 8526 109 St NW) is offering 15% off on all their maple products online or instore by applying the promo code (VIPCODE).

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.



Shinny Ice Hockey

Spring/Summer hockey ice times are Thursday's 9:45pm @ Argyll arena. We will play from April to August 2023.

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 professionals. We choose different teams each session while still keeping the teams balanced.

We play for 1.5 hours with a \$20 drop in fee or \$300 for all sessions. Paying for all ses-

sions will guarantee you a spot every week. 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 Playschool

If you were unable to make our open house in March, we welcome families of children ages 3-5 to come visit us, meet with the teachers, and explore our fun and inviting space. Email us at playschool@avonmore.org to set up a personal tour of the playschool or to ask our teachers any questions.

All new Playschool summer program

For children Ages 3-6 years old

Tuesdays and Thursdays this summer

July Dates
4,6,11,13,18,20
August Dates
8,10,15,17,22,24

Cost will be \$50.00 for July and \$50.00 for August or free if you qualify for Alberta child-care subsidy

For more information or to register email Jamie at playschool@avonmore.org

Crochet Club

Come join us for the new Avonmore Crochet Club. This will be a recurring event on the 1st Thursday of every month at the Avonmore Community Hall. The event will run from 6-9pm and there will be limited supplies

so please sign up early by contacting Adele at grants@avonmore.org. Come out and share your current work in progress and celebrate the creativity of your fellow Avonmore residents.

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 "Avon-

more Concert Series". Come join us!

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

Twitter: @AvonmoreLeague

Instagram: avonmoreleague

Community Music Classes for children ages 1-5

Classes are free and are always held on a Monday at 10:00am at the Avonmore Community Hall.

Come join us for a fun 1/2 hour of music and dance from our wonderful music teacher Dawn Bissett. Next music class date: May 8th.

Community Swim

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

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

- 5:00 pm

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

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

Visit www.edmonton.ca for more info.

Mill Creek Ravine Trestle Bridge Replacement

The Mill Creek Trestle Bridge (just north of 76 Ave) is expected to be replaced near the end of this year. It was originally constructed in 1902 as a rail bridge, but the rail company replaced most of the original materials before it was handed over to the City. It is still safe to use, but the timber supports have a lot of

rot and so the entire bridge will need to be replaced. The bridge is expected to be closed for about a year starting in "late 2023". During this time the trail will be detoured. More information is available on the project's webpage "edmonton.ca/projects_plans/roads/mill-creek-ravine-trestle-bridge-replacement"

Avonmore Community Sponsors



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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.

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City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”

Check us out on Instagram @capilanocommunity

Capilano Community Memberships

Want to be part of a conscientious, vibrant, and fun community? Want to access (at often reduced fees) community programs and facilities? Become a Capilano Community League today!

How much does it cost?

\$20/family \$10/Single \$10/Senior

Purchase a membership through the following:

--Contact Jean at 780 863 0914

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

--Edmonton Federation of Community Leagues (EFCL) (online only) Please note that through EFCL, only family memberships are available, and a \$5.00 admin fee is added.

Thank you for supporting all our partners who support our community!

WHY should I become a member?

--A community group able to address the concerns of residents whose main priority is

the well-being of the community.

--City of Edmonton Community League Wellness Program (Community League Members receive discounts on City of Edmonton Passes) https://www.edmonton.ca/activities_parks_recreation/community-league-wellness-program

--Affiliation with Neighborhood Watch

--Discount membership at Hardisty Leisure Centre.

--Free community swim times at Hardisty Leisure Centre (at designated times)

--Use of Capilano Community skating facilities

--Access to community programs and courses

--Capilano Tennis club eligibility

--Opportunity to enroll children in area sports and recreational programs (Membership is mandatory to join)

--Capilano Hall Rental Discount

--Capilano Big Bin Event Access

Capilano Seniors' Afternoon Program

The Capilano Community League is bringing the SCONA Seniors Centre in to facilitate a program at our community league.

If you would like to try us on for size, please call 780-433-5377. Cost is only \$10 (Coffee, lunch and prizes provided). Hope to see you there! Upcoming dates: May 23, June 20 (Tuesdays)

Time: 12:30 to 2:30 p.m. (If you are taking DATS, book pick up time for 2 p.m.)

Location: Capilano Community League Hall – 10810-54 Street

Cost: \$10, includes lunch/coffee/prizes

Please watch our Facebook Page for last minute updates.

Choose Capilano Hall for your Event!

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new flooring and a fresh new coat of paint and all amenities are available to make any event special. Hall capacity is 80. **Third party/ liability insurance is required for ALL hall rentals.**

Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. You must reside in the Capilano boundaries and have a current community league membership to get the member rates.

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

Capilano – June 21 Annual General Meeting

Join us for Capilano Community League's AGM!

When: June 21, 2023 at 7 p.m.

Where: Capilano Community League Hall (10810-54 Street)

Agenda:

--Annual president's report

--Treasurer's report

--Election of officers

All Capilano Community League members are welcome! All attendees will receive a free community league membership!

Come out for Hatha style yoga!

Day: Wednesday at Capilano Hall

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

Cost: \$10 per class

The first class is free for new participants.

Join in at any time and purchase the number of sessions you would like to attend. Yoga runs through to the end of June.

Payments can be cash, cheque or e-transfer to email below.

All levels welcome, slower paced classes with a focus on building strength and stability as well as relaxation and stress release. Every class is different and based on specific themes.

Please bring a yoga mat and come check it out.

For more information contact: Nancy_conlin@hotmail.com

Total Body Fitness – Capilano Community

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome! We are outside next to the hall as long as the weather cooperates, and the rain out location is inside the community hall.

Tuesday class at 6:45 p.m.

Thursday class at 6:45 p.m.

This session runs May 2/4 to June 20/22, 2023.

\$90 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 or Instagram.

Thursday Strong – Capilano Community

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.

Thursday class at 8 p.m.

This session runs May 4 to June 22, 2023.

\$90 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 or Instagram

Tuesday Kettlebells – Capilano Community

This class uses the full body techniques of kettlebells- you will learn some classic kettlebell movements like the swing, snatch and many more. You do not need any kettlebell experience to join in this class- it will build onto skills from each week. I will supply the kettlebells.

*I am a certified Agatsu kettlebell coach.

Tuesday class at 8 p.m.

This session runs from May 2 to June 20, 2023.

\$90 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 or Instagram.

Capilano Tennis Club

Open for 2023 Season

The Capilano Tennis Club (10810-54 Street) is open for the 2023 season. Camps and lessons start May 1, 2023, and as always, new

members are welcome at <https://capilanotennis.ca/join-us/>.

If you have any questions, contact the club at info@capilanotennis.ca. See you on the courts!

Capilano Playschool – Accepting Registrations

We follow a “learn through play” philosophy providing children with a fun and supportive early learning environment.

We offer a full-time program (5 mornings a week) from 8:45 to 11:15 a.m. as well as part-time options (3 days M/W/F or 2 days T/Th). We are located in Hardisty School. (10534-62 St.).

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

Now accepting September 2023 registrations - register now before spots fill up!

Karate at Capilano Hall!

Time to break out of your routine – get off your couch and get on our floor. Okinawan Goju ryu Karate and Ryukyu Kobudo are at Capilano Hall on Wednesday nights.

Get yourself, your kids, or the whole family active. We have family rates available. Karate is a great activity that helps calm and focus the mind, strengthen, and stretch the body, and helps you manage stress better. Plus learn

some great karate moves.

Why break the bank when you can train locally, support your local community, and receive quality instruction in a Karate Alberta-affiliated dojo, where you will receive top instruction from an internationally ranked instructor. All for a fraction of the cost. Find us on - facebook.com/RyukyuKaratedoKobudo or text/ call 780-619-3136.

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!

2023 Green Shack – Stay Tuned for Details!

Capilano Community Park (10810 – 54 St.) will have a Green Shack program again this summer! The dates and time are still being worked out – STAY TUNED for more details in the next issue.

