

SOUTHEAST VOICE

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



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GREATER HARDISTY AREA FAMILY FUN DAY

Residents of Gold bar, Capilano,
Fulton, Hardisty, Terrace Heights all
are welcome!

The 12th Annual Greater Hardisty Area Family Fun Day!

See you there for petting zoo, ponies, bouncy castles.
Free snacks and 50 cent hotdogs.
New this year a classic car show.

Many more surprises planned!

Saturday
September 21, 2024

11am to
3pm

GOLD BAR
COMMUNITY
LEAGUE
4620-105 Ave NW



GOLD BAR COMMUNITY MEMBERSHIPS AVAILABLE FOR
PURCHASE

Edmonton Community League Day

As organizations, Edmonton's Community Leagues aren't really ones to draw attention to themselves. Whether it's maintaining the neighbourhood rink or giving local GreenThumb's a place to swap seeds and stories, Leagues and the people who run them are all about supporting others.

So, it shouldn't be any surprise that Community League Day, which takes place this year on September 21, is less about patting on the back and more about shaking hands and seeing new faces. As unique as every neighbourhood's party is, every one is ultimately about bringing people together.

"Neighbours make neighbourhoods, and making good neighbours so often starts with just getting out in the community and having a great experience

together," explains Edmonton Federation of Community Leagues (EFCL) Executive Director Laura Cunningham-Shpeley. As the umbrella organization for Edmonton's 163 Community Leagues, the EFCL helps support the dozens of parties that take place on Community League Day.

Though the Community League movement has more than a century of history in Edmonton, the idea of setting aside a day just to celebrate the work of Leagues is a relatively recent invention — albeit one inspired by that history. The EFCL began organizing amateur sports tournaments in the 1930s, and extended the city-wide party to things like beauty pageants, soap box races and even parades in the heydays of the 1950s and '60s.

Community League Day came on

the scene in 2006, with the goal of reminding us that, even when we're in different corners of the city, we're still all in this together. As it's grown into a staple of the city calendar — and the most important membership drive for Leagues city-wide — it's become proof that meeting the neighbours never really goes out of style.

"We have had mayors come out of the Community League movement, councillors, MLAs and a whole lot of community builders of all stripes, and they all started that journey just by getting to know the people who lived in their community," says Cunningham-Shpeley.

You can find out what your League has planned for Community League Day by visiting the EFCL's website at efcl.org/community-league-day/.

Family Friendly Festivals

You don't have to travel far to treat yourself and your little one to special summer experiences, right in Southeast Edmonton.

Both August and September offer parents and young children free, family-friendly, stroller-accessible festivals which you can enjoy with your preschoolers. Share moments of delight with your child, as performers and art-

ists display their skills.

Find your way to KidsFringe, an outdoor mini-festival that runs August 15 – 25, 10:30 am-5:30 pm in Light Horse Park, at the Fringe Festival grounds, in Old Strathcona. All performances and activities are created for children under 12. No tickets required.

Then, on Saturday, September 7, from noon - 7 and on Sunday, Septem-

ber 8, from noon - 5, take your child to the Strathearn Art Walk and Music Festival. This free annual community event celebrates the work of emerging and professional artists and musicians.

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.



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SOUTHEAST EDMONTON SENIORS ASSOCIATION

NOTICE: Summer Maintenance Closure August 19 – 30. No Classes or Clubs. Tillie's Café will be closed.

We're gearing up for our Fall session of programs and clubs.

Several new programs have been added including Painting with Coffee, Pottery Workshop for Beginners, Introduction to Genealogy, Flex & Flow with Arthritis, Introduction to Pickleball and Guitar for Beginners. Check out our wide array of Clubs – there's something for everyone – Drama, Art, Badminton, Books, Card playing, Floor curling and much more. Session 5 runs from Sept 3 – Oct 25. Registration begins August 6 @ 9:15am. Program Guide available on our website.

SAVE THE DATE for these exciting upcoming events:

September - Truth & Reconciliation event – Date to be determined

October 11 – Thanksgiving Themed Lunch

October 19 & 20 – Fall Reuse (Rummage Sale)

Fundraising - 50/50 Raffle

SEESA is a nonprofit charitable organization



that relies on community support and donations to provide our programs. Summer 50/50 Raffle tickets on sale. Draw date September 20th. Anyone over the age of 18 can purchase tickets at our Front Desk or by calling 780-468-1985. Thanks for your support!!

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



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Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now

offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program



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Community League Board

President	**Vacant**	president@avonmore.org
Vice President	Leigh	vicepresident@avonmore.org
Past President	Anita	pastpresident@avonmore.org
Secretary	Christy	secretary@avonmore.org
Treasurer	Dan	treasurer@avonmore.org
Assistant Treasurer	Ken	bookkeeper@avonmore.org
Communications	**Vacant**	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Adele	grants@avonmore.org
Soccer/Sports	Connor	sports@avonmore.org
Civics	Brandi	civics@avonmore.org
Programs	Wendy-Rae	programs@avonmore.org
Playschool	**Vacant**	director2@avonmore.org

Board Members and Volunteers Needed!

We are looking for community members to fill the vacant board positions of President, Communications Director, and Playschool Directors. If you have a passion for your community, and are interested in getting more information - please contact vicepresident@avonmore.org.

The wonderful programs in our community unfortunately do not run by them-

selves! We need your help to keep the events in our community alive and vibrant. Whether you have lots of energy or time to give, or simply have some interesting ideas of new programs or events you'd like to see in Avonmore, we want to hear from you. Please reach out to any member of the board if you, or anyone you know, are able to step up and help your community.

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 to the Avonmore Community League*** by celebrating with a **FREE MEMBERSHIP** in your first year, please **contact membership@avonmore.org** for more details!

Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Meat Pies? Well... Meat Street Pies (located at 7015 83 St NW [at the back]) offers 10% off on all their Meat Pies in-store by showing your membership card. In need of concrete edging, stamped or broom-finish sidewalks, and concrete sealing services? Castle Custom Curbing is offering a 10% discount for Avonmore's

residents. Keep your gutters in top shape with Free Flow Eaves. From gutter cleaning to leak repairs, gutter guard installations, and snow removal. Avonmore residents receive a 10% discount on all their services. Looking to purchase a membership? You can by emailing membership@avonmore.org or buying directly from Dairy Queen at 7460 76 Ave NW, at Avonmore Community League events, 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.*

Community League Day

September 21

11:00 a.m. to 2:00 p.m. at the hall and grounds. Everyone is welcome. Food, fun

and friends. Watch for details on the Avonmore Community League Chat page and on the Community Bulletin Board at the Hall.

Edmonton Green Shack Program

Monday to Friday 2:30pm - 5:30pm
Runs until August 22

The Summer Green Shack program is a free drop-in program for children ages 6-12; however, all are welcome to participate. Participants under 6 years of age are required to have a parent or guardian with them.

Get active and join in on games, sports, 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).

Community Coffee

Wednesday, September 4

Community Coffee will be back in September. First and third Wednesday morn-

ings. Same time 10:00 a.m. to noon. Everyone is welcome. Contact pastpresident@avonmore.org for more information.

Avonmore Garden Club

Everyone is welcome from beginners to experts! Interested in joining - check out our Facebook page Avonmore Garden Club. We are looking for new leaders and new ideas.

Avonmore Yoga Classes

Start September 10th

Yoga classes with Shannon Shea will begin again on September 10th. Classes at 6 and 7:30. Class will run until December 17th. Registration for the com-

plete session of 15 classes is \$ 180 for members of any community league. Non members pay \$200. Class size limited to 10 people. Contact pastpresident@avonmore.org for more information.

Shinny Ice Hockey

Spring/summer hockey ice times are Thursdays 9:45 pm @ Argyll arena. We will play from April to August 2024.

Shinny hockey is a group of players getting together to play hockey. Players aged 16+ are welcome to participate. Our players vary in age from high school age to seniors and the range of abilities are beginners to ex-professionals. We choose different teams each session while still keeping the teams balanced.

