

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
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The 12th Annual Greater Hardisty Area Family Fun Day!

See you there for petting zoo, ponies, bouncy castles.
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Saturday
September 21, 2024

11am to
3pm

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LEAGUE
4620-105 Ave NW



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Thank you for joining us for League on the line!

It was a beautiful day to play games and reconnect with our neighbours. Your presence and participation attending the events hosted by *Community Leagues of Holyrood, Avonmore, Bonnie Down, Idylwyde, Cloverdale, and Strathearn* made it a truly special occasion. Thank you to everyone who came out and got some awesome deals at the second-hand clothing sale and

enjoyed the music by DJ Curt Young, and the Indigenous Dancing by Alicia Cardinal. All the leagues on the line had such fun activities planned and if your kid is like mine, riding the LRT was a very fun bonus for the day! A special thanks to all the board members across the various community leagues who worked so hard and made this fun day possible!



Volunteers needed for SECLA casino August 2 & 3, 2024 - Grand Villa Casino, Edmonton

Do you like reading this paper? It's paid for in large part from funding the South East Community Leagues Association (SECLA) receives from a volunteer-run casino once every two years. The next SECLA casino is scheduled for August 2 & 3, 2024 (Friday, Saturday) at= Grand Villa Casino Edmonton so we're starting

the search for volunteers. If you'd like to share a few hours of your time please use the online sign-up link <https://signup.com/go/nDwANAO> (which can also be found at secla.ca) or connect with our Casino Director, Connie McKenna at cmck@forestterrace.org. A little bit of help goes a long way!



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SECLA Community League News



President's Corner: Summer Update

Summer is at last upon us, and there are plenty of things happening in our corner of the city for you to be aware of!



Marshall, SECLA President

In my home neighbourhood of Kenilworth, Kenilworth Crescendo returns for a third consecutive year, and will run every second Wednesday evening at 7pm starting July 10. There will be music, food trucks and beer gardens. In the event of inclement weather, the following Wednesday will be the makeup date.

SECLA, the conglomeration of communities that brings you this paper, and previously brought you the skatepark near the Capilano Mall, is shifting directions from major infrastructure projects to supporting community interconnectedness. We will communicate how this is happening on our social media feeds, as well as in this column. Last month, we hosted a townhall discussion with all three of our elected representatives Ashley Salvador, Marlin Schmidt, and Heather MacPherson. Through these discussions, all present heard the concerns of the various community leagues, and interconnectedness and support for one another was a noted concern among many others, which included

community safety, upcoming city initiatives like district planning, and how to deal with strained volunteer resources. SECLA, is also a volunteer run organisation, but we plan to help where we can, what that will look like will take shape over the next little while, but I will start by advocating for the physical interconnectedness of our communities through active transport.

If you are a resident of Ottewell, you have no doubt seen the widened sidewalks that are a part of the City's, Bike Plan. You may not be aware that there is also a City of Edmonton Bike team, that are available to help make Edmonton a more active transport-oriented city, and they are holding events throughout the city to promote this message and get people understanding how to use our ever-expanding bike network check out these opportunities:

- Bike to a local business: Check out a map of local businesses who are offering discounts or promotions to people cycling to their establishments during June 2024, Bike Month.
- Come roll with us: Join the City's Bike Education Street Team on rides hosted across Edmonton. These are slow, inclusive rides, aimed to increase comfort and confidence,

and to raise awareness of available bike routes, rules and infrastructure. Great for people new to cycling in Edmonton.



Follow On Instagram

- Explore a City Joy Ride: The City has created cycling routes and loops from 7 to 40 km long. Download offline maps with the mobile app, or access PDF maps. New routes will be added throughout the month of June.
- Community Resources Hub: The above opportunities compliment the many community initiatives on the go, which can be discovered through the community resources hub.

Learn more about the above opportunities at edmonton.ca/Cycling

Useful Links:

- Bike Edmonton (all things cycling in the city) <https://bikeedmonton.ca/routes>
- Edmonton Bike Route Information: https://www.edmonton.ca/transportation/cycling_walking/bike-maps-and-routes

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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

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 pas-

sion for your community, and are interested in getting more information - please contact vicepresident@avonmore.org. Anybody can join.

Edmonton Green Shack Program

Avonmore's Green Shack Program will with be on the AM Only Schedule (10:30am-1:30pm Mon-Fri) from July to August

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 va-

riety of games, challenges and activities that are sure to get kids active and having fun!

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

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

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

Programming is still available on rainy/snowy days but may be cancelled during severe weather. For more information, visit https://www.edmonton.ca/activities_parks_recreation/green-shacks.