DATES: July and August (weekdays)

TIMES: To Be Determined

A playground leader will deliver FREE playground programs for children 6-12 years old that includes drop-in sports, games, activities, and crafts.

CAPILANO COMMUNITY BIG BIN EVENT

SATURDAY JUNE 10, 2023

10AM-1PM

at the Community Hall 10810-54 St

Open to Capilano Community League members ONLY:
must have a current community membership

****Memberships will also be available for purchase at the event: \$20/family or \$10 single/senior ** CASH ONLY**

ITEMS THAT WILL NOT BE ACCEPTED:

MATTRESSES & BOX SPRINGS, HAZARDOUS WASTE MATERIALS, TIRES, OIL/GAS, PAINT CANS, APPLIANCES WITH COMPRESSORS (FRIDGES & FREEZERS)

We have partnered with FIND Edmonton (findedmonton.com) and will be accepting donations of household items. Please see our website for what kinds of items are being accepted.

IF YOU HAVE ANY QUESTIONS ABOUT THE EVENT PLEASE CONTACT MARZENA 780-909-5886 OR JEAN 780-863-0914



Capilano Community Neighborhood Garage Sale!!

We are planning a Capilano Community-Wide

GARAGE Sale

Saturday, June 3, 2023

9AM- 3PM

Would you like to sign up and participate on the day of our event?
Register by May 27, 2023

For More Information
call/ email
Marzena 780-909-5886
zena823@shaw.ca



To have your garage sale/ address advertised as part of our event you need to be a resident of Capilano & have a current Capilano Community League membership.

**For memberships:
call Jean 780-863-0914**



Volunteers Needed!!

Capilano's next Casino is coming up on

SUNDAY AUGUST 27

&

MONDAY AUGUST 28, 2023

If you are interested in volunteering please contact

Marzena @ 780-909-5886 or

Jean @ 780-863-0914

FREE swim for Capilano community members on Sundays

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

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

The indoor community swim program runs from the second weekend in September until the end of June. Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

Capilano Babysitting Registry

Babysitters needed! The Capilano Babysitting registry is looking to add babysitters to our registry. Please email babysittingregistry@capilano.ca for more details. Parents looking for a sitter can also email this address to get connected to a sitter in our area.

capilano.ca for more details. Parents looking for a sitter can also email this address to get connected to a sitter in our area.

2023 Board of Directors Contact List

Position	Name & E-mail
President	Name: Dave Email: president@cloverdalecommunity.com
Past-President	Name: Reg Email: pastpresident@cloverdalecommunity.com
Vice-President	Name: VACANT Email: vicepresident@cloverdalecommunity.com
Secretary	Name: Braden Email: secretary@cloverdalecommunity.com
Treasurer	Name: Leigh Email: treasurer@cloverdalecommunity.com
Civics Director	Name: Carly Email: civicsdirector@cloverdalecommunity.com
Folk Festival Liaison Director	Name: Jayne Email: folkfest@cloverdalecommunity.com
Communications Director	Name: VACANT Email: communications@cloverdalecommunity.com
Social Director	Name: VACANT Email: socialdirector@cloverdalecommunity.com
Program Director	Name: Jennifer Email: programmedirector@cloverdalecommunity.com
Membership	Name: Marilyn Email: membership@cloverdalecommunity.com
Committee Leads	
Casino Coordinators	Name: Braden Email: casino@cloverdalecommunity.com
Edmonton Ski Club Liaison	Name: Kevin Email: skiclub_chair@cloverdalecommunity.com
Flood Mitigation	Name: Eric Email: floodmitigation_chair@cloverdalecommunity.com
Community Garden (CCGC) Chair	Name: Jeanette Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: VACANT Email: seniors@cloverdalecommunity.com
LRT Citizens Committee	Name: Graham Email: lrtcommittee_cochair@cloverdalecommunity.com

CCL Volunteer Appreciation Afternoon Party!

Come out to show the many volunteers of the Cloverdale Community League over the last few years some appreciation, as well as visit with your neighbours! The CCL Volunteer Appreciation Afternoon will be June 10 from

2–5 pm at the Cloverdale hall patio, with the program at 4 pm. This free event will have live music, a toonie bar, appetizers, and there will also be a local brewery tasting on site! We hope to see you on the patio!

Big Bin Event & River Valley Clean Up

The Big Bin Event and River Valley Clean Up is a free opportunity to dispose of large non-toxic and non-hazardous household and yard waste items, swap gently used books and toys, and get some facetime with your neighbours! The brunch and cleanup event will be May 28 from 10am–3pm, and will start with a pancake breakfast at the Community League Hall!

Join in for breakfast (10am–12pm), help

clean up the neighbourhood, drop off your large disposable items, and take part in the toy/book swap for gently used items from your neighbourhood families!

We are in need of volunteers for the event! If you can help serve up pancakes, monitor the big bin, assist with the swap, or help clean up your neighbourhood, please email your abilities to Leigh at: treasurer@cloverdalecommunity.com

Sportball Soccer Starts Soon!

Outdoor Sportball soccer programs begin this May in Cloverdale! Children can take part starting at 2 years old, and continue until they are ready to enter leagues. Classes are packed with high-energy fun, using imaginative coaching techniques and a continuous flow of drills and games to keep things rolling along. Kids are challenged to develop and improve skills such as passing, throw-ins, dribbling and goalie skills, without be-

ing discouraged by the demands of competition or differing levels of natural ability. We introduce the simple rules of fair play and the ethics of sport so that kids can have fun and feel safe while they learn to play soccer. Take part this season by visiting the cloverdale community website for more information:

www.cloverdalecommunity.com/sportball-soccer

Casino Volunteers Needed for Cloverdale

The Community League is seeking volunteers to do shifts at the Grand Villa Casino on Sunday, September 24 and Monday, September 25, 2023. The casino is an important source of revenue that helps run programs in the community,

operate the Cloverdale Community League hall and support ongoing maintenance and improvements. Please consider volunteering by emailing the Cloverdale League casino liaison: casino@cloverdalecommunity.com

Country Rock Night With The Denim Daddies: New Dates!

After their first event had to be postponed, the CCL is pleased to announce that The Denim Daddies have been rescheduled to kick off Country Rock Night at the Community League Hall on Saturday, June 3rd! This family event is free for kids, \$15 for CCL members, and \$20 for non-members and door tickets. Doors open at 7 with the show at 8pm, and there will be a full bar and snacks available! Visit our website for tickets.

ABOUT THE DENIM DADDIES:

Finding ways to satisfy the tastes of both purists and newbies of the country genre, The Denim Daddies are burning up every stage

they grace with outlaw-inspired alt-country that parties as hard as they do. With tunes about hoedowns gone right, hootenannies gone wrong, and the pain in your heart after hearing a Luke Bryan song, they're doing it on their own terms. Several old guys once told them their sound was reminiscent of The Flying Burrito Brothers. A man with a mullet said they sounded like Steve Earle. Rick's mom says they sound like Sweet Revenge era John Prime. Thanks, mom. Catch The Denim Daddies riding off into a sunset near you on June 3rd. They'll be in their van of course. None of them can ride horses.

AGM Announcement!

If you live in Cloverdale, you are invited to join your neighbours for the Cloverdale Community League Annual General Meeting, held on Monday, June 19 at 7pm at the Cloverdale Community League Hall. This event is your chance to learn about upcoming projects in your neighbourhood, hear a year recap report

from your league board, and vote for the new board! Currently, we are in need of community members for the roles of President, Vice-President, Social Director, and Communications. Please visit our News section on the website for the meeting agenda, board-committee positions, and more information.

Construction Begins on Cloverdale Pump Station

EPCOR Drainage construction will begin this May at the Cloverdale Pump Station facility. This station is located in Gallagher Park at 9626 96A Street near the Muttart Conservatory & the Edmonton Ski Club (on the Muttart/North side of the trail, between the Conservatory pyramids and the greenhouses). EPCOR notes that construction will take approximately 6 months to complete, and should affect both inside and outside the facility.