We play for 1.5 hours with \$400 for all 20 sessions or \$20 drop in fee. Paying for all sessions will guarantee you a spot every week as space is limited. Full equip-



ment 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

July and August have been a blast here at the playschool with exploding pop, catapulting ping pong balls, bowling trip, braking open geodes, making an aquarium in a jar, box building and so much more.

With all the hot weather we have had this summer, we are starting to look forward to the warm days and the cooler nights of fall. Along with fall comes all the wonderful apples and carrots we harvest and make yummy treats with.

With September right around the corner, here at the Playschool we are focusing on our family meet and greet on September 4th at 6:00pm. This meeting is



for parents to finalize the days their child will be attending the program, fill out any extra forms, any late registrations and ask the teachers any questions they may have before classes start on September 11th.

For more information about the playschool or to ask the teachers any questions, please email playschool@avonmore.org

Community Swim

Free to Avonmore Community League Members with a valid 2023/24 membership card! Phone 311 or check www.edmonton.ca for updates on closures before you go.

Commonwealth Community Recreation

Centre 11000 Stadium Road; Saturdays, 3:00 - 5:00 pm

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

Visit www.edmonton.ca for more info.

Avonmore Community League Merchandise

We have Avonmore merchandise available at community league events. Should you need to keep your beverage warm or chilled, the **17oz. Tumbler (\$25)** will satisfy your needs. Or want to add colour to your wardrobe and stay warm? Our colourful **Toques (\$15)** have you covered.

Do you require a reusable bag? We have various coloured **Totes (\$5)** to choose from!

All the proceeds go towards the community league. If you have any questions, please email the Membership Director at membership@avonmore.org.

Online Community

Are you on Facebook? "Like" Avonmore Community League and join "Avonmore Community League Chat" to follow what's happening with the Community League and see what your neighbours are talking about. You must answer three questions correctly in order to be accepted to the League chat page. This is

to protect the safety and privacy of members and to reduce the number of people joining only to try and promote services. Contact pastpresident@avonmore.org if you live in Avonmore and your request to join has been declined.

Other groups include: "Avonmore Parent & Tot" and "Avonmore Garden Club".

Avonmore Parent, Baby and Tot Playgroup

The Avonmore Parent and Tot Playgroup is in need of a volunteer, or group of volunteers, to help keep this incredible program running. Please reach out to any member of the board if you or anyone you know might be interested in supporting this program.

New Programs

Do you have an idea for an event or program you'd like to see in Avonmore? Do you want to start a crafternoon? A walking club? A safety committee? Our Programs Director, Wendy-Rae would love to hear your ideas! Email programs@avonmore.org and share your thoughts.

Hall Rental

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

Avonmore Book Club

Next book club gathering is on August 18 at 7 p.m. New members always welcome. Contact pastpresident@avonmore.org for more information.

Avonmore Swag Raffle

Avonmore has a Swag Giveaway happening! Buy your tickets now!!

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

Avonmore Community Sponsors



7460 76 Ave NW

Thanks to our amazing sponsors who help support our community!

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

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COMMUNITY LEAGUE BOARD

President	Sarah	president@capilanocl.ca
Past President	Kris	Kcramer@telus.net
Vice President	VACANT	
Treasurer	Jocelyn	treasurer@capilanocl.ca
Secretary	VACANT	
Hall Rental	Marzena	780 909-5886
Facilities Director	VACANT	
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jamie	memberships@capilanocl.ca
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather New	new_heather@hotmail.com
Volunteer Director	Michelle	volunteer@capilanocl.ca
Southeast Voice	Melissa	SEV@capilanocl.ca
Webmaster	Breanne	webmaster@capilanocl.ca
Social Media	Serena	serenasvidal@gmail.com
Sign Rental	Karen	780 977-5252
SECLA & Civics Director	John	seclacivics@capilanocl.ca
Ice Allocation	Sam	rink@capilanocl.ca
Neighborhood Watch	Jeff	780 469-0026
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Ball Hockey/Preschool Soccer	Shauna D.	780 966-3205
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

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, modern flooring, 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.

FREE swim for members on Sundays

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

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

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



FREE DROP-IN GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for **children aged 6-12**, but all children accompanied by an adult are welcome to attend.

Capilano

10810 – 54 St
2:30pm - 5:30pm
Monday - Friday
July 2 – August 22

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

Get in touch with us:
Email: greenshack@edmonton.ca
For more information, call 311 or visit:
edmonton.ca/Greenshacks

Edmonton Nordic Ski Club Registration

Registration is now open for Edmonton Nordic Ski Club fall and winter programs for Ages 10+. Winter programs take place at Gold Bar, Goldstick and Capilano Park. Registration for the popular Jackrabbit Program for children 4+ will open in November. Please visit edmontonnordic.ca for detailed program information.



Tuesday/Thursday Bootcamp – Capilano

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

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

This session runs July 16/18- Aug 27/29. It is outdoors just to the north of the hall. New sessions start in September

Tuesday \$85, Thursdays \$85

Drop-in rate is \$13.

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

Tuesday/Thursday Strong – Capilano

If you are looking for a class that focuses on getting your whole body stronger, then this is your class - no cardio. We will mainly use dumbbells, bands, and kettlebells, with a longer mobility focused warm up.

Tuesday class at 8 p.m., Thursday class at 8 p.m.

This session runs July 16/18- Aug 27/29. It is outdoors just to the north of the hall. New sessions start in September

Tuesday \$85, Thursdays \$85

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

Capilano Community League Memberships

Did you know that now you can purchase your community league membership online? Completing the online form will allow you to receive an electronic membership card which you can keep in your Apple or Google Wallet. You can also allow the online application to remind you to renew your card next year!

Online memberships can be purchased through the Capilano Community League web page under Memberships or directly to the following link

<https://capilano.getcommunal.com/memberships>

Further inquiries can be made to Jamie at memberships@capilanoocl.ca

To PURCHASE memberships:

-Contact Jamie (memberships) at memberships@capilanoocl.ca

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

-Online memberships can be purchased through the Capilano Community League webpage or through Edmonton Federations of Community Leagues. <http://capilano.getcommunal.com/memberships>

Membership Fee: \$20 family, \$10 single person, \$10 senior

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!

Capilano Community League - Call for Volunteers!

Want to add your touch to our vibrant community? Volunteer to be part of our amazing board, meet new people, and be part of a great team!

Available positions include:

-Vice President – support our President.

-Secretary – take meeting minutes at board meetings.

-Facilities Director – Oversee the maintenance of the community league facilities and grounds and the work of our facilities contractor, who carries out the required maintenance activities.

Please email: president@capilanoocl.ca for more information.

A BIG thank you to those who recently stepped up to fill a community board role!

Hall Rental Manager Position Available

Capilano Community League is looking for a Hall Rental Manager to start this Fall.

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

Some of the hall manager's responsibilities

include scheduling hall viewings, booking rentals and community events, managing and logging hall revenues and expenses, bank deposits, making sure the space is clean and ready for renters and our fitness classes. The hall manager position is a paid position. To find out more details please contact Marzena at 780-909-5886.

Karate at Capilano Hall

Kick fall into high gear!

Starting Wednesday nights in September, kids 7-12 can build their inner champion in our youth and family class! Our youth curriculum will help them get fit and develop skills to help them excel in the world of sport karate. Train to compete or train to get stronger - by yourself or with a parent.

The adult class dives into the world of classical Okinawan karate. Think turbocharged "Miyagi-do" - exploring the old school karate -kicks, punches, locks,

strikes, throws. Join for fitness, self-defence or both- women and men are welcome. Ages 13 and up.

For more of a mind-body workout, try Ryukyu kobudo. This ancient art helps refine technique, challenges you to expand range of motion and develop a deeper body awareness. For ages 13 and up.

For more information, text/ call 7806193136 or email kaizen.dojo@shaw.ca. Our dojo is a proud member Karate Alberta!