Avonmore Book Club

Next book club gathering is on July 14th at 7 p.m. New members always welcome. Contact pastpresident@avonmore.org for more information.

Volunteers Needed for Avonmore Casino

This year's Casino is Monday August 12th and Tuesday August 13th at Pure Argyll Casino. We are currently sitting at around 70% of positions filled! Roles we need filled are Manager, Banker, Cashier, Chip Runner, and Count Room, and training is provided for all roles! Benefits of volun-

teering at the Casino include free food, getting to play with lots of money, and best of all - helping give back to your community! In just two days we get the funds needed for two years of operations. We know it's a big ask but your community needs you! Sign up at <https://signup.com/go/UoSDnBi>

Community League Day and New Program Ideas

The wonderful programs in our community unfortunately do not run by themselves! 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 inter-

esting 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, can step up and help your community.

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 equipment is recommended, but you can wear whatever you are comfortable with. We have several players who have extra sets of equipment if you need to borrow items.

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

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

Avonmore Yoga Classes

Yoga classes with Shannon Shea will begin again in early September. Contact pastpresident@avonmore.org for more information.

Avonmore Community League Merchandise

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

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

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

Through the purchase of your community league membership, you will gain exclusive access to several community league perks,

deals, and discounts at multiple local businesses. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Meat Pies? Well... Meat Street Pies (located at 7015 83 St NW [at the back]) 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, or online via the QR Code:

**We welcome all residents but if you reside outside of Avonmore Community League, please visit your community leagues' website for membership information and contact.*



Avonmore Community Playschool Open House 2024/25 school year

Here at the Avonmore Community Playschool we are getting excited for the warmer weather. Fun outside, trips to local parks, a trip to Safety City, ice cream days at Dairy Queen, and new this year: visiting baby ducks. While we are having lots of fun exploring this Spring, we are also busy accepting registrations for our Summer Program, as well as our 2024-25 school year. For more information or to set up a visit to our classroom, please feel free to email us at playschool@avonmore.org and one of our teachers will email back as soon as possible.

Looking for something fun to do for

your 3-6 year old? Do you have a little one who likes to get messy, explore, play games, do science experiments and end their day playing in the park? Then this might be just for you! Avonmore Community Playschool is running a Summer Program this July and August. It runs Tuesday and Thursday mornings from 9:00-11:45am. For more information or to register please email playschool@avonmore.org.

Tax Return Filing for modest income folks, seniors, students or families welcome. Book a time slot with Adele@ grants@avonmore.org. June 20, 2024 6 to 9 pm

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, except for planned closures May 25, June 8 and June 22

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

Visit www.edmonton.ca for more info.

Income Tax Help

Our Grants Director Adele is offering TAX help for personal income tax return filing for low income families, seniors and students on June 20, from 6 to 9 pm.

Book a time slot with Adele by emailing grants@avonmore.org

Community Coffee - Summer Dates

Community Coffee will be once a month on the 3rd Wednesday for July and August. July 17th and August 21. Same time 10:00 a.m. to noon. Everyone is welcome. Contact pastpresident@avonmore.org for more information.

Hall Rental

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

Avonmore 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.

Online Community

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

ries". Come join us!

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

Twitter: @AvonmoreLeague

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

Avonmore Garden Club

Everyone welcome from beginners to experts! Interested in joining - check out our Facebook page Avonmore Garden Club. Next Wine and Weeds get together is July 5th at 7:00 p.m. at Anita's. Contact Anita (pastpresident@avonmore.org) if you are interested in attending.

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

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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.

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!



Green Shack Program Edmonton

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

Capilano "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! Thank You to Everyone Involved with Leagues on The Line.

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.

Sessions July 16/18- Aug 27/29. It is outdoors just to the north of the hall.

Tuesday \$85, Thursdays \$85

Drop-in rate is \$13.

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

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.

Tues. 8 p.m., Thurs. 8 p.m.

Session run July 16/18- Aug 27/29. It is outdoors just to the north of the hall.

Tuesday \$85, Thursdays \$85

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

Capilano Babysitting Registry

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

Hatha Yoga at Capilano Hall

Increase energy, strength, and mobility. Improve posture, memory, and overall wellness.

Themes change each week working different areas of the body and relate to the seasons.

Day: Wednesday mornings

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

Contact Nancy to be added to her email list.

Cost: \$10.00 drop in per class

Join anytime – first class is free.

Contact: Nancy_conlin@hotmail.com

Also see Gold Bar Community League



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@capilanocl.ca for more information.

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

Karate at Capilano Hall

Looking for something new? Try Okinawan martial arts, offered at Capilano Hall.