"The Cloverdale Pump Station delivers sanitary drainage services to EPCOR customers in the City of Edmonton by conveying waste

water to the treatment plant," states Ashley Barbosa, Communications Advisor with the Drainage Services team at EPCOR. "As part of EPCOR's maintenance program, this station was identified as requiring rehabilitation to maintain the functionality and improve the overall safety of the station."

The exact end date of the project was noted as being variable, due to material availability, weather, construction conditions, and internal approvals. A map of the construction zone has been posted to the community league's website: cloverdalecommunity.com

The Landing Now Included in Folk Fest Ticket Policy

The CCL is excited to announce that residents of The Landing will now be included in the Folk Festival ticket distribution for Cloverdale. As per last year, in order to obtain a Cloverdale Folk Fest ticket you will need to be a resident of Cloverdale and must have your Cloverdale Community League membership (purchased before the ticket pick up day). Memberships can be

purchased by going to the membership page on the Cloverdale Community website.

The CCL Board would like to thank our Folk Festival Committee, Folk Fest Liaison, and the Folk Fest itself for their time spent negotiating this policy that now includes the whole community. We look forward to a musical summer ahead, and we'll see you on the hill!

Forest Terrace Heights

10150 - 80th Street
forestterrace.org

May 13: Group Ride & BBQ

It's time to get your pedals moving again! On May 13, bring your bike to the Forest Terrace Heights Community Hall for a tune-up then kick off the season with a community ride. Get your bike tuned up anytime between 9 and 11 a.m., then join the ride to Goldbar Park at 11.

Finish off the morning with a free BBQ for your family and neighbours!

Saturday, May 13
9-11 a.m. | Bike Tune-ups
11 a.m. | Ride to Goldbar Park Starts
Noon | BBQ at Goldbar Park Site 2 (10955 50 St NW)

JUNE 7: Annual General Meeting

This year's Annual General Meeting (AGM) is set for June 7, and we invite anyone from the community to join. At the AGM, you'll get a chance to meet the board, hear about the progress made throughout the year, discuss important plans, and learn more about what we have in store for the future. It's a great opportunity to connect with other community

members and share your ideas and suggestions. We'll have food and drinks — just bring your lawn chair! We hope that you'll join us for this informative evening.

Wednesday, June 7
7-9 p.m.
Forest Terrace Heights Community League
Rink (10150 80 St NW)

JUNE 17: Community Big Bin Event

Don't miss the Annual Community Big Bin Event! The Big Bin is for household items that can't be set out for regular waste collection. Forest Heights Community League members can drop off items such as old couches, chairs, mattresses, and appliances free of charge. Memberships will be available for purchase or buy yours in advance at forestterrace.org. The event runs from 9 a.m. to 1 p.m. OR until the bin is full. Thank you to Legend Automotive for letting us set up in your parking lot!

Saturday, June 17



9 a.m.–1 p.m.
Legend Automotive Centre (7110 98 Ave NW)

Cycling Mommas Returns!

Are you a cycling enthusiast looking to get back in the saddle this spring? Every April to June, the Cycling Mommas group rides the river valley trails twice a week for ten weeks.

This beloved group has been running for 50 years — providing a fantastic opportunity, camaraderie, and affordable event childcare. So, dust off that bike and get ready to hit the road!

Every Tuesday and Thurs. (April 18–June 22)
\$40/ride + \$20/child (if needed)
Ride 9:30–10:30 a.m.
Coffee and Snacks 10:30–11:15 a.m.
Starting from Grace United Church parking lot (6215 104 Ave NW)
Interested? Email cyclingmamas@gmail.com or call Jo-Ann at (780) 807-8374.

Wait to Rake

Many of us are eager to start raking and cleaning our lawns after the snow thaws. But tons of little critters are still sleeping, and leaving your leaves untouched is good for the bugs and biodiversity. By cleaning up your lawn too

early, you could be killing off some of your best pollinators. Experts recommend holding off until the ground is thoroughly defrosted. So sit back, relax, and start your outdoor spring cleaning in a few weeks!

Neighbourhood News

Want the latest on upcoming Forest Terrace Heights community events? Be sure to sign up for our e-newsletter by visiting forestterrace.org/newsletter. You can also find us on Face-

book and Instagram! Do YOU have an upcoming event, a fantastic photo from the community, or a great Forest Terrace Heights story? We want to share it! Email newsletter@forestterrace.org.

Nominate a Neighbour Bouquet

In partnership with Capilano Grower Direct, the Forest Terrace Heights Community League gives away a flower bouquet each month to a deserving resident in our community. Do you have an amazing neighbour you would like to recognize? Contact Sonya at memberships@forestterrace.org or call 780-463-1613.

Next Board Meeting

Everyone in the community is welcome to attend board meetings on the first Wednesday of the month at 7 p.m. Please get in touch with Jeffrey at president@forestterrace.org to join. You can find the list of board members forestterrace.org/board-of-directors.

Community Garden Tour

Do you have an amazing or unique garden? The Forest Terrace Heights Community League hosts a garden tour to showcase some of the neighbourhood's best blooms! The tour is done on a bike or by walking in July — date TBD. It's the perfect motivator to get your showstopper garden ready! If you want to include your garden in the tour or are interested in volunteering, email Meagan at meagan@forestterrace.org.



Memberships

You can now purchase your Forest Terrace Heights Community League memberships online!

\$30 FAMILY | \$15 INDIVIDUAL | \$10 SENIOR

With your membership, you'll get free community swims, hall rentals discounts, reduced rates from local businesses and more! Visit for-

estterrace.org. Memberships can also be purchased at Grower Direct on 101 Ave for those who prefer cash. If you are new to the neighbourhood, your first membership is free! Please get in touch with Sonya at memberships@forestterrace.org or 780-463-1613 for more information. Current memberships are good until Aug. 31. New memberships are coming soon!

Putting the Brakes on Cars in Parkland

The City of Edmonton has received concerns from residents in Forest Heights about vehicles driving across the McNally High School sports field to park on at the lookout/viewpoint over the North Saskatchewan River. Park Rangers are

proactively patrolling the area, putting up signage, and handing out tickets. Vehicles found on parkland are in violation of Bylaw 2202 and liable to a \$250 fine. If you have a concern with respect to parkland usage, contact 311.



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency
office for assistance with:

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

780-495-8404

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



www.heathermcpherson.ndp.ca

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Fulton Place Board

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7808867794

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Gavin

Vice President League Affairs
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Ice Rink
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Miles

Seniors Liaison
info@fultonplace.org

Esther

Director/Community Garden
esther@fultonplace.org

Michelle

Director/Walking Group Coordinator
michelle@fultonplace.org

Facilities

Nathan
facilities@fultonplace.org



Cycling Mommas

Cycling Mommas is celebrating 50 years (plus)! On May 28, join us at Grace United Church after the service at 11:30 for a potluck lunch. We will be sharing memories, stories and photos as well as adding to a time capsule. If you have a story or photo you would like to share you can email it to cm50celebration@gmail.com or talk to Shannon Allen or Aimee Calayo.

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

Community Swim

Our Community Swim is Saturdays from 2:00 p.m. to 4:00 p.m. at ACT Aquatic and Recreation Centre and on Sundays, 1:15 p.m. to 2:45 p.m., at Hardisty Fitness and Leisure Centre and both are FREE for Fulton Place Community League members. The 2022-2023 community swim season runs until June 18, 2023. Community swims do not take place on Statutory Holidays or days the facilities close early such as Easter Sunday.

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.

8th Annual Garden Tour

Planning for the 8th Annual Fulton Place Garden Tour is underway and we are looking for potential gardens to add to the tour. Do you have an amazing or unique garden OR know a neighbour that has an extraordinary garden space? If you would like to be considered, or if you would like to nominate a garden, please

email programmer@fultonplace.org.