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

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

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

Capilano Babysitting Registry

Parents! Summer nights are the perfect time to try out a new babysitter. Contact babysittingregistry@capilanoocl.ca for more information. Interested sitters can also contact this email to be added to the registry.



Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

Water hazards

- Drowning contributes to unintentional injury-related death among young children.
- Children can drown in just a few centimetres of water if it covers their mouth and nose.
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres (*) high and have a self-latching, self-closing, lockable gate.

(*Alberta Building Code)

Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions.
- Avoid wearing brightly coloured clothing outdoors.
- Consider destroying or relocating hives and nests situated near your home.
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors.
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it.
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

Lawn and garden tools

- Keep young children away from outdoor power equipment.
- Serious burns may result from touching hot engine surfaces.
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

CCL Position	Name	Contact
President	Leigh	president@cloverdalecommunity.com
Vice-President	Jenna	vicepresident@cloverdalecommunity.com
Treasurer	Nidhi	treasurer@cloverdalecommunity.com
Secretary	Angela	secretary@cloverdalecommunity.com
Civics Director	Carly	civicsdirector@cloverdalecommunity.com
Folk Festival Liaison	Jayne	folkfest@cloverdalecommunity.com
Communication Director	Gerardo	communications@cloverdalecommunity.com
Social Director	Bob	socialdirector@cloverdalecommunity.com
Memberships	Marilyn	membership@cloverdalecommunity.com
Program Director	Joe	programdirector@cloverdalecommunity.com
Community Garden	Heidi	communitygarden_chair@cloverdalecommunity.com
Casino Coordinator	Braden	casino@cloverdalecommunity.com
Rink	Travis	rink@cloverdalecommunity.com

Book Club

Last Monday of each month from 7 pm – 9:00 (except in December which will be held on December 16)

Join your neighbours for friendly chats around a good book!

Contact programdirector@cloverdalecommunity.com for further information.

Tuesday Morning Walking Group

If you would like to get out and explore the river valley with a like-minded group of Cloverdale residents, please join the Tuesday walking group, which meets at 9:30 am each Tuesday by the sign board in front of the hall. (Summer start: 9:00 am)

Green Shack Program

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play! This program is targeted for children aged 6-12, but all children accompanied by an adult

are welcome to attend. For more information, call 311 or visit: edmonton.ca/Greenshacks

July 2 – August 22

Monday - Friday, 2:30pm - 5:30pm

Community League Day

Sunday September 15th - details to follow!

Check our website <https://cloverdalecommunity.com/> for upcoming yoga, fitness, and sportball classes. Non CCL members welcome at a nominal additional fee subject to class size.

Ladies of Cloverdale

First Wednesday of The Month at 7:00ish

Bring a beverage of your choice to meet your neighbours in a casual setting.

Go to "Ladies of Cloverdale" on FaceBook and ask to join.

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Summer food safety: don't leave home without it!

Summer is finally upon us in Alberta! Whether you are staying close to home, camping, or attending festivals, take steps to keep food safe.

Much like applying sunscreen to protect your skin from the sun, understanding and using proper food safety measures can protect yourself, family, and friends.

Food poisoning or foodborne illness is a major cause of illness in Canada. In Canada, one in eight people get sick each year from eating contaminated food. This is nearly four million people each year.

Food poisoning is caused by eating foods that have harmful germs in them. Symptoms are usually mild, but severe illness, hospitalization and even death can happen because of these germs.

Did you know that you can't always tell if food has gone bad by look, smell, or taste? Germs are small and not easily detected. This article offers food safety tips along with ideas to ensure the safety of your food during your summer activities.

Food safety tips!

- When grocery shopping, buy cold or frozen food at the end of your shopping trip.

- Check the expiry dates on packages.

- Wash your reuseable grocery bags often.

- Wash your hands before and after handling food.

- Store foods safely. Refrigerate raw meat, fish, poultry as soon as possible or within two hours. Make sure your fridge is set to 4°C(40°F) or lower, for freezer -18°C(0°F)

- Thaw meats in the fridge, under cold running water or in the microwave. Germs can grow at room temperature. Cook foods soon after thawing.

- Use a clean meat or food thermometer to make sure foods are cooked to a safe temperature.

- Use separate cutting boards for ready-to-eat foods (vegetables and fruits) and another for raw meat.

- Use different plates and cooking utensils for raw and cooked foods.

- Serve hot foods hot and cold foods cold.

- Chill leftovers as quickly as possible, using a shallow container to cool the food down quicker.

Grilling at home

- Marinate foods in the fridge not on the counter or outdoors.



- Do not use sauce that was used to marinate raw meat or poultry on cooked food.

- Cook ground meat thoroughly.

Ground beef can turn brown before dangerous germs are killed. Use a food thermometer to take the temperature in the thickest part of the meat. Cook until the thermometer reads at least 71°C (160°F).

- Cook meat like roasts and steaks to 63°C (145°F) on the inside.

- Cook ground meat to 71°C (160°F) on the inside.

- Flip meat at least twice to cook it evenly.

Picnics and camping

- When packing foods in a cooler, pack foods that you are likely to use last on the bottom. Pack plenty of ice or freezer packs to ensure a constant cold temperature.

- Fill a cooler to capacity. A full cooler maintains its temperature better than one that is partially filled. Keep the cooler out of direct sunlight and avoid opening it too often.

- Bring a food thermometer for your meat and poultry to ensure your meat has reached a safe internal temperature when cooking.

- Don't let food sit out for more than two hours.

Snacks for outdoor events/festivals

- Bring disposable wipes or hand sanitizer with you to use before and after handling food if you aren't near a handwash station. Handwashing is the preferred method for washing hands.

- Take only the amount you think you will need so you don't have leftovers.

- Consider taking foods and snacks that do not need to be refrigerated like fresh or canned fruit, trail mix, crackers, or granola bars.

Remember: if in doubt, throw it out

For more information, check out the Food Safety page on Canada.ca.

Using these tips can help you and your loved ones enjoy your summer activities and stay safe.

Forest Terrace Heights

We may be on the other side of summer, but our community is heating up with fantastic fall events and programs. Mark your calendars and join us for some fun!

Fall Program Line-Up

Mondays: Zumba—A welcoming space for everyone, from seasoned dancers to those just starting out. Our drop-in class starts at 7 p.m. in the community hall. Zumba is not just a fun way to keep fit, but also a great opportunity to meet new friends.

Tuesdays: High Fitness—Join our High Fitness class at 7:15 p.m. for an energizing workout that combines interval training with music you love. Registration details will be available on Eventbrite soon, so watch our website for more informa-

tion!

Wednesdays: Sewing Club—Whether you're a sewing pro or just starting out, join us at 7 p.m. for our drop-in Sewing Club. It's a great place to work on your projects, learn new skills, and connect with fellow sewing enthusiasts.

Thursdays: Sportball - For the little athletes in your life, Sportball offers fun, non-competitive sports programs for kids. Classes cover soccer, baseball, basketball, and more. Registration link found on our website at forestterrace.org.

Green Shack Program

Kids aged 6-12 (and those with adults) can join the City of Edmonton's Green Shack Program for crafts, games, sports, and free play! This fantastic program runs Monday to Friday from 2:30 to 5:30 p.m. until August 22.

-Forest Heights: 10150 - 80 Street

-Terrace Heights: 9835 - 71 Street

For more information, email greenshack@edmonton.ca.

Director to join our Board

This is a fantastic opportunity to make a real impact in our community. As our events Director, you will participate in one board meeting per month, helping to plan and shape exciting events that unite our community. You'll collaborate with a dynamic and supportive Board and community members and bring your creative ideas to life. Ready to lead our events? Email president@forestterrace.org to apply or learn more. Let's make our community even better together!