Classes are held every Wednesday; separate karate classes for adults and youth (parents can join the youth class and work with their kids).

Students of the Capilano classes are also eligible to attend training nights at all other halls at no extra cost – four nights a week!

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

FREE swim for Capilano community members on Sundays

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

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

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

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.

Capilano Community League Memberships

To PURCHASE memberships:

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

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

-Online memberships can be pur-

chased through the Capilano Community webpage or through Edmonton Federations of Community Leagues. <http://capilano.getcommunal.com/memberships>

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



Heather McPherson

Member of Parliament
Edmonton Strathcona

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CLOVERDALE Community League

COMMUNITY LEAGUE BOARD

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

2024 - 2025 Community Memberships for Sale

Community league membership sales for 2023-2024 - valid until Aug 31, 2024, ended June 30, 2024 but next year's memberships, valid September 1, 2024 - August 31, 2025 go on sale as of Aug. 12. See the league website for the link to the system to purchase and set up autorenewal, so you never forget to be current. Membership - Cloverdale Community League

Family \$ 30 + processing fee for 2 adults and all household members <18

Individual \$ 15 + processing fee - includes adult children residing in a household
Benefits include 10% at Cafe Bloom at Muttart and the City of Edmonton Rec Centres and wellness programs, and sports registrations.

Questions? membership@cloverdalecommunity.com

New Air Quality Micro Sensor

With board approval, Alberta Capital Airshed, a not-for-profit that monitors, reports, evaluates, and educates on air quality, has recently installed a real-time localized air quality microsensor on our community hall!

This PurpleAir Microsensor as a popular air quality monitoring solution that uses laser particle counters to measure the concentration of fine particulate matter in the air. These particles can be trapped in airways and lungs and cause adverse healthy effects, and is a component of wildfire smoke. This new sensor is a great addition to our neighbourhood to provide residents with localized real time data on our air quality and therefore help with improving our health by ensuring we are spending time outside only when it is safe!



To see real time air quality data, please visit www.purpleair.com or www.capitalairshed.ca and visit their live monitoring maps.

Direct link to Purple Air Cloverdale Monitor <https://map.purpleair.com/1/MAQHI/a60/p604800/cC0#12.74/53.53013/-113.48311>

Tuesday Morning Walking Group

If you would like to get out and explore the river valley with a likeminded 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.



8 *Southeast Voice July 2024*

Summer is coming – Time for block parties

We have many new residents in Cloverdale. As well, a few For Sale signs are out there, meaning more are coming. Think about organizing a Block Party – a potluck gathering with food, or just a request for a BYOBeverage in someone's backyard or Condo social room.

Neighbours can learn from one another, share area tips, connect children and seniors, begin relationships, hobbies and opportunities to.

If you need ideas – reach out to Marilyn



– neighbourhoodconnector@cloverdalecommunity.com

Volunteer Appreciation Highlight

We would like to start taking some time each month to highlight all the amazing people that we have in our community!!

Although there are countless stories we could share of residents going above and beyond for our community, this month we would like to highlight these five gentleman who helped us move an old, large, very heavy broken piano out of the our hall and lift it into our big bin during our annual Big Bin/River Valley Clean Up event on May 26th! We truly appreciate



Cloverdale featured on CTV - Filming July 10

CTV News wants to feature Cloverdale in its next Neighbourhood Spotlight that will air the week just before the Folk Fest. They will film around our favourite spots, like the playground, rink, valley trails, Cafe Bloom at Muttart, Dove of Peace and lookout at the

top of the toboggan hill for downtown and sunset views. This will take place the morning of July 10 and long-time resident Lionel Neveu will accompany them. If you are out and about, wave a hello to Lionel and the CTV crew to show our friendliness.

Mark Your Calendars - Upcoming Events

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!

Street or Alley lights out?

If you have any street lights in front of your house, or in your back alley that are out, please contact Epcor through a 311 request for them to be fixed. This will not only help with the upkeep and beauty of our neighbourhood, but also the safety of our residents!

Volunteers needed – Outdoor hall sign staining

Our message sign outside the hall is in need of some love. The varnish is peeling and could use sanding and an application of stain to match the spiffy exterior.

Anyone with some time to help with

any part of this task: sanding, or staining email please contact Marilyn who will help assemble the team and timing. Ideally before the Folk Fest in August. membership@cloverdalecommunity.com

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I found out after I bought my condo that the parking stall wasn't included on the title! What can I do?