Include your name and address and the name and address of any nominees. Nominees will be contacted for more information and to arrange a visit. Finalized tour dates are to be confirmed but will fall around the summer solstice in June.

Big Bin Event and Community Garage Sale June 10th

Date: Saturday June 10, 2023, 9 am - 2 pm
Where: Fulton Place Community Hall (6115 Fulton Road), outdoor event weather permitting, garage sale will move indoors if weather is an issue.

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

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

Bring your household items that are too large for regular garbage collection. We will also have the **Take It Or Leave It space** if you want to take an item/leave an item.

This year we will be collecting e-waste for recycle again, so bring in your old unwanted electronics.

By bringing in your end-of-life TVs, monitors, computers, laptops, printers, and household electronics your community league will receive funding per unit to help support Community League activities.

This year we have also partnered with the Inclusion Alberta organization again, they will once again have a truck on site to collect home goods for individuals with disabilities.

Join Fulton Place Root for Trees

In partnership with the City of Edmonton, Fulton Place Community League is participating in a volunteer wildflower and tree planting initiative on **Saturday, June 24th at Cloverdale Hill from 1:00 to 3:00 pm.**

All ages are welcome. Volunteers are provided with shovels, gloves and plant material.

As the planting is outdoors, please dress for the weather and wear closed-toed shoes. For more details or to register for the event, please email michelle@fultonplace.org

Registration is required to plan for equipment needs.

The Fulton Place Walking Club

Thank you for your feedback, we're starting again May 3 with One-hour walks every week in May starting from the Fulton Place Community League Hall - 6115 Fulton Road

Wednesday evenings at 7:00 PM (slower pace) AND **Sunday Mornings at 9:00 AM**

If you'd like to provide feedback on the date and times of walks please complete the survey here through our website. If you have any questions or are interested in hosting, please email michelle@fultonplace.org

Gardener's Swap & Sale

Join us for our Spring Gardener's Swap & Sale on **Saturday, May 27 2023, 9:00 a.m. to 12:00 p.m.** at the Fulton Place Community League Hall. Bring any plants (indoor or outdoor), seedlings, perennials, tools, magazines, books, etc.

Bring your extras and take away new treasures.

Whether this is your 1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn something new or just have fun talking to your neighbours about flowers! Hope to see you there, rain or shine. For more information please phone Jessica at 780-803-8169.

Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*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@hotmail.com
Bingo Director - Parkway	Charlene Lazenby	charlenelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Dominique Kott	dQ.kott@gmail.com.
Sign Director	Alison Boese	akcurtis23@yahoo.ca

Goldbar Community Memberships Available Now!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEE-SA (9350-82St) come check out these wonderful business and pick up your community membership. Check your local pool for community swim times. Please Remember Your Card.

WE NEED YOUR HELP!! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU ! If you're interested in helping your community

by selling memberships, we have short and long routes available.

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.

Membership Contest!

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

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

VOLUNTEERS NEEDED

If anyone is interested in working these events, please call Lorie@ 780-447-1110. Funds raised are used for community events.

Parkway Bingo:

Sunday April 9 evening/ late night
Monday May 15 evening/ late night

Saturday May 27 afternoon only
Saturday June 17 afternoon only
Monday July 17, evening late night
Fort Road:
Tuesday June 6 afternoon/ evening
Wed July 26, afternoon/evening.

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. Weather permitted we will be next to the playground.

This session May 1- June 26 (no class May 22)
Mondays from 930-1030am
Contact Lisa to register or with any questions.

Mondays \$72 or \$12 drop in
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Bin There Dump That- Big Bin Event

Gold Bar Hall Parking Lot
Gold Bar membership required.
Sat June 10 9am- 3pm

The free waste disposal event is only open to Gold Bar residents with an active GBCL membership.

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. Weather Permitting we will outdoors next to the hall.

This Session Runs May 7- June 25 no class

May 21

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

Contact Lisa to register or with any questions.

Sundays \$92

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

Yoga at Gold Bar Community Hall

Hatha style yoga

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

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

\$10.00 per class with attending weekly sessions

\$12.00 drop in

1st class is free for new participant's

Join in at anytime and purchase the number of sessions you would like to attend. Yoga

runs through to the end of June.

Payments can be cash, cheque or etransfer to email below

All levels welcome, slower paced classes with focus on building strength and stability as well as relaxation and stress release. Every class is different and is based on specific themes.

Bring a yoga mat, come check it out

Gold Bar Preschool

Gold Bar Preschool is now accepting registrations for the 2023/2024 school year! We offer a unique, play-based, outdoor focused preschool program for 3- 4 year olds. We provide a welcoming, inclusive environment for our students to explore the world around them through play-based experiences and outdoor exploration. We will be running a morning class three days per

week as well as an afternoon class two days per week. Space is limited.

We are located in the Gold Bar Elementary School (10524 46 Street)

For more information on our parent cooperative program or to register, please visit our website www.goldbarpreschool.com or email us at goldbarpreschoolparents@gmail.com

Hold the Date

May 13, 2023

5-8 PM spring fling family dance

Goldbar Hall

Music Meal and Glitter tattoos



Helping you grow towards wellness.

In-person & online sessions available. **Low-cost** options.

You don't need to struggle on your own. At Strathearn Psychology, we are passionate about joining with you to help you turn those struggles into growth.

780-757-9536
takecare@strathearnpsychology.com
NEW LOCATION #300, 8104 - 82 Avenue

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Find out more at
strathearnpsychology.com

Have your own reasons for healthier eating

Your reasons for healthy eating are really important. Don't do it just because your spouse, friend, or someone else wants you to eat healthier. What makes you want to change how you eat? Do you:

- Want to feel better and have more energy?
- Want to improve your health?
- Want to prevent or treat health problems, such as high blood pressure, high cholesterol, or diabetes?
- Have another reason for wanting to do it?

Whatever your reason, you may already know what areas you want to work on. Maybe you want to cut back on high-fat snacks or eat more high-fibre foods.

If you aren't sure where to start, keeping a food diary can help. For a week or two, write down everything you eat. It will help you see which foods you need to eat more of and which foods you eat too often. Then compare what you are eating to Canada's Food Guide.

Set goals you can reach. Ask yourself if you feel ready to begin taking steps toward big goals. If you're not ready yet, try to pick a date when you will start making small changes. Any healthy change—no matter how small—is a good start.

When you are clear about your reasons for wanting to make a change, it's time to set your goals.

- Long-term goals: These are goals that you want to reach in six to 12 months. A long-term goal might be to eat plenty of vegetables and fruits every day.

- Short-term goals: You may not be ready to eat more vegetables and fruits every day. What are the short-term goals that will help you get there? Your first small goal might be to eat fruit at breakfast each day. As soon as you've reached that goal, you can set a new one by adding vegetables or fruits to your lunch or dinner. Or you could try eating a piece of fruit as a snack every day.
- Update your goals: It will help you stay motivated if you track your progress and update your goals as you move forward.

Tips for setting goals:

- Focus on small goals. This will help you reach larger goals over time. With smaller goals, you'll have success more often, which will help you stay with it.

- Write down your goals. This will help you remember, and you'll have a clearer idea of what you want to achieve. Make a personal action plan where you can record your goals. Hang up your plan where you will see it often. It will remind you of what you're trying to do.

- Make your goals specific. Specific goals help you measure your progress and adjust your plan. For example, setting a goal to eat vegetables two times each day is better than a general goal to "eat more vegetables."

- Focus on one goal at a time. By doing this, you're less likely to feel overwhelmed and then give up.

- As soon as you reach a goal, set a new one.

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- Wills and Estates
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Holyrood Community League Contacts

President - VACANT	president@holyroodcommunity.org
Vice President - Megan	vicepresident@holyroodcommunity.org
Treasurer - Vonn	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - VACANT	programs@holyroodcommunity.org
Sports & Fitness - Paul	sports@holyroodcommunity.org
Memberships - Nor'Ali	memberships@holyroodcommunity.org
Facilities & Grounds - VACANT	facilities@holyroodcommunity.org
Communications - Jana	communications@holyroodcommunity.org
Events - Elisa	social@holyroodcommunity.org
Civics - Carmen	carmen@holyroodcommunity.org
Holyrood Development Committee - VACANT	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playschool - Laurence	playschool@holyroodcommunity.org
Playgroup - VACANT	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.