FREE DROP-IN GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

Terrace Heights	Forest Heights
9835 - 71 St 2:30pm - 5:30pm Monday - Friday July 2 - August 22	10150 - 80 St 2:30pm - 5:30pm Monday - Friday July 2 - August 22

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

Get in touch with us:
Email: greenshack@edmonton.ca
For more information, call 311 or visit: edmonton.ca/Greenshacks



Get Your Memberships. By becoming a member, you not only support our community initiatives but also enjoy exclusive benefits. New memberships are available now and run until August 31, 2025. Enjoy free community swims, hall rental discounts, and more! Family \$30, individual \$15, seniors \$10. Purchase online at forestterrace.org or at Grower's Direct (cash only). First-time memberships can be obtained through the Membership Director at memberships@forestterrace.org or 780-463-1613. Stay calm, stay active, and we'll see you around the community!

Sewing Club

Sew glad we have a club just for you! Join our Sewing Club every Wednesday, 7-9 p.m. Bring your projects, use our machines, and help make quilts for charities. This is a drop-in event, and no weekly commitment is required. Suggested \$5 donation per session. Our facilitator has a couple of machines and some fabric for people to use, but you're welcome to bring your own machines and projects. We welcome cotton or flannel fabric donations, sewing machines, and tools. Our long-term goal is to make quilts for charities and fundraisers. Please join us. Questions? Contact programs@forestterrace.org.



Indoor Community Soccer Registration

Interested in indoor soccer? EMSA's U5 to U19 season runs from mid-October to the end of February. Each week, players will have one game and one practice. The registration period for guaranteed team placement is from August 1 to September

4. After that, registrants will be placed on a waitlist. Complete the registration process at emasoccerportal.com. Players will be notified by the end of September about the locations, dates, and times of the games and practices.

Forest Terrace Heights Community Clothing Swap

Get ready for our popular Clothing Swap event, returning this fall! Event runs September 26 to 29 at the Forest Terrace Heights Community Hall. Bring gently used clothing items, refresh your wardrobe and connect with your community. Drop off your items on Thursday, Friday, or Saturday. Sunday is dedicated to shopping only! We always appreciate

volunteers who can help make this event a success. Sign up today on our website to lend a hand and enjoy some shopping while you're there! **Drop-off Times:** Thursday, September 26 from 6-8 p.m. | Friday, September 27 from 6-8 p.m. | Saturday, September 28 from 10 a.m. - 3 p.m. **Shopping Only:** Sunday, September 29 from 10 a.m. - 3 p.m.

New Mural

Forest Heights Mural Update. Stop by the Hughes gas station near the top of the Rowland Road hill on 106 Ave and 82 Street to see the incredible mural by local artist Brandon Atkinson. This mural is a vibrant addition to our community, celebrating local culture and artistry.



Hall Rental with AC

Air Conditioning Coming to a Hall Near You. Are you a fitness program regular? Are you planning an event at our hall in the coming months? We have fantastic news! The Forest Heights Community Hall now boasts air conditioning. Whether it's a birthday party, family reunion, fundraiser, or exercise class, we wanted to ensure that your guests (up to 65 people) stay cool. The Hall is located at 10150-80 Street, Edmonton. For more information, visit forestheight.org.





Fulton Place Board

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7802365457

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Vice President Civic Affairs
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7809515253

Gavin

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Michelle

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Facilities

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Jenn

Director
jenn@fultonplace.org

Casino Fundraiser Volunteers Needed

We're looking for volunteers for our Casino Fundraiser on Thursday October 3 and Friday October 4 at Century Casino. Proceeds from the Casino are the primary source of income for the Community League to use towards various programs and for operating the Hall and Outdoor Rink facilities. We need 40 volunteers to fill all the positions so please help out if you are able. Contact Rick Meger at 780-463-4333 or rvmeger@telus.net to join or to ask questions.

Summer Concert Series

The Fulton Place Summer Concert Series is made possible due to Fulton Place Community League and neighbours who own Edmonton businesses. Concerts are for everyone and are free to attend. Musicians may have merchandise available for purchase after the shows. The concerts run every Saturday in August until Fulton Fest on August 31. Visit our website for the full lineup.

Thank you to our sponsors **Advance Ag, Dana Bradley Realty*, ECO Renew*, Mark Friesen Realty, Fulton Place Community League*, Lucki's Exercise Equipment, Dave Schmitz Realty*, Varsity Optical, Re/Max Andy Verhagen.** *indicates two year sponsor

Fall Gardeners Swap & Sale

Saturday, September 7 9am - 12pm
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. For more information please phone **Jessica at 780-803-8169.**

Fulton Place Business Directory

Visit our Directory on our website featuring local businesses and neighbours with Edmonton-based businesses. To join the directory email info@fultonplace.org.

Fulton Place Babysitter Registry

Are you looking for a certified Red Cross babysitter? We maintain a list of certified babysitters in the Greater Hardisty area. Please email info@fultonplace.org and we'll help connect you with an amazing babysitter.

Fulton Place Members' Free Swim Schedule

-ACT Leisure Centre, 2909 113 Avenue NW

Saturdays 2pm-4pm

September 9, 2023 - August 31, 2024

-Hardisty Leisure Centre, 10535 65 Street NW

Sundays 1:15pm-2:45pm

September 10, 2023 - August 25, 2024

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

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.

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 League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass*- 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

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

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

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

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

YEG Yorkie Fest

Bring your Yorkshire Terriers and Yorkie crosses to the Fulton Place Community League ice rink on Saturday, August 24 from 1-3pm where there will be fun, games, and local vendors. The event is free, family-friendly, and welcome to all who enjoy these small but fierce dogs! Prizes will be awarded in several categories including fastest Yorkie, smallest Yorkie, cutest name, best costume, best listener/well behaved, highest jumper, best retriever (of an object such as a ball or bone, etc.), best hair cut/hair do, senior of the year (eldest dog), and rookie of the year (youngest dog). Thank you to the Fulton Place Community League for supporting the event. Everyone is welcome to join us for a yapping good time! More info about the event can be found at <https://www.facebook.com/yegyorkielovers>.



Gold Bar League Contacts

*President	Adam Rompfer	adamrompfer@yahoo.ca
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*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Kerry Bravoisis	kerrybravoisis@hotmail.com
Bingo Director - Parkway	Charlene Lazenby	charnelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Dominique Kott	dq.kott@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Joshua Kott	joshkott@gmail.com
Sign Director	Joshua Kott	joshkott@gmail.com

Fastest Kids Race 2024

We had an incredible time hosting our Annual Fastest Kids Race. Lots of smiles and a beautiful sunny day. Congrats to all the winners, including Fastest Mom and Fastest Dad! A big thank you to everyone who came out to volunteer their time. See you next summer!



The Green Shack!

The Gold Bar Green Shack program will run again this summer from July 2nd to August 23rd. Weekdays from 10:30 AM-1:30 PM. This is a free, drop-in program for kids ages 6-12 sponsored by the City of Edmonton.

Goldbar Community Memberships Available Now

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

(9350-82 ST) come check out these wonderful business' and pick up your community

membership. Check your local pool for community swim times. Please Remember Your Card.

WE NEED YOUR HELP! PLEASE 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.

Sunday Strong

This class is outside next to the hall. 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 fin-

ish. You can join at any time but the next session starts Sept 8 Sundays 6:45-7:55 (note this is a 70min class)

Contact Lisa to register or with any questions.

Sundays \$85 for 8 weeks

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

Mom and Me Fitness

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

time. Next session starts Sept 9

Mondays from 930-1030am

Contact Lisa to register or with any questions.

Mondays \$75 for 8 weeks or \$12 drop in Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com



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Holyrood Community League Contacts

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Facilities & Grounds - Jeff	facilities@holyroodcommunity.org
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Engagement - Christine	christine@holyroodcommunity.org
Civics - Carmen	civics@holyroodcommunity.org
Holyrood Development Committee - Petro	hdc@holyroodcommunity.org
Community Garden - VACANT	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - Hailey	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org

holyroodcommunity.org
 @HolyroodCL
 Holyrood Community League

Purchase memberships through efcl.org/membership/

NEW TO HOLYROOD? SIGN UP FOR LEAGUE MEMBERSHIP ONLINE! Complimentary Memberships are available for newcomers to Holyrood! Contact our Membership Director Lisa at memberships@holyroodcommunity.org, or scan the QR code to sign up for a new resident membership and our membership coordinator will drop off your card for you.