Navigating a condominium purchase involves some different considerations compared to the purchase of a single-family home. Among other things, you need to consider your condominium fees and what they include, details regarding who runs the condominium board, and any specific condominium by-laws that may not allow for certain activities, such as pets or a BBQ. There are many things you should review prior to signing a purchase agreement, and sometimes the property listing doesn't contain all the details.

Unfortunately, if a deal has already closed and the property has changed hands, there is little recourse for these issues outside of the courts. Consumers and licensees should be aware of possible problems and do their due diligence before making an offer.

One of the most overlooked details in condominium purchases involves the verification and documentation of parking spaces. Is the parking stall a deeded parking stall that is included in the purchase price for the condominium unit? Is it being sold separately from the condo unit or is it an assigned stall that is part of the common property?

The sellers are responsible for providing parking stall information to their licensee, and this should be detailed in the property listing. Yet it's important to understand that listing details might not always be

included or accurate. There is always the possibility that an error occurred when the seller's licensee entered details on the listing database; a parking stall could be accidentally listed as a deed parking space, when it really is an assigned stall. The seller may have also given incorrect information to their licensee, who took them at their word.

This is where communication and due diligence are crucial. Oversights in information can lead to buyers receiving what they thought was a titled parking spot or discovering that their parking space is not as conveniently located as they were led to believe.

It's imperative for the buyer licensee to proactively verify and document any aspects of a property purchase, including parking stall information, with the seller or their licensee and through their own due diligence, prior to making an offer.

Buyer licensees should view the property and the parking stall in-person preferably with the client, to ensure that it meets the client's needs (is it large enough? is it close enough? is it handicap accessible?). The buyer licensee should also speak with the seller's licensee to confirm any parking stall locations and any additional costs or fees that may be associated with them. These details should also be explicitly included in the condominium documents and/or title.

Seller licensees should also do their due diligence and verify the information given to them by their seller clients. It pays to catch misunderstandings early, before any money changes hands or contracts are signed.

When purchasing a condominium, you should always discuss your individual circumstances with your licensee so they may guide you as to what questions to ask, and any particulars that may need to be included in writing.

In the end, if something is missed through negligence or lack of due care on the part of a licensee, consumers can submit a complaint with RECA. The licensee(s) involved in the transaction could face sanctions for failure to provide competent service

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>

Green Shacks Are Back

Green Shacks are Back! The Edmonton Arts Council is excited to partner with the City of Edmonton to host Green Shack Shows. These are free arts performances for children throughout the summer! Performers include diverse local artists in theatre, dance, magic, music, and more. Don't miss the Dancing Cree performance at the Forest Terrace Heights Community League Green Shack (10150—80 Street) on July 3 at 2:30 p.m.!



Hall Rentals

Need a venue for your next big event? Look no further than the Forest Terrace Heights Community Hall! Its spacious accommodations and convenient location

make it the perfect spot for parties, meetings, and everything in between. Book your space today, and let the good times roll! Email hall@forestterrace.org.

Summer Camps

Mad Science Summer Camp. Don't miss the opportunity to register your 5–11-year-old! From July 22 - 26, they will dive into some wild experiments and STEM projects! Visit forestterrace.org to sign up today.

Sportball Einstein's Athlete Summer Camp. This camp is for 6 - 9-year-olds and runs from July 29 - August 2. Science and Sports? Mind and body? You'll get it all here!

Sportball. Get ready to kick, throw, and score your way through a season of fun with Sportball! These classes are a blast for the kids and a fantastic opportunity for parents to bond and get active together.



Classes run from Monday, April 8, until June 24 and include sports like soccer, baseball, basketball, football, hockey, golf, tennis and more! Class groups are available for kids ages 2 - 8. Don't miss out—register now and let the games begin! Visit forestterrace.org to learn more and sign up.

Annual Report



Scan to read the 2023-24 FTHCL Annual Report



We are thrilled to announce the release of our 2023-24 Annual Report! Read more about what our community was up to, key achievements, financial highlights, and sto-

ries that shaped our year. Dive into the full report by scanning the QR code below. Thank you to our Board, volunteers, and neighbours who helped make this one fantastic year!

New Memberships Now Available

New memberships are out now! New memberships for Forest Terrace Heights are available and valid until August 31, 2025. The price remains \$30/family, \$15/individual, \$10/individual. Memberships are available on our website at forestterrace.org. Prefer cash? Grower Direct

(7231 101 Ave NW) continues to sell paper memberships. New to the community? The first memberships are only available through the membership director at memberships@forestterrace.org or 780-463-1613. Visit forestterrace.org to download your membership today!

We have a new logo!