Easter/Spring Event was a rousing success!



We had a fantastic turnout for our Easter/Spring event this year! Thanks to our new Events Director, Elisa, and our Community Engagement Director, Christine, who planned a very fun event. The activities included 2 scav-

enger hunts, face painting, a Holyrood Rocks table with Kim, and even the Easter bunny himself came out to celebrate! It was so nice to see all the community after a long winter, come out and celebrate the sun.

Join us for Pow Wow and Round Dance 101

In 2022, we received a \$17,000 Community and Safety wellbeing grant from the City of Edmonton. This grant which is to be used in 2023-2024 will support the Holyrood Community Reconciliation Initiative. This initiative will engage with Indigenous-led organisations to support community learning through cultural workshops and including Indigenous dancers, musicians and artisans in our community events. By focusing on reconciliation and Indigenous cultures and practices, we hope to contribute to our community's well-being by

increasing visibility and representation and offering opportunities for connection to arts and culture, community and spirit. These Indigenous learning workshops will be free and open to all ages. On May 27, 2023, from 2-4pm, the first Indigenous learning workshop will be held at Strathearn Community League Hall. In this session, you will learn about the celebration of Pow Wow, connection to the drum and the basic intertribal step, a freeze dance game and a group round dance. Everyone is welcome to this free workshop!



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HOLYROOD COMMUNITY LEAGUE BOARD

Hopefully next month we will have a big update for you - this paper goes to print the day before our AGM. The vacancies we have on the board are listed below. If you missed our AGM but would still like to volunteer in any capacity, please shoot an email over to megan@holyroodcommunity.org and we will get you connected! 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. If you are interested in any of the following positions, please email megan@holyroodcommunity.org

LEADERSHIP OPPORTUNITY - PRESIDENT

Would you like to make a significant contribution to your neighbourhood? Do you want to build board leadership skills? Are you keen to work with a team of like-minded individuals who care about our fabulous Holyrood community? Can you commit to an hour-long meeting online, once a month?

If so, you might be the next President of the Holyrood Community League!

Current president Larissa will not be seeking re-election at our April 26th AGM. She's been president for over five years, and she is looking forward to spending more time with her family. She will provide support for the new president and make sure you are comfortable and confident in your new role.

The HCL Board is a high-functioning, well-organized, fun group of volunteers who are keen to welcome and support a new leader. If you think you might have the time, interest and skills to be a community league president, please consider this opportunity!

Responsibilities of the President role include:

- Providing leadership to the board by:
 - focusing the board's activities on the league's mission
 - ensuring good governance
 - leading in strategic/annual planning
 - leading in policy development and review
 - encouraging board members to participate in meetings, activities and initiatives
- Recruit and orient new board directors and coordinators.
- Submit a brief report for monthly board meetings.
- Approve the budget and other financial matters.
- Develop, approve, monitor and review league policies.

Contact Megan at: megan@holyroodcommunity.org

CASINO COORDINATOR

This role is vital to our board as this year is a casino year. The casinos are the lifeblood of a non-profit organisation and constitute the majority of their operating budget. Our casino dates are September 21 & 22, 2023. We will be doing a call out for volunteers for the casino later on this year, but we absolutely need a casino coordinator to get us ready for this very important event.

Responsibilities include:

- Maintains financial records.
- On behalf of the board and with board approval:
 - applies for gaming licence
 - applies for grants and permits
- Prepares written reports on gaming events
- Works with Volunteer and/or Membership directors and recruits volunteer workers

- Liaises with AGLC
 - receives all casino paperwork
 - receives the casino licence to operate
 - brings all paperwork on the first day to the casino
- Hires the independent casino advisors, signs their contracts and returns it to them (we already have an independent casino advisor that works with us, so liaising with them will fall to the casino coordinator).
- Schedules volunteers to five (5) specific casino positions - total of 48 spots over the two days.
- Notifies volunteers of their position and the times of their shift by e-mail.
- At the end of the casino, fill in the application for the next casino event.
- Receives notification by mail from AGLC of new casino quarter

FACILITIES DIRECTOR

The Facilities Director oversees the physical operation of the Holyrood Community Hall and Rink Building. The league is currently moving to a model of paid facility management, so the Facility Director will have a significantly different role from past years. The volunteer Director will act as the board's liaison with our paid facility management contractor, who will be responsible for ongoing maintenance, repairs and upgrades to our buildings.

Because of the reduction in duties, the Facility Director will also oversee maintenance and upgrades to the league's outdoor assets, including our skating rink, parking lot and the grounds immediately surrounding our buildings (our "licensed area").

Estimated time commitment: 1-2 hours per week, plus approximately 2-4 hours per month to prepare for and attend monthly board meet-

ings.

PLAYGROUP COORDINATOR

Holyrood Drop in Playgroup is still in need of a volunteer playgroup coordinator to help once per week to keep our playgroup running! This is a great opportunity to get involved and meet other caregivers of young children in the community. This position liaises with the programs director and is not required to attend board meetings. Please contact megan@holyroodcommunity.org if you are interested or would like more information. Estimated time commitment: 3 hours a week, onsite at the playgroup.

HOLYROOD DEVELOPMENT COMMITTEE CHAIR

This position reports to the civics director and is not required to attend board meetings, although there is a requirement to work with the civics director to create a monthly report with updates for the board. The HDC Chair will be joining our development committee, which is a very dedicated group that reviews the development proposals for upcoming developments in Holyrood. Some public speaking experience is required, as this individual may be asked to speak with reporters, the public, and in worst case scenarios, present to City Hall during a city council meeting.

Responsibilities include:

- Monitors land use, transportation issues and other civic concerns
- Reports to the civics director on matters relating to the neighbourhood
- Coordinates submissions and inquiries to government and other organisations
- Works with the Civics Director to prepare monthly reports and an annual report
- Orients new committee members

In the spirit and recognition of reconciliation & allyship in our community, Holyrood Community League will be hosting a series of Indigenous Cultural Learning Workshops. The first workshop topic will be:

Pow wow & Round Dance 101 with Sissy Thiessen Kootenayoo from Wase Saba Experiences

In this session, you will learn about the celebration of the Pow Wow, connection to the drum and its importance to Indigenous People and stories of creation. Learn the basic intertribal step, a freeze dance game, step demonstrations and a group round dance.

**When: Saturday, May 27
Time: 2-4pm
Where: Strathearn Community League Hall**

This learning workshop is open to all ages & kids are welcome too!

This is a free event!

Thank you to Strathearn Community League Hall for providing the space for our Indigenous learning workshops.





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Location: 11341 78 ave (inside Mckernan Community League building)
Email: mccs@shaw.ca
Phone: 780-437-1971
Website: <http://www.mckernanchildcare.com/>

Idylwylde Community League Board

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

[Idylwylde.org](http://idylwylde.org) [@IdylwyldeCL](https://www.facebook.com/IdylwyldeCL) [Idylwylde Community League](https://www.facebook.com/IdylwyldeCL)

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.

Big Bin Event

We are holding our annual Big Bin event on June 3 from 9:00 a.m. – 1:00 p.m. (or until the bins are full). Drop off your large or heavy household items at no charge! Don't forget

your current Community League membership to gain access.

Check our Facebook page for more details and a list of acceptable items.

Pub Night

Join your neighbours at the Idylwylde Community League Hall for a pub night on Thursday, May 4 at 7 p.m. Drinks and snacks will be

available, and there are plenty of new friends to be made. You'll need your current Community League membership to attend.

Get involved with our community garden

Want to grow something good this season? Join the Idylwylde Community Garden and get to know your neighbors while you get your hands dirty. Whether you're an experienced

gardener or an absolute beginner, there's a place for you.