THINGS TO DO IN OUR COMMUNITY

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

Saturdays 3:00 p.m. to 5:00 p.m.
 Commonwealth Recreation Centre
Sundays 4:15 p.m. to 5:45 p.m.
 Bonnie Doon Leisure Centre

2. YOGA WITH BARB Join our amazing yoga instructor Barb Thursdays from 7 to 8:15 pm at St Luke's Church starting September 18th until December 12th (total 13

classes). \$30 for a 3 class punch pass, or drop in for \$15 each class. The yoga poses are gentle and accessible for everyone. Bring a blanket, yoga mat, block and strap, and a water bottle. Email barbayogaguide@gmail.com for more information.

3. TRANS AND QUEER SOBER MEETUP Are you new to sobriety or recovery? Join us every second Tuesday at the Holyrood Rink Shack at 6:30pm to gather, share stories and connect in an informal, affirming and sober environment. For more information or questions, email: makerof.this.and.that0@gmail.com

BIG BIN INFORMATION

Our annual big bin event is back, get rid of your junk from 9am - 1pm! There will be a 30cu yd bin available in the parking lot behind SEESA for disposal of furniture and other large household items. Please wait your turn and remain in your car until you are flagged in by our volunteer. You are responsible for loading your items into the bin. Please stack items as neatly as possible in the bin; in order to

help maximize space. Masks & gloves are recommended.

Accepted Items: furniture, couches, mattresses, chairs, sports equipment, yard waste and other household items too large for curbside pickup.

Not Accepted: Appliances, electronics, commercial construction items, household hazardous materials (paint, fuels, propane cylinders), batteries, motors or tires.

Join Our Holyrood Community League Board

The board would not be what it is without the collective help of dedicated neighbours volunteering their time. Want to join our board? We're looking for someone just like you! Commitments include attending monthly meetings, which are an hour long, in addition to a small monthly time commitment. Workload is dependent on the role and could be anywhere from 1-4 hours a week. Please email chris@holyroodcommunity.org for more details on each position. We are also interested if you want to volunteer to help out at one of our events - just shoot us an email and let us know!

We are currently still looking to fill the following positions:

1. Sports and Fitness Director
2. Community Garden Chairperson
3. Casino Director

Babysitters Wanted For Babysitters Registry

Certified babysitters are still needed in the community! Many families in the neighbourhood are looking for skilled, trustworthy babysitters. If you are a babysitter and are interested in getting your name on the registry, please fill out our google intake form using this QR code. Note: Providers under



age 18 need their parent's permission to be listed on the registry, so please have a parent included in the email and when filling out the initial application.

If you are in need of a babysitter, please contact communications@holyroodcommunity.org to be matched with a babysitter.

HOLYROOD COMMUNITY PLAYGROUP

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

Although this meeting takes place in a church, this is not a religious group. If it's smokey or raining out, bring your littles to the playgroup!

When: Thursday mornings, 9:00am - 11:00am



Where: Holyrood Community Church
 9224 82 Street

COMMUNITY RECONCILIATION INITIATIVES

We would love some community support as we continue to foster reconciliation and allyship. As we continue our second year of offering Indigenous workshops, events, and opportunities, we would love to hear from you! If you are interested in contributing, or have an idea

you would like to see in the community, please connect with coordinators Christine (christine@holyroodcommunity.org) or Nor'Ali (norali@holyroodcommunity.org). Be sure to keep an eye on our social media channels for upcoming events and workshops centred on reconciliation.

COMMUNITY LEAGUE DAY 2024

We can't wait to see you at our Community League day event on **September 14!** Join us from 12 to 4 pm in Holyrood park, or from 9am to 1pm in the parking lot behind SEESA for the Big Bin Event. Community league memberships will be available to purchase at the Holyrood Community League Membership table – a valid membership is required for the big bin event only, everyone is welcome to attend the Community League Day festivities.

- Bouncy Castles
- Drift Food Truck
- Edmonton Fire Services
- Edmonton Police Services

- Face Painting and Glitter Tattoos
- Kalina's Cotton Candy
- Caricature Drawings
- Live Music
- AARCS Adoptable Pets
- SEESA Booth
- Amnesty International
- Edmonton Public Library
- Soul2Sole Massages
- Holyrood Rocks

This is an outdoor event, please dress for the weather and bring what you need. There is a port-a-potty available near the hall. Pack it in, pack it out, please take your garbage with you.



COMMUNITY LEAGUE DAY!
SEPTEMBER 14TH | HOLYROOD PARK | 12 TO 4 PM
holyroodcommunity.org

Bouncy Castles
Drift Food Truck
Edmonton Fire Service Fire Truck
Edmonton Police Services
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Idylwylde Community League Board

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



Community League Board Vacancies

We're still looking for a few people to fill our vacant board seats:

-The **Social Chair** helps generate ideas for social events that will bring together members of our community, looks after details necessary to run an event, recruits volunteers to assist with events, attends Board meetings when possible, and manages community notifications and signage.

-The **Civics Chair** is the liaison between the league, the EFCL, and the City of Edmonton to provide updates about our

community's needs. The Civics Chair is often invited to attend inter-league and City-led events to share community concerns and ideas about how we can make our neighbourhood and Edmonton an even better place to live.

-The **Vice-President** assists with our various events and chairs the meetings if the President is unable to.

If you have any questions or are interested in volunteering, please contact us at league@idylwylde.org

Casino Volunteers Wanted

The Idylwylde Community League will be hosting our Casino fundraising event on September 7 and 8, 2024 at Pure Casino. This event is a major fundraising event for the league and helps to fund many of the activities that we host throughout the year. We need help from volunteers for the event.

We're looking for:

-Chip runners (evening) both Saturday

and Sunday

-Cashiers (day and evening) both Saturday and Sunday

-Banker (day) Saturday

-General Manager (evening) Sunday

-Count room (evening) Sunday

No experience is required. For more information please contact Michelle at casino@idylwylde.org

Cherry Tomato Community Garden News

Hey gardeners - it's time to think green! Garden meetings have been planned for the **first Monday** monthly starting at 7p.m. at the Hall. Please get in touch at garden@idylwylde.org. Let's make it a success!

With all the new families moving into our area, we'd love to include more young people (kids included). This year, there has been interest shown for when things are ready to pick but we struggle to attract families who want to teach their kids how to grow, as well as pick strawberries and carrots. If you would like to see a 'young sprouts' program at the garden, please let us know! OR kindly consider joining the garden to provide your family with a 'hands on' connection to the natural world by growing vegetables - just like people they need warmth and care to

exist and grow.

Well did we ever pick the wrong year to try growing vertically! The cold winds have been quite brutal to our plants and dreams. We'd like to install two long L-shaped lattice structures placed along the sidewalk to combat winds. The lattice frame would provide 12-15" squares to be filled with many small paintings (on plexiglass) done by our young kids, or anyone who wants to contribute. This could be a wonderful community building project that would also protect the garden, beautify the area and bring art to the community level, where it serves us all. Further details pending... What do you think? Please let us know! Email to garden@idylwylde.org

Fall Programs

Join us for one of our fall programs. All abilities welcome. Free for Community League Members

Nia

Mondays, 7 - 8 p.m. | Sept. 16 - Oct. 7, Nov. 4 - Dec. 16

Nia® is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for three intensity levels, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear thin-soled footwear. Bring a yoga mat for more comfortable stretching on the floor during cool-down. Find more information at flourishmovement.com or nianow.com.

Gentle Yoga with Dagmar

Tuesdays, 6:30 to 7:30 p.m. | October 1 to December 3, 2024

Gentle Yoga is a gentler style of hatha yoga practice. It is offered at a slower pace with less intense positions and a focus on breathing. An ideal class for those new to yoga or looking for a restorative

practice.