This year, we decided it was time for a fresh, modern update to our brand. After careful consideration, we are thrilled to unveil the new Forest Terrace Heights Community League logo! Our community has grown and evolved. We wanted our brand to reflect that positive change. The new logo and branding elements are designed to capture the essence of Forest Heights and Terrace Heights by highlighting their proximity to the beautiful North Saskatchewan River, the strong sense of community and the nature-rich environment we all cherish. The logo features a clean, contemporary de-



sign, including a house with an open door that symbolizes home and a welcoming community. A curved line represents the high banks where we're perched at a bend in the river. And, of course, we incorporated the elm trees our community is famous for. Be on the lookout for the new logo popping up around you!

Seek Events Director

We're looking for our next **EVENTS DIRECTOR!**

- Make a difference in your community.
- Be at the heart of community celebrations!
- Bring your ideas to life and enhance community spirit!
- Collaborate with a supportive Board and amazing community members.

Interested? Email: president@forestterrace.org

Join Us as the next Events Director! The Forest Terrace Heights Community League seeks a passionate Events Director to join our Board! **Monthly Meetings.** Participate in one board meeting per month. **Event Planning.** Help plan and shape exciting events that unite our community. **Creative Influence.** Bring your ideas to life and enhance community spirit! **Impact.** Make a difference in our vibrant community. **Teamwork.** Collaborate with a dynamic and supportive Board and community members. **Fun.** Be at the heart of our community's celebrations! **A**

Special Thanks to Molly. We want to extend a heartfelt thank you to Molly, our former Events Director, for her incredible contribution and amazing years of service. Molly's dedication and creativity have enriched our community, and we are deeply grateful for everything she's done. Ready to Lead Our Events? Follow in Molly's footsteps and become a key player in creating memorable experiences for the Forest Terrace Heights community! Email president@forestterrace.org to apply or learn more. Let's make our community even better!



Fulton Board

Esther
President
president@fultonplace.org
7802365457

Miles
Vice President Civic Affairs
vpleagueaffairs@fultonplace.org
7809515253

Gavin
Vice President League Affairs
vplicaffairs@fultonplace.org
7805041896

Mike
Treasurer
treasurer@fultonplace.org

RaeAnne
Secretary
secretary@fultonplace.org

Justin
Programmer
programmer@fultonplace.org

Joshua
Communications
communications@fultonplace.org

Taryn
Hall Rental
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Shawn
Ice Rink
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Miles
Seniors Liaison
info@fultonplace.org

Esther
Community Garden
esther@fultonplace.org

Michelle
Director/Walking
Group Coordinator
michelle@fultonplace.org

Nathan
Facilities
facilities@fultonplace.org

Fulton Place 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.

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

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 St NW

Sun. 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.

YEG Yorkie Fest

Bring your Yorkshire Terriers and Yorkie crosses to the Fulton Place Community League ice rink on Sat., Aug. 24, 1-3pm There will be games, and local vendors. The event is free, family-friendly. Prizes will be awarded for 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. Info about the event can be found at <https://www.facebook.com/yegyorkielovers>.

Summer Concert

The Fulton Place Summer Concert Series is sponsored by Fulton Place Community League with live music every Saturday night starting July 6 in the Fulton Drive Bowl. These concerts are for all Greater Hardisty residents, and are free to attend. Musicians may have merchandise available for purchase during the shows.



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Doors Open: Sat. July 20: 10 am to 5 pm
Sun. July 21: 11 am to 4 pm

Bring your donations July 13, 10 am to 5 pm (to the parking lot door)
We accept all donations EXCEPT clothing, electronics, large furniture & suitcases.

Gold Bar Executive

*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Kerry Bravoisis	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

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 finish. You can join at any time but this session runs

July 14- Aug 25- no class Aug 4
Sundays 6:45-7:55 (note this is a 70min class)
Contact Lisa to register or with any questions.
Sundays \$75
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Gold Bar Ice Cream Social

Please join the Gold Bar Community League as we welcome the new Green Shack leader and visit with neighbors and friends. Bring your lunch and we will provide des-

sert! All community members are invited.
Wednesday, July 10 at 11:00 AM
Gold Bar Playground, 105 Ave and 46 Street

Hatha and Yin Yoga at Gold Bar Community Hall

Contact me for summer dates and to be added to my email list.
Nancy_conlin@hotmail.com

The Green Shack Returns!

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.



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Holyrood Community League Contacts

President - Chris	president@holyroodcommunity.org
Vice President - Nor'Ali	vicepresident@holyroodcommunity.org
Treasurer - Andrew	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Kate	programs@holyroodcommunity.org
Sports & Fitness - VACANT	sports@holyroodcommunity.org
Memberships - Lisa	memberships@holyroodcommunity.org
Facilities & Grounds - Jeff	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Events - Elisa	elisa@holyroodcommunity.org
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.