Contact Kirsten, the Garden Chair at garden@idylwylde.org.

Painting and Crafting

Saturday, May 13, 1 - 3 p.m.

Feeling inspired by the spring weather? Join us at the community league hall for a painting class with a spring theme for both adults and children alike.

You can pre register by emailing created-

monton@gmail.com

Saturday June 3, 11 a.m. - 2 p.m.

Join us for a family crafting afternoon! Learn to bead a keychain or lanyard in a basic or more advanced style. Come solo or with the family.

Free Memberships

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde!

Donations are always accepted from anyone who can give and associate memberships (if

you don't live in Idylwylde) will still cost the regular amount.

Please contact our membership chair with proof of residency in Idylwylde to get your membership today!

Do you like helping your community? Meeting new people?

Why not join the Idylwylde Community League? We have several open positions that we're looking to fill:

Facility Chair

We need someone to help us look after our Community League Hall and skating rink. The Facility Coordinator is a member of the Idylwylde Community League Board.

They participate in discussions and decisions in matters of policy, finance, programs, personnel and advocacy. The Facility Coordinator:

- Oversees all facilities (community hall, rink, and garden)
- Oversees access to the community hall and rink operations
- Supervises building maintenance and repair
- Maintains up-to-date building maintenance records
- Advises league on maintenance and upgrades

Social Chair

We also need someone to help us organize and run our various social events. The Social Chair is a member of the Idylwylde Community League Board. They participate in discussions and decisions in matters of policy, finance, programs, personnel and advocacy. The Social Chair:

- Chairs a small team of volunteers to plan and run social events
 - Past events have included pub nights, open mic nights, Community League Day, block parties, holiday events and more
 - Advises league on opportunities for social events
 - Recruits volunteers for the social committee
 - Works with the Board's Publicity volunteer to promote the social events
- If you are interested, send an email to our President.

Community League Swim



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

Bonnie Doon Leisure Centre

8648 81 Street NW
Sundays, 4:15 p.m. - 5:45 p.m.

Commonwealth Community Recreation Centre

11000 Stadium Road
Ends Saturday, June 24, 2023
Saturdays, 3:00 p.m. - 5:00 p.m.
Eastglen Leisure Centre
11410 68 Street
Saturdays, 3:00 p.m. - 5:00 p.m.

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!

Welcoming back customers for April 2023. Reserve your spot today!

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

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



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CONTACT US!

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

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

Annual General Meeting

Join our KCL Executive on Monday May 8th as we hold our Annual General Meeting. Free pizza is served at 6:30 pm with the meeting 7:00 pm-8:00 pm. At our AGM we:

Celebrate the year we have had; Share with you the year we are looking forward to; Recognize outgoing board members; Vote in new members; Vote to pass our financials of the past year. Your attendance and vote is important to our league as we move forward. Thank you for making the time in your schedule. Positions to vote in at our AGM are listed. Some positions have individuals who have expressed interest and we will vote at our AGM to confirm the next executive.

Vice President

Assist President and assume President duties in absence of President

Treasurer

Receive and deposit all monies, Pay all invoices and expenses, Keep financial records, Complete all forms and reports as required.

Casino Director

Assume responsibility for the management of current Casino. Act as General Manager of Casino. Recruit volunteer workers.

Bingo Director

Attend and oversee all Kenilworth Bingos as Bingo Chairperson. Arrange for workers for each Bingo Renew license and attend required

meetings.

Senior Programs Director

Plan Social Events and Activities for Kenilworth Community.

**If you require more detailed information for the above listed positions, please contact the President, Irene, at: president@kenilworthcommunity.com

Publicity Director

Markets KCL events and information across print and digital platforms to promote community connectivity. For more information contact: publicity@kenilworthcommunity.com

Buildings & Grounds

This position is ideal for retired or semi-retired individuals. Maintain good appearance of hall and grounds. Repair minor problems or arrange repairs for larger problems. Arrange all inspections such as backflow valve, fire extinguishers, smoke detectors, fire alarms, etc. For more information, contact Alma at: akessel@shaw.ca

Ice Manager

Liaison between Ice Contractor and KCL. Interview rink attendants and select suitable applicants. Create and manage rink attendant schedule. Orientation of rink attendants. Maintain regular contact and provide support to rink attendants. For more information, contact Ian at: iceman@kenilworthcommunity.com

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

May - July Youth Events

MONDAY May 1 Youth Service Day: Community Clean Up 7-8:30 pm @ KCL

(community grounds & surrounding areas)

MONDAY May 15 Craft Day 7-8:30 pm @ KCL (outside weather permitting)

MONDAY June 5 Outdoor Fun Day 7-8:30 pm @KCL (weather permitting)

MONDAY June 19 Outdoor Yoga 7-8:30 pm @KCL (weather permitting)

MONDAY July 3 School's Out for the Summer 2-4:00 pm @KCL

MONDAY July 17 Bike Day: meet 7-8:30 pm @KCL & bike through Kenilworth & Ottewell

All get togethers and events are free for Kenilworth Youth and youth from surrounding neighborhoods! Come join us! (Parents & other family members are welcome to join. Youth under 13 must have a parent or older sibling present at all times)

FOR MORE INFORMATION PLEASE EMAIL: YOUTH@KENILWORTHCOMMUNITY.COM

Kenilworth Community Memberships

Are you a member? 2022-2023 memberships are on sale and valid until August 31, 2023. Please reach out to Rebecca S. at membership@kenilworthcommunity.com for more information!

2022-2023 Membership Fees: Family-\$20
Single Adult-\$10 Senior-\$5

2022-2023 Membership Purchase Options

1) Online- Renew online to instantaneously

have a renewed membership. Online Renewal Link: <https://efcl.org/membership-purchase/>

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.

Sweet Summer Sounds Concert Series

Volunteer Expressions of Interest

Kenilworth Community League is excited to announce that we will be working together as a community to host another Sweet Summer Sounds outdoor concert series again this July and August. We cannot do this without the help of community members and are in the important planning stages right now. Please fill out this form if you are able and willing to help out with this year's events either as part of our planning committee and/or boots on the ground helping with logistics, set up, clean up, etc... Events will run every two weeks for July



and August for a total of 5 concerts. All concerts will run Wednesday evenings and will be family friendly! Please follow this link to express your interest in helping with this year's events! <https://forms.gle/qfyQVYCibHbaLEWP9>

KCL Community Garage Sale

Saturday May 6, 2023, from 9:30 A.M. – 3:30 P.M.

Many vendors selling their treasures. There will be great bargains to choose from. Concession on site.

KCL Adult Spring BBQ

May 13, 2023- Come and enjoy our very popular and delicious Adult Steak BBQ!

Cocktails 5:00 p.m. Dinner 6:00 p.m. Entertainment 7:30 p.m.

Tickets are \$25 per person. Call Alma @ 780 469-2019 or email: akessel@shaw.ca

Limited number of tickets: First come first served! Sold out every year!

Kenilworth Seniors Lunch and Fun

Wednesday, May 10 at 12 noon, \$10 per person. If you wish to attend, please call 780-433-5377.

Upcoming Events

Save the date. More information closer to each event:

Big Bin June 10

Spring Grounds Clean Up June 10

Golf Tournament & Steak Supper August 26

Membership Event September 17

Scrapbooking/Cardmaking Sale October 21

Classy Crafty Creative Market November 4



Ottewell Community League Contacts

President: Corinne	ottewell2212@gmail.com
Vice President: Tom	oclrink2021@gmail.com
Secretary: Becca	ottewellsecretary@gmail.com
Treasurer: Jamie	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
Social Media: Hailie	ottewellmedia@gmail.com
Hall Rentals: Elaine	oclhallrentals@gmail.com
SEV Liaison: Bri	sevliaison@gmail.com
Abundant Community: Alyssa	ACEOttewell@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: VACANT	
Website Editor: VACANT	

Interested in being a website editor?