Community Pub Nights

Come to Pub Night, make some new friends, and share time with your neighbours while enjoying some snacks and drinks. Pub Night takes place on the first Thursday of every month.

We look forward to seeing everyone Thursday, August 1, and Thursday, Sept. 5 from 7:00 - 10:00 p.m. at the Community Hall.

Community League Swims

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

-Bonnie Doon Leisure Centre
8648 81 Street NW

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

-Commonwealth Community Recreation Centre
1100 Stadium Road
Saturdays, 3:00pm - 5:00pm

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.

YMCA Summer Camps in Idylwylde

This summer, the YMCA will be running camps out of the Idylwylde Community Hall for children aged 6 - 12. You don't have to live in Idylwylde to attend. Registration is now open for the Art-Rageous Camp: August 19 - 23.

To learn more and to register, visit the YMCA of Northern Alberta - Edmonton's website: ymcanab.ca/programs/camps



Emergency Medical Services



Back to school safety

Alberta Health Services EMS would like to remind parents and students of safety tips as the school year begins again this fall. Pedestrians and motorists both have a key role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and three demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all vehicles have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Community Memberships

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwyld! Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idylwyld) will still cost the regular amount of \$20/year. Please contact our Membership Chair with proof of residency in Idylwyld to get your membership today!

Monthly Meetings

Want to get involved? Join us for our next meeting. Our meetings are usually held the second Wednesday of the month at 7 p.m. at the Community League Hall. Our next community meeting will be Wednesday, August 14, 2024, starting at 7:00 p.m.

Plan for the worst now.
Don't leave it on your loved ones' shoulders.

Wills starting at \$800
EPA & PD, \$250 with Will
RAKLAW.CA/future



SAT **SEPT 21** &
SUN **SEPT 22**



Explore **5** of Edmonton's finest homes in support of

ballet edmonton

TICKETS \$45
behometour.ca



CONTACT US!

President	Vacant	Vacant
Past President	Irene	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Dianne	secretary@kenilworthcommunity.com
Seniors Programs	Maren	connect@kenilworthcommunity.com
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Troy	grounds@kenilworthcommunity.com
Membership	Stephanie	membership@kenilworthcommunity.com
Men's Shed	Morris	mreid2057@gmail.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	SECLA@kenilworthcommunity.com
Social	Janine	social@kenilworthcommunity.com
Youth Group	Elizabeth	youth@kenilworthcommunity.com

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!

KCL Youth Group Events

KCL Youth was started near the end of Covid as a way to bring the youth of Kenilworth together, build friendships, have fun, give back to the community and let our community's youth know that YOU MATTER! All get together and events

are free for Kenilworth and surrounding neighbourhood youth.

For more information, please contact the KCL Youth Group at youth@kenilworthcommunity.com

Stay tuned for upcoming events!

Kenilworth Crescendo- Final Concert!

Join us for the last concert of the summer on Wednesday, August 21st, at the Kenilworth Community League Hall. Food truck

service begins at 5:30pm and music by The Dahlia & Alan Duo begins at 6:30pm. Bring a chair or blanket and be ready to relax!

Kenilworth Community Memberships

2024-2025 memberships will be on sale soon! Please contact Stephanie at membership@kenilworthcommunity.com for more information!

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

Swim Times

Your KCL Membership gives you access to community league swim times at:

Bonnie Doon (Saturdays 5 to 7pm),
Commonwealth (Sunday 1 to 3pm),
Hardisty Pools (Sunday 1:15 to 2:45pm)

KCL Annual Golf Tournament- Cancelled

Unfortunately, the KCL Annual Golf Tournament scheduled for August 24th is cancelled.

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 @ 780-469-1711.**

Kenilworth Community League Needs a President

You (or you and another person, in a co-President role!) could be KCL's next President! The KCL president attends monthly KCL Meetings, checks emails regularly (minimum of 2x/week), has financial authority to approve invoice payments, supports KCL volunteer activities and events, is familiar with the KCL bylaw manual, ap-

plies for relevant grants, and supports the recruitment of KCL's volunteers.

Come join the amazing group of people that make up the Kenilworth Community League Executive!

Questions? Please reach out to Irene, KCL's Past President, at president@kenilworthcommunity.com

KCL Crib Club

Our KCL Crib Club will start up on October 2, 2024, and finish on May 7, 2025. We meet every Wednesday evening from 6:45 to 9:30 PM. To become a member, you should have a community league membership from any community league and the cost to join the club is \$5.00 for the whole

season. You can purchase both at our KCL Membership Drive on September 15, 2024.

If you are a crib player and want to join as a fulltime player or a sub, and require more information

please call Liz @ 780-465-5188 or Lucy @780-466-9149.

Bingo Volunteers Needed!

Revenues made through our gaming licenses are essential for KCL to operate effectively. Bingos fund monthly caretaking fees, hall re-

pairs and maintenance, utilities, rink costs, capital purchases, hall improvements, and much more. KCL needs volunteers for its upcoming

bingos, located at Parkway Bingo Hall.

For more information, please email president@kenilworthcommunity.com

2024		2025	
August 26	December 14	January 12	May 16
September 6		February 13	June 1
October 20		March 27	July 25
November 27		April 8	

Kenilworth Dog Park

The dog park is open daily until 9pm. Thank you for cleaning up after your pup!



Community BBQ

& Showcase

Sun, Sept 22 at noon

- Everyone welcome
- Free food & beverages
- Discover community programs & resources
- Meet new people



PROVIDING FOOD FOR THOSE
STRUGGLING WITH FOOD SECURITY

How can you help?

Food donations
accepted

10 am - 2 pm
Tues. to Fri.

Volunteers needed

Fri. mornings:
Collect, sort & pack food

Sat. mornings:
Greet & serve guests
Set up and clean up

Spirit of Hope 7909 - 82 Ave NW

For info contact officeadmin@spiritofhope.ca or 780-468-1418

Kenilworth Community Members
please join us!



60th Anniversary Party & Membership Day

AT KENILWORTH COMMUNITY LEAGUE 7104 - 87 AVENUE

Join us as KCL receives a dedication from a special guest!

GET YOUR KCL MEMBERSHIP &
SUPPORT YOUR COMMUNITY!

GAMES & ACTIVITIES

FOOD

COMMUNITY
ART

FUN

REGISTER
FOR KCL
PROGRAMS

LIVE
MUSIC

MEET YOUR
NEIGHBOURS!

HELP US MAKE THIS EVENT A DAY TO REMEMBER!



Sunday
September 15th
12pm-3pm

Make "Fulton Court" your next home

Call Craig for Current Availability



- * Air Conditioned
- * Heated Parking
- * Car Wash
- * Social Room
- * Workshop
- * Exercise Room
- * Library
- * 40+ Adult Living

6220 Fulton Road



Exercise Room



Library



Workshop

MaxWell

Devonshire Realty



780-233-9939

WWW.WORKING4U.CA

Craig Stenersen
Realtor®



WWW.FULTONCONDOS.COM

SRES

"Seniors Real Estate Specialist"

Hydration and You

Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day, through your breath, sweat, urine, and bowel movements. If you live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs which can be very dangerous.

All liquids help you stay hydrated, but water is usually the best choice. A common recommendation is to drink six to eight glasses of water of day (250-mL or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.

Most people get enough fluid through the beverages they normally drink each day. You also get water through food. Some fruits and vegetables contain a lot of water, such as watermelon and lettuce.

Did you know? Experts say it is not true that beverages containing caffeine – coffee, tea, and cola drinks – are dehydrating. Healthy individuals who consume moderate amounts of caffeine do not lose more fluid than people who don't have any caffeine. A moderate amount of caffeine is about 200- to 300-mg per day which is about two to four cups (250-ml or 8 fl oz) of coffee.

If you are feeling well, you urinate every few hours during the day, and are not feeling thirsty often, you are likely drinking enough water.

People with certain health problems, especially heart and kidney problems, need to speak with a doctor about how much water to drink.