GREENSHACK IS BACK!

Get active and join us for games, sports, crafts, music, drama and special events this summer. The Green Shack program is a free drop-in program catered to children ages 6 to 12; however, all are welcome (younger children must be accompanied by a parent). A list of activities and special events will be posted on the side of the Green Shack each week. The Green Shack operates Monday through Friday from 10:30am - 1:30pm.

In addition to the normal awesome activities at the green shack this summer, kids will also have a chance to take in some cool performances! Edmonton Arts Council has partnered with the City of Edmonton to bring back Green Shack shows. On July 3rd, Dancing Cree will be performing at the Green Shack at 11am. All are welcome to come view this cool performance!

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.

Green Shack Program 

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.

Holyrood

9411 Holyrood Road
10:30am - 1:30pm
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

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.

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

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

JOIN OUR 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

THINGS TO DO IN OUR COMMUNITY

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 Community Recreation Centre

SUNDAYS 4:15 p.m. to 5:45 p.m.
Bonnie Doon Leisure Centre

YOGA WITH BARB

Join our amazing yoga instructor Barb Thursdays from 7 - 8:45 pm at St Luke's Church until June 13th. \$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.



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.

What is the right amount of water to drink each day?

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.

Ways to consume more water during the day

If you struggle with consuming water or remembering to drink enough throughout your day, these suggestions may help:

- Drink a glass of water when you get up in the morning, before drinking coffee or tea
- Keep a cup or water bottle by your desk at work. Take several sips of water each hour. If you don't have a desk job, carry a container of water with you and take sips throughout the day
- Take a sip whenever you pass a drinking fountain
- Mix it up! Add sugarless flavouring to your water or a slice of lemon/lime. Alternate with sparkling water.

HONOURABLE
MARLIN SCHMIDT
MLA EDMONTON-GOLD BAR



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

- provide information about provincial government programs and services
- assist you with questions or difficulties with provincial government services
- share ideas
- participate in local events

edmonton.goldbar@assembly.ab.ca
#100 8925 82 Avenue
780-414-1015



Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Wayne	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Mick	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	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

Idylwylde.org

Idylwylde Community League

Street Lab Plan - Updates Coming in August

The City of Edmonton continues to develop our Street Lab Plan following public consultations in the fall. This plan will include proposed changes to the neighbourhood to make it safer for pedestrians and cyclists. Measures may include new crosswalks, road signage updates, and other

traffic calming options. The plan will be shared with the community in August and everyone will have the opportunity to provide feedback before changes are implemented. Watch for updates in the Southeast Voice, our Facebook page, and your mailbox for communication from the City.

Casino Volunteers Wanted

The Idylwylde Community League will be hosting their next 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 are hosted

by the league throughout the year. We are looking for community members who would be interested in volunteering for this event. Many different roles are available. For more information please contact Michelle at casino@idylwylde.org

YMCA Summer Camps in Idylwylde

The days are getting longer and it's time to start thinking about SUMMER! 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. There will be

three, week-long camps held:

Art-Rageous Camp: July 2 - 5 and Aug. 19 - 23.

Y-Sci Camp: July 8 - July 12.

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

Community League Annual General Meeting

Thank you to everyone who came out to our Annual General Meeting on June 12! 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.

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

Cheery Tomato Community Garden News: New Meeting Time!

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 (starting May 6). Come and join us and we will get things growing! Our gar-

den is organic and free of charge. If you are looking for gardening space, please get in touch at garden@idylwylde.org. It is a welcoming space that aims to bring Eden to Idylwylde, please help us make it a success!

Community Pub Night

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, July 4, 2024 from 7:00 - 10:00 p.m. at the community hall.

Edmonton Tool Library

Idylwylde League members have access to the Edmonton tool library, which gives you free access to hundreds of tools available for loan! To set up your account:

- Visit the Edmonton Tool Library
- Complete the membership forms & review the borrowing policy
- Present a valid membership card for

the Idylwylde Community League

-Start borrowing tools for free!

Regular opening hours are:

Wednesdays 6:00 - 8:00 pm

Saturdays 11:00 am - 1:00 pm (11:00 am - 3:00 pm April to October)

Bellevue Community Hall (North Entrance) 7308 112 Avenue

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

Community League Memberships

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde! Donations are always accepted from anyone who can give and associate

memberships (if you don't live in Idylwylde) will still cost the regular amount of \$10/year. Please contact our Membership Chair with proof of residency in Idylwylde to get your membership today!