No website experience necessary. WordPress training provided. Commitment is 2-4 hours/per month. Email ottewell2212@gmail.com to find out more.

Load up on legumes for lunch

Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas and mung beans. Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron and magnesium.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

Meal ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

Or try making a chickpea salad:

1. Chop cucumbers, tomatoes and carrots. Add them to rinsed, drained canned chickpeas.



2. Toss with a dressing made of vegetable oil, vinegar or lemon juice.
3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.

Monthly Ottewell Community League Meeting

Get involved and find out more at **6:30 PM, May 16**. All are welcome. Contact Tom at oclrink2021@gmail.com for the meeting link. The standing date for meetings are the third Tuesday each month.

Ottewell Scouts Group

The 120th Ottewell Scouts Group would like to thank the Ottewell Community for its generous support of our recent spring bottle drive and Ottewell United Church for supporting us with use of their parking lot to run the

bottle drive.

Thanks to the community the bottle drive was a success and will allow for support of adventures, growth and learning for youth in the community.

PLANNING SOME RENOVATIONS?

Don't forget if you are a community member you have access to The Tool Library!

Ottewell Community League has opted to become a supporter of The Edmonton Tool Library which means all members of the community league can now claim an individual annual membership which will allow you to borrow up to eight items from the large inventory of hand, power, and yard tools for a week at a time.

To claim your membership please visit our location at the Bellevue Community Hall (7308 112 Avenue NW Edmonton) and bring photo identification and your Ottewell community league membership card. To make the process faster you can complete a tool library membership application and review the release of liability waiver and borrowing policy. If you are



not yet a member of your community league you can join online, check out our website for the easy process to obtain your membership.

The Edmonton Tool Library Society is a not-for-profit organization based in Edmonton, Alberta, Canada. Email us at EdmontonToolLibrary@gmail.com. We're open every second Wednesday and Saturday. Check our website for specific dates <http://www.edmontontool-library.ca/>

Do you know the signs of a stroke?

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

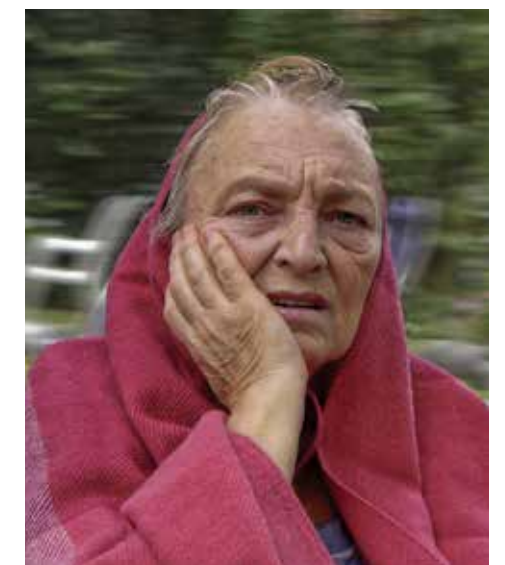
Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

Remember: FAST.

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:



- Face: Is it drooping
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit my-health.alberta.ca

Pickleball Season is Here

Fun, social and friendly. If you play pickleball or would like to try it out, Ottewell rink has five pickleball courts painted on the it's concrete surface. We also have the equipment you need for a try out including nets, rackets and balls.

Our drop-in schedule is totally dependent on volunteers and will be posted on our website under "Community Programs."

Contact Tom for more information or to volunteer at oclrink2021@gmail.com

Are you a female entrepreneur looking for commercial kitchen space?

Contact Elaine at oclhallrentals@gmail.com

Abundant Community Program

Abundant Community Edmonton (ACE) is a grassroots initiative fostering neighbour to neighbour relationships. Community members in this program actively create vibrant, caring and supportive blocks, buildings and cul-de-sacs where people look out for one another,

share gifts, skills, experiences and resources to play together, and collectively create an abundant neighbourhood.

Contact ACEOttewell@gmail.com to reach a Block Connector near you or visit ottewell.ca to find out more.

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 Community Recreation Centre and Eastglen Leisure Centre

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

120TH OTTEWELL SCOUT GROUP IS PROUD
TO PRESENT IT'S **EIGHTH** ANNUAL FUNDRAISER

COMPOST SALE



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

DATE: Saturday, May 13th, 2023

TIME: 9:00 am – 3:00 pm

LOCATION: Safeway Capilano Mall-parking lot

Grade "A" compost, which contains essential nutrients, organic matter, and increased water retention, all of which are excellent for lawns and gardens!

You can pre-order your organic soil @ 120scouts.org

Text **780-461-9189** if you have any questions

or email 120compost@gmail.com

This compost is very high quality and has built a reputation for growing fantastic gardens!! Thank you for your ongoing support as a community!!!

Register for Ottewell Playschool Today!

OCLP has operated within the community for over 50 years. Our program runs Monday, Wednesday mornings with an optional Thursday morning, from September to June. The program offers play time, stories, crafts, songs,

field trips, visitors, and so much more. Please go to our website <https://www.ottewell.ca/community/oclplayschool/> for more information or talk to our director Jason at 780-993-5118 or email him at jjmclean@hotmail.com

OCL Farmers Market

Every Thursday, visit the hall from **4:00 - 7:00 PM** and support local farmers, artisans, pop-up shops and community connectors. **Ottewell Community Hall** assists you with your shopping needs. Support these vibrant entrepreneurs shop local.

Follow us on social media to find out what is happening at your community market.
Facebook -Ottewellcommunityfarmersmarket
Instagram -oclfarmersmarket
Website -ottewell.ca



Have event ideas you would like to see happen in Ottewell?

Contact Hailie at ottewellmedia@gmail.com.

OCL Social Media

Instagram: @ottewellcommunityleague
Facebook: Ottewell Community League
Monthly Newsletter: Subscribe at Ottewell.ca

OCL Babysitter's Registry

Sign-up for babysitters: <https://forms.gle/22a6V9MyqW4bRony9>

Sign-up for parents: <https://forms.gle/uS-55cy1DB4FnNAB58>

Why calcium matters



Calcium keeps your bones and muscles—including your heart—healthy and strong.

Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

How much calcium do you need?

How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you

need the same amount of calcium as other people your age.

How can you get enough calcium?

Calcium is in foods such as milk, cheese, and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 per cent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

SCL Leadership

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Vacant	vicepresident@strathearncl.org
Treasurer	Robert	treasurer@strathearncl.org
Secretary	Glynnis	secretary@strathearncl.org
Membership	Jen	membership@strathearncl.org
Buildings & Grounds	Vacant	grounds@strathearncl.org
Rink	Vacant	rink@strathearncl.org
Social Director	Vacant	events@strathearncl.org
Communications Directors	Pam & Evan	communications@strathearncl.org
Programs Director	Tessa	programs@strathearncl.org
Youth Director	Marina	youth@strathearncl.org
Members at Large	Jingjie & Anastasia	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!
More info at kompanyfamilytheatre.com



SUNDAY, MAY 7TH
2:00-5:00 PM

Spring CLOTHING SWAP!

STRATHEARN COMMUNITY HALL
9511 90 STREET EDMONTON

Refresh your wardrobe, for FREE!

On the day of the event we will accept donations of clothing in clean/good condition with no rips or stains.
No hats, shoes or underwear please
Leftovers donated to Blenderz Garment Recyclers

This event will coincide with a spring clean up of Silver Heights Park behind the Community Hall. Meet your neighbours and lend a hand!
Please bring gloves and rakes if you have them, garbage bags provided.

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Kompany Family Theatre

Plays 'N Play Day Camp

Is Back!

Jul. 17 to 21, 2023 **Aug. 14 - 18, 2023**

Ritchie Hall **Strathearn Hall**

More info at kompanyfamilytheatre.com

Rent The Hall For Your Special Event This Summer!