KEP Board Members:		
President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michauddr@gmail.com
Treasurer	Sylvia Shank	sacul@telus.net
Secretary	Renée Henthorne	wish2bee@yahoo.ca
Tennis Director and Membership Director	Wayne Alexander	walexander@shaw.ca
Hall rental & Maintenance Director	–	king.ed.hall@gmail.com
Civic	Rahul Deol	
Volunteer	Tod Rudge	todrudge@gmail.com
SECLA Representative	Kaitlyn Wall	
Connect with us online:		
Twitter	@KingEdwardPark	
Facebook	https://www.facebook.com/kingedwardparkYEG/	
Instagram	https://www.instagram.com/kingedwardpark/	
Website	https://www.kingedwardpark.org/	

YOGA at the Small Hall

Thursdays June 6 - August 29th from 6:30 - 7:30 at the small hall (8008 81 St NW).

Join us for a yoga class designed to promote relaxation and restore balance. This class integrated gentle yin postures

with specialized movement training to enhance mobility, flexibility, and overall well-being.

Drop in \$10 or \$5 for KEP members!!! You can also register by email at king.ed.hall@gmail.com.

The Reuse Fair was a Success!

Thank you to all who participated in King Edward Park's 23rd Annual Reuse Fair that happened June 8th. We saved over 500 kgs (guesstimate) of items that otherwise would have made their way into the garbage.

Our recipients were grateful for your

generosity and diligence in saving and bringing in the requested items. It's only because of your work that our Reuse Fair is considered a success each year – we appreciate all of your efforts. We'll be doing the same thing next year in June and look forward to seeing you then!

King Edward Park Tennis Club is up and running!

Come join our tennis club. We are proud to have a fantastic set of tennis courts located at Duncan Innes Park, 8008 - 81 Street NW. The King Edward Park Tennis Club welcomes players of all levels and offers private and group lessons. Please note that a valid community league mem-

bership is required to join.

KEP resident annual membership: \$50 family, 25 single. Non King Edward park resident annual membership: \$75 family, \$50 single. Contact Wayne for more information! walexander@shaw.ca or home phone 780 466 9265.

Volunteer With Us

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

Zumba Dance Fitness Classes

Zumba is a Latin inspired dance fitness class that feels like a party! Zumba is suitable for all ages and abilities (children under 12 must be accompanied by a guardian).

Classes offered June 12 to Dec 18. (No classes on the first Wednesday of the

Month).

Join instructor Tammy Clark on Wednesdays from 6:30 - 7:30 at the large hall (7708 - 85 St NW). Register by email at king.ed.hall@gmail.com. Drop in \$10, but KEP members receive a special \$5 drop in promotion until August 30th!!!

Things happening in the Fall with KEP!

Please keep an eye on our website to see what is happening in King Edward Park for Community League Day (September 21st).

Also, look out for our Annual General Meeting that is coming up! It's a great time to meet the board and get involved!

Community League Membership

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

-Free access to select pools during Community Swim times.

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

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

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

-10% off new annual, multi-admission, and continuous monthly passes at any City of Edmonton sports and fitness facility.

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

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

Hall Rentals

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

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

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

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

Call for KEP Programing Input

Do you have a great idea for your community? Are you a skilled instructor that wants to start a program?

We want to hear all about it and help to get it off the ground!

The King Edward Park Community league invites you to contribute your

ideas for programing.

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

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

Contact us

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

shaping the future of our neighborhood. You can get in touch by coming to one of our monthly meetings or online at <https://www.kingedwardpark.org/contact>

Family Movie Night

Don't miss out on King Edward Park's family movie nights! Stay updated on our social media or website (<https://www.kingedwardpark.org/events>) to find out about the next event! Admission is \$5 per family and includes popcorn at the concession.

Community Safety Data Portal

The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The Community Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>

Ottewell Community League Contacts

President	ottewell2212@gmail.com
Vice President	oclrink2021@gmail.com
Secretary	oclsecretary1@gmail.com
Treasurer	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
OCL Social Media	ottewellmedia@gmail.com
OCL Engagement	oclengage@gmail.com
SEV Liaison	sevliaison@gmail.com
Big Bin	oclbigin@gmail.com
Bingo Director	oclbigo@gmail.com
Grants	oclgrants@gmail.com
Membership Director	oclconcerns@gmail.com
Playschool Director	jjmclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor	oclwebpage@gmail.com

Ottewell Memberships

You can purchase your community league membership at:

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

Online at ottewell.ca – Print off your membership from the site

Cost: \$25 Family, \$10 Single, \$5 Seniors

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

Holding a current membership card has its perks:

Access to the Edmonton Tool Library which provides affordable access to hand, power and garden tools. Located: Bellevue Community Hall (north Entrance) 7308 - 112 Ave. Summer hours: Wednesdays 6- 8pm and Saturdays 11am - 3pm. (Check their website for more info)

<https://edmontonool-library.weebly.com/>

Red Swan Pizza Capilano 4964 98 Ave NW in Edmonton AB 780-250-7926 is offering 5% discount for current Ottewell



Community League card holding members.

Planet Fitness

Bonnie Doon 82 Ave and 83 St in Edmonton has an offer for current Ottewell Community League card holding members, call 780-809-7858 for details.

Anvil Coffee House

Located in Ottewell Plaza 6148 - 90 Ave in Edmonton is offering a 5% discount for current Ottewell Community League card holding members.



Free Swim with OCL Membership

Additional Location for Sept 2024 to Aug 2025
Bring your current OCL membership to get in for free during these specific swim times!

-Commonwealth Recreation Centre swim times (11000 Stadium Rd NW):

Select SATURDAYS from 3 pm to 5pm (starting Sept 2024 -Aug 2025)

2024 ~ Sept 14, 28; Oct 12, 19, 28; Nov 16, 23, 30; Dec 7, 14, 21, 28;

2025 ~ Jan 4, 11, 18; Feb 1, 8, 15, 22; Mar 1, 8, 15, 22, Apr 5, 12, 19, 26;

May 3, 10, 17, 24, 31; Jun 7, 28; Jul 5, 12, 19, 26; and Aug 2, 9, 16, 23.

-Hardisty Changed Community Swim times (located at 10535 65 Street):

Every SUNDAY from 1pm - 3pm (no swim April 20th)

Yoga at Ottewell

Join us Tuesdays at 8:30PM.

Ottewell Hall for ALL LEVELS yoga. Together we will loosen the body, increase strength, reduce tension and take a few deeper breaths.

No experience necessary. 8 sessions. August 6 to September 24, 2024.

Tuesdays from 7:30-

Investment; \$100 for current Ottewell Community League Members & \$120 for non-members. To register or for more info email willalee@hotmail.com or message @wanderingmapleyoga on Instagram.



OCL Community Gardens

We have all our garden boxes planted, and many of those veggies are growing nicely thanks to the rain and the sun and it getting so

big! Check it out next time you are at the Farmers Market. Thank you to the Green Thumbs in the community for the hard work!

ANNOUNCEMENT!



WE ARE EXTENDING THE MARKET UNTIL 7:30PM TO ENJOY THE SUMMER HOURS AND GIVE YOU MORE TIME TO SHOP LOCAL

OCL Farmers Market - WEEKLY

We've extended the market hours until 7:30pm until September!

You will find the market in the community parking lot from May 2 until October 10. A variety of Food Trucks will be onsite weekly follow us on our Facebook page & Instagram to see who will be featured weekly.

Look for our local veggie farmer, BC fruit, fermented foods, and local chefs to fill your freezer. Local take and bake, local honey. Hand baked goods and more...

-Summer Beer Gardens - Thursday August 15 & September 19

Ottewell Farmers Market is hosting monthly Beer Gardens in partnership with Manual Labour Beer

Co. Join us for a fantastic time on August 15, and September 19 from 4-8 PM at the Ottewell Community League, 5920 93a Avenue. Enjoy a vibrant atmosphere with market vendors, live music, entertainment, and food trucks. While the market is family-friendly, please note that the beer gardens are 18+ only. Dogs are welcome! It's the perfect way to spend an evening with friends and family!