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.idyl-wylde.org and enter your email in the 'Subscribe to our newsletter' box.

Monthly Community 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 6:30 p.m.

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 playdough. Together, choose your favourites, display them or save them as special gifts for family, friends and neighbours.

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.

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

Math game

Addition



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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 of-

fers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydata-portal.edmontonpolice.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!

Freewill Shakespeare Festival

Kenilworth is hosting an incredible weeklong opportunity to see 'The Tempest' put on by the Freewill Shakespeare Festival, held inside our very own ice rink! We are seeking volunteers to help this amazing event run smoothly.

Please reach out to president@kenilworthcommunity.com if you are interested in offering your time. Please find additional details below.

What: The Tempest Written by William Shakespeare and Adapted by David Horak

Directed by David Horak and Stage Managed by Molly Pearson

Prospera, the Duchess of Milan, lives in exile on a desert island after being thrown out of power by her wicked sister. For company, she has only her daughter Miranda, the spirits of the island, and her beloved

books. The books are the source of her magic, which she uses to lure her enemies to the island so she can exact revenge. But her plot could destroy Miranda's happiness, so Prospera must choose between her own anger and her daughter's future.

Cost: \$35.00

When: 25-June 30, 2024

Tuesday - Pay what you will

Wednesday- Regular performance

Thursday- ASL interpreted

Friday- Food Truck Friday

Saturday- Coffee and matinee; evening performance

Sunday- Matinee

*Stay tuned for start times!

Duration: 120 minutes

Where: Kenilworth Community Ice Rink (rain out is inside the hall)

City of Edmonton Green Shack Program

Free Drop-In Program at Kenilworth Playground

July 2 - August 22

Monday - Friday, 10:30 am - 1:30 pm

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: Email: greenshack@edmonton.ca Visit: edmonton.ca/Greenshacks

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.

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

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!

June & July Events- NEW TIME from 6-8pm

at Kenilworth Community Hall

Monday, July 22nd Rock Painting

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

Kenilworth Dog Park

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

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 (Sun. 1:15 to 2:45pm)

Upcoming Events

July 23 Christmas in July

August 24 Golf Tournament/ Steak Supper

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>

Bingo Volunteers Needed!

2024		2025	
June 2	September 6	January 12	May 16
June 28	October 20	February 13	June 1
July 27	November 27	March 27	July 25
August 26	December 14	April 8	

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

Kenilworth Community League Needs a President!

Are you a natural leader that enjoys working as part of a team? Do you enjoy meeting members of the community and planning community events? Are you organized and comfortable making decisions that impact the Kenilworth and wider Edmonton community? If so, you (or you and another person, in a co-President role!) could be KCL's next President!

The KCL president attends monthly KCL Meetings (approximately 1.5 hours),

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, applies for relevant grants (usually funding from the City of Edmonton) and supports the recruitment of KCL's volunteers.

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

Managing Seasonal Allergies



Allergies occur when your immune system overreacts in response to certain substances, mistaking harmless elements as harmful germs or viruses. Numerous triggers can cause this to happen such as pollens, medicine, food, dust, animal dander, and mould.

If your allergy symptoms occur seasonally, it's likely due to an allergy to specific pollens from trees, grasses, or weeds.

Allergies can range from mild to severe, and some over-the-counter allergy medications may alleviate certain symptoms. Remember to carefully read and follow the instructions on medication labels.

Effectively managing your allergies is key to maintaining good health. Your healthcare provider might recommend tests to pinpoint the exact cause of your allergies. Once you identify your triggers, you can take steps to avoid them, which will help prevent allergy symptoms and potential health complications.

In some cases, immunotherapy could be beneficial. This treatment involves injections or pills containing small amounts of specific allergens. Over time, your body becomes desensitized to these allergens, resulting in reduced or prevented allergic reactions.

Symptoms and Treatment of Seasonal Allergies

Seasonal allergies can happen during any season and are very common. Some symptoms include:

- Itchy, watery eyes
- Sneezing
- Runny, stuffy, or itchy nose
- Temporary loss of smell
- Headache and fatigue
- Dark circles under the eyes ("allergic shiners")
- Drainage from the nose down the back of the throat (post-nasal drip)

- Sore throat, coughing, or snoring

Home treatments are usually all you need to treat seasonal allergies, depending on your symptoms. Medicines you can try for a stuffy nose include steroid nasal sprays, which can also help with red, itchy, watery eyes.