Family reunion? Birthday party? Wedding shower? Small concert? Strathearn Community Hall is the perfect venue for your next event of up to 75 guests (seated) or 120 (standing). Email hall@strathearncl.org for more information and to book. Did you know we offer deep discounts for SCL members? strathearncl.org/new-community-hall

Spots still available at Holyrood Cooperative Playschool

Registrations for the 2023-24 school year are actively being accepted. Playschool is held Monday, Wednesday and Friday mornings at the Strathearn Community Hall - 9511 90 St. Email Playschoolholyrood@gmail.com for more info!



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Cooking Basics for Beginners

There are many benefits to cooking. It may save you money because you may order out less. It can also help you manage how much salt, sugar or saturated fat you eat. If you are a beginner at cooking, here are some tips. Keep reading to learn a few cooking terms, how to measure ingredients, plus some tips on kitchen and food safety.

Common cooking terms:

- Pre-heat – Turn on the oven so it reaches the required temperature before baking.
- Beat – Stir quickly.
- Blend – Stir until all ingredients are mixed evenly.

- Dash – Very small amount, measured by pinching an ingredient between your thumb and finger.

- Simmer – Cook on a stove top at a low temperature (one to three on the range), below the boiling point.

Measuring:

- Use measuring spoons for spices, baking powder and oils typically used in small amounts.

- For dry ingredients used in large amounts, such as flour or sugar, scoop into a measuring cup.

- For dry ingredients used in large and small amounts, level each measurement with the back of a knife to ensure you get the exact amount needed.

- For yogurt, nut butters, and cottage cheese, use dry measuring cups.

Safety tips:

- Open pot lids or tinfoil away from you to prevent burns.

- It may be beneficial to purchase a meat thermometer to cook foods to the proper internal temperatures.

- After handling raw meat, wash your hands with hot soapy water for 15 seconds.

- To prevent the growth of bacteria that can cause food poisoning, keep cold foods cold and hot foods hot.

Limit sugar for a sweet smile

April is Oral Health Month in Canada. Regular brushing and flossing are good habits to help reduce tooth decay. However, limiting added sugar is also an important way you can prevent tooth decay and protect overall health.

Choosing too many foods and drinks with added sugar can increase your risk for tooth decay. Acid is produced when the bacteria in your mouth eat sugar. The acid dissolves the tooth surface (enamel) and can lead to tooth decay. Added sugar also adds calories without any nutrients, and can contribute to other diseases such as diabetes, obesity and cardiovascular disease.

Added sugars are found in processed foods and drinks and can also be used to preserve foods such as jams and jellies. They can be added for taste, texture and colouring. Sugary drinks are the main source of added sugars in most people's diets. Examples include pop, fruit-flavored drinks, flavoured milks, sport drinks, and specialty coffees. Other foods high in added sugar are sweetened baked goods and desserts, chocolate and candy, and condiments like ketchup and jam.

Real Estate Council Alberta
reca.ca

Ask RECA
The authority for a positive real estate experience.



Can my home be sold without my knowledge?

You may have heard recent news stories out of Ontario where homes were sold without the homeowner's knowledge. Shocking, and rare as it is, all homeowners should be aware this kind of fraud can occur anywhere. Thankfully, there are things you can do to protect yourself.

How can a home sell without the homeowner knowing?

In the Ontario cases, fraudsters used fake identification and other documents to pose as both homeowners and potential tenants.

In one case, a property management company chose tenants for their landlord client, who were later discovered to have used fake identity documents, along with bogus references. The fraudsters, originally posing as the tenants, then impersonated the homeowner to sell their home.

Work With a Licensed Real Estate Agent

Through their education and training, real estate licensees are advised to build strong client relationships and lookout for any red flags. They are further obligated to verify their client's identification as part of providing competent service. When you work with a licensed professional to buy or sell your home, obtain a mortgage, or manage your property, it decreases the probability of fraud occurring.

Red Flags

- incorrect or inconsistent spelling of names across multiple documents
- employment references listed for companies that could not be found online or had no website

ASK RECA

Buying and selling property, reviewing rental contracts, and negotiating a mortgage, can be confusing – there's a lot of information to digest. That's where we come in.

The Real Estate Council of Alberta, RECA, as we are often called, is here to protect consumers. We're experts when it comes to Alberta's Rules and Regulations when trading in real estate, dealing in mortgages, and managing property and condominiums. We ensure the professionals working in these industries have the proper training, background, and licence to operate and ensure they follow the high standards of practice in the public interest. Please reach out with any questions regarding the Real Estate Act and its Rules.

- phone numbers for personal references which, when attempted to be verified, are the wrong number or for out-of-service numbers
- potential clients who are unwilling to meet in-person

Check Your Land Title

It's not something most homeowners do on a regular basis, but checking your land title is a good fraud prevention tool. You likely wouldn't invest a large sum of money without checking in on how it's performing, so similarly, checking in on your land title to ensure it is still in your name is a good housekeeping measure for those who own property. Homeowners can check their land title through any registry office or directly through Alberta land titles.

Consider Title Insurance?

Even with the best client identification procedures in place, fraud can still occur. Title insurance can offer added protection.

Title insurance is relatively inexpensive and protects the policy holder against most losses associated with title fraud and other title-related issues, including challenges against ownership. All homeowners can purchase title insurance through various insurance companies. Title insurance policies typically cover legal expenses and other costs related to restoring title. Even homeowners who did not obtain title insurance at the time of their property purchase can purchase a homeowner policy at any time.

The good news is that when we eat and drink less sugar, we lower the risk of tooth decay. Here are some tips to limit added sugar for healthy teeth and overall health:

At the grocery store:

- Read the ingredient list. Words ending in "ose" such as sucrose and fructose, or words such as syrups, honey, molasses, fruit juice and puree concentrate are sugars. When they appear at the beginning of the list, the food is higher in sugar. Choose these foods less often.

When cooking and baking:

- Choose recipes with little or small amounts of added sugar.

- Try cutting down on the sugar, syrup, molasses and honey in your recipes. For example, instead of 1 cup (250 mL) use 1/2 or 3/4 cup (125 or 175 mL).

- Flavour foods with spices, herbs, lemon or vinegars, such as balsamic and cider, instead of bottled, premade sauces.

- Ready-made sauces such as sweet and sour, honey garlic, and ketchup contain sugar. Use them less often and in smaller amounts.

At home and when eating away from home:

- Drink water to quench your thirst.

- Limit the amount of sugar you add to foods and drinks during preparation or at the table.

- Limit the number of sugary drinks you have, such as pop, fruit-flavoured drinks, flavoured milks, sport drinks and specialty coffees.

- When choosing a snack, pick vegetables or fruit that do not contain added sugar.

April is Oral Health Month. Limit sugar for a sweet smile!

Learn more at ahs.ca and search "all about sugar."



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- ✓ **Better healthcare:** we'll connect a million Albertans with a family doctor, reduce emergency room waits, make sure ambulances are available and we'll ensure you can get the surgeries and quality care that you need. albertandp.ca/family-care-teams
- ✓ **We will build the new South Edmonton Hospital** and end the UCP delays.
- ✓ **We'll cut the cost of auto insurance, electricity, tuition and other costs of living.** We'll ensure cost-of-living relief won't end when the election is over.
- ✓ **Better education:** We will build the new schools needed now in Edmonton's fast-growing communities, ending the UCP delays. We'll fund classrooms and deliver a modern curriculum to prepare students for the future.
- ✓ **Better jobs:** we'll support a resilient economy with strategic actions that encourage increased innovation, diversification and investment opportunities - a big boost for Alberta's Industrial Heartland: albertandp.ca/competitiveness-jobs-and-investment-strategy

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Boonie Doon: 1250 sqft Bungalow, 3 Bedrooms, 3 Bathrooms, ensuite, great starter home.



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SOLD

Ottewell: 1200 sq ft bungalow, 3 bedrooms upstairs, beautiful original hardwood floors, incredible garage, newer roof, windows and furnace. Basement with self contained living space.

Time to list is now!
**Spring market
is here!**
**Call
Greg Dunham
Today!**
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