Check out our August Special Market Events Follow us on Facebook to learn more.

Facebook page - @ottewellcommunityfarmersmarket

Instagram - @oclfarmersmarket

Website - ottewell.ca

SAVE THE DATE!!!

September 21 - Harvest Fest - OCL Farmers Market will be hosting on Saturday September 21 with special activities for all to enjoy. From tug-a-rope contests, best pie bake off and much more. Don't miss out, watch for more details on our social media!

Oktoberfest - Saturday October 19 - Adult-only event sure to be a lot of fun, mark your calendar.

October - Halloween events will be hosted on our social media and website

for updated information.

November Holiday Market - November 23 - Saturday from 10-3pm, our annual holiday market showcasing local makers and creators! Details to be released in Fall 2024!

OCL Social Media - Stay in Touch with what's happening in your community!

Instagram: @ottewellcommunityleague
Facebook: Ottewell Community League
Monthly Newsletter: Subscribe at www.ottewell.ca/newsletter

Free Beginner Skateboard Sessions

OCL Rink - Ages 25+

August 14 at 7pm.

The Tigers Skate Club is a women and girls-based skateboarding club that hosts free weekly community meet-up sessions with a goal to provide an inclusive environment for girls/women/non-binary folks to learn and develop their skateboarding skills. If you're a beginner, 25 years or over, and interested in skateboarding, then join us this season at Ottewell Community League! It's FREE and seasoned Tigers look forward to supporting you! Helmets and a signed waiver are mandatory. Safety gear is highly recommended! If you have any questions, please contact



tigersskateclub@gmail.com or on Instagram (@tigersskateclub).

Spray Park at OCL

Beat the wheat with a trip to our spray park! For service or operational issues, please call 311.

Enjoy your summer, when playing at the park remember to take all your belongings home with you.

If you are planning a special event at

the park, please take your garbage home with you.

Volunteers are maintaining the park area, the city doesn't attend the site weekly.

Thank you for helping our park stay clean for all to enjoy!

Summer Art Adventure

This July, take your preschooler on a fun art adventure — right in our own part of the city!

On July 12 – 14, from 10 am to 5 pm, join other families and stroll along Whyte Avenue, from 103 Street to 107 Street. You and your child can discover a wide variety of different forms of art. You can meet and talk with hundreds of local artists, including professionals, amateurs, and students, who are displaying their work, some for the first time.

Consider what colours, shapes, styles appeal most to you and your child. When you return home, make your own works of art with crayons, markers, paper, or play-dough. Together, choose your favourites, display them or save them as special gifts for family, friends and neighbours.



Your art adventure can help you create your own works of art and precious summer memories.

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

Ottewell Playschool

Now taking new registrations for Fall 2024!

Mornings are full - waitlist available; limited spots in the afternoon!

OCLP has operated within our community for over 50 years. Our program runs Monday, Wednesday mornings with an optional Thursday morning from mid-September to mid-June.

OCLP is also piloting a new extended play program on Monday and Wednesday afternoons for older preschool and kin-



dergarten kids (4.5 - 6 yrs).

For more information on what we have to offer please go to our website www.ottewell.ca/community/ocplayschool or email ocpl.school@gmail.com

Pickleball at OCL Rink- Live Drop-In Schedule!

Fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

If you play pickleball or would like to try it out for the first time you may be interested to know that our hockey rink at Ottewell has five pickleball courts painted on the concrete surface.

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

Drop-in pickleball will be FREE for Ottewell Community members who present their membership card.

Those who do not live in Ottewell can pay a \$5 drop-in fee or purchase a season pass for \$15. These can be purchased at the drop-in sessions (cash only).

Visit our website at www.ottewell.ca/pickleball or social media for up to date schedules. Please note that all time slots are dependent on the availability of our amazing volunteers so the schedule may vary from week to week.

We would like to offer as many drop-in times as possible. Volunteering to lead a drop-in session is fun, easy, and a great way to meet lots of fellow pickleballers. If you're interested in getting involved or have any questions about pickleball at Ottewell, please contact Tom at oclrink2021@gmail.com.

Bingo Volunteers Needed!!

Are you interested in meeting some of your neighbours, getting your steps in and helping fundraise for the Community League?

We are looking for volunteers for upcoming bingos in the 2024/2025 season at Parkway Bingo Hall on 51 Ave.

Upcoming bingos for 2024/25 season:
Fall 2024

October 6, November 9, December 15

Spring/Summer 2025

March 3, May 11, June 7

Vouchers are offered which can go to-



wards various extracurricular activities.

Contact oclbingo@gmail.com for more information.

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780-496-8140
ashley.salvador@edmonton.ca

City Services | Public & Active Transit | Housing | Community Safety and Wellbeing
Local Economy | 15-Minute Communities | Climate Action



SCL Leadership

Position	Name	Email
President	Anastasia	president@strathearncncl.org
Vice President	Marina	vicepresident@strathearncncl.org
Treasurer	Jingjie	treasurer@strathearncncl.org
Secretary	Glynnis	secretary@strathearncncl.org
Membership	Emily	membership@strathearncncl.org
Buildings & Grounds Director	Evan	grounds@strathearncncl.org
Rink Manager	Shawn	rink@strathearncncl.org
Social Director	Pam	events@strathearncncl.org communications@strathearncncl.org
Communications Director	Christina	org
Programs Director	Rebecca	programs@strathearncncl.org
Garden Director	Marina	strathearn花园@gmail.com
Youth Director	Margot	n/a
Members at Large	Lindsay	n/a
Members at Large	Jason	n/a
Hall Rental Coordinator	Darrah	hall@strathearncncl.org
Soccer Director	David	rec@strathearncncl.org

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

Ergonomics and You

Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can

reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over
- Your work area, including light, noise, and temperature
- The tools you use to do your job and whether they are set up to fit your needs

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

Strathearn's Waste Reduction Discussion

Tips for remembering to bring your reusable bag:

- Place your reusable bags by the door, by your keys or in your front seat
- Make a special keychain to remind you to grab your bags
- Write a reminder on your shopping list
- Have two different sets of bags to help ensure one set is in your car
- Keep a compact foldable bag in your purse, on your keychain or in your backpack

New SCL membership cards now available!



Looking for a Community League membership?

The fastest way to get your number and start accessing membership benefits is through online purchase via Edmonton Federation of Community Leagues!

Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to

work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or eye strain
- Reduce neck and back pain
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks)

Ways to use your workstation properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers, reference manuals, and other workstation tools.

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Properties



Capilano: 800 M² PIE LOT facing the park, 1120 sq ft Golden Bungalow. Oversized double garage.



Royal Gardens: 1300 sq ft Open Beam Bungalow. Ensuite off the primary bedroom, updated kitchen & bathroom, 100 amp electrical panel. Double garage, Sunny west yard, across from bike path & tennis courts



Allendale: Perfect university starter home. Modern kitchen, 2 newer 4 piece bathrooms, second kitchen space, separate laundry area. New interior paint & flooring



Killarney: Great entry level home. 1050 sq ft, 3 bedroom bungalow. Newer windows & shingles. Oversized double garage. Lot 16.5 x 36.6 = 603 M²



Wellington: 1350 sq ft Bungalow (no additions). Possibility of 4 bedrooms upstairs. Updated roof & some windows & hot water tank. Nice mid block location. HANDYMAN SPECIAL



LARKSPUR: Great 2 bedroom unit, insuite laundry, underground parking, bright open concept, big deck with gas barbecue hook-up.



Capilano: Beautiful curb appeal, everything has been updated over the last 25 years, from shingles to sewer line ... inside and out. Featuring chef's kitchen, sunny vaulted family room and fantastic mature yard. JUST MOVE IN.



Saskatchewan Drive Condo: CITY VIEW, top floor, 2 bedrooms, 2 bathrooms, insuite laundry, extra storage, underground parking.