Other treatments include:

- Clean the inside of your nose with salt water to provide relief of a stuffy nose
- Use a humidifier in the bedroom and take hot showers to help clear a stuffy nose. Follow the directions for cleaning the humidifier
- If your nose is red and raw from rubbing, put petroleum jelly on the sore area
- Use over-the-counter allergy medicine to help your symptoms. Use a nasal or oral decongestant (such as Drixoral) to relieve a stuffy nose. For itchy, watery eyes; sneezing; or a runny, itchy nose, try a non-sedating over-the-counter antihistamine, like fexofenadine (such as Allegra) or loratadine (such as Claritin). To help relieve pain, try acetaminophen or ibuprofen

Preventing Seasonal Allergies

You can reduce your exposure to pollen and other allergens that cause seasonal allergies by:

- Keeping your house and car windows closed.
- Checking the Air Quality Health Index before you go outside.
- Limiting the time you spend outside when pollen counts are high (during mid-day and afternoon).
- Wearing a pollen mask or dust mask if you need to mow the lawn.
- Limiting your mowing tasks if you can.
- Rinsing your eyes with cool water or saline eyedrops to remove clinging pollen after you come indoors.
- Taking a shower and changing your clothes after you work or play outside.

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ashley.salvador@edmonton.ca

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Local Economy | 15-Minute Communities | Climate Action

**Make
the
Right
Call**



9-1-1





**Call 9-1-1 in an
emergency or if
you see a crime
in progress**

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SERVICE




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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.

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 18th (No classes on the first Wednesday of the Month or July 24th).

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!!!

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 commu-

nity 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

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.

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 Programming 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

programming.

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 programming you would like to see, president@kingedwardpark.org.

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.

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>.



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>

Podiatric foot care!

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Dr. Jeannette Furtak, DPM

#302 Capilano Centre

9945 - 50 Street

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*** Diabetic foot care**

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www.greenwayspodiatric.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

WHAT'S HAPPENING AT OTTEWELL HALL!

1. OCL Farmers Market - WEEKLY

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...

Facebook page - @ottewellcommunityfarmersmarket

Instagram - @oclfarmersmarket

Website - ottewell.ca

July and August Special Market Events Follow us on Facebook to learn more.

September - Harvest Fest - OCL Farmers Market will be hosting a Saturday 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.

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

3. **October - Halloween** events will be hosted on our social media and website for



updated information.

4. **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!

5. **Free Swim Times** with OCL Membership

Hardisty Changed Community Swim times:

SUNDAYS from 1pm - 3pm this will be a year round program for our community members!

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

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at www.ottewell.ca

Ottewell Community Memberships

You can purchase your community league membership at:

ANVIL Coffee House at Ottewell Plaza – 6148 90 Ave

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)

Yoga at Ottewell Hall

Join us Tuesdays at 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. June 4-July 30, 2024. *No class June 11th.

Tuesdays from 7:30-8:30PM.

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

Bliss Yoga

Join us Sunday July 21, 2024, for a very special wellness event.

No experience necessary.

From 7:30pm to 9:00pm at Ottewell Hall, we will meet for 90 minutes of gentle movement and mindfulness. All levels and bodies are welcome to come join us as we work with ease to find more comfort in our physical selves and calm our nervous systems.

We will use many props to support ourselves in a yin inspired yoga practice, with

Ottewell Playschool

Now taking new registrations for Fall 2024!

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

<https://edmonton-toollibrary.weebly.com/>



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

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.



wanderingmapleyoga on Instagram.

opportunities to relax and breathe in between. We will finish with a guided mindfulness practice called Yoga Nidra that can reduce stress, ease anxiety and improve sleep.

This is a lovely gift to give yourself, or a fun and healthy way to spend a date night or friends night! \$30/person

To register or inquire about this practice, please email willalee@hotmail.com or message @wanderingmapleyoga on Instagram.

play program on Monday and Wednesday afternoons for older preschool and kindergarten kids (4.5 - 6 yrs).

For more information go to our website www.ottewell.ca/community/oclplayschool or email ocl.pschool@gmail.com

Something for the KIDS

Explore Edmonton running an event at KDays called Competitive Exhibits.

Competitive Exhibits is a completely free amateur arts, crafts, baking, and horticulture competition. There are many categories for both adults and kids to showcase their artistic talents and creativity!

From photography to drawing, needlework to floral arranging, there's something for everyone.

Entry is free and all exhibitors receive a free general admission pass to KDays.

There is also the chance to win cash prizes, ribbons, and have artwork displayed at Edmonton City Hall! All kids' entries additionally receive a participation ribbon.

Winning photography and all physical

entries are displayed during KDays, which is a super cool experience for families - going to KDays and proudly seeing your entries on display!

There are two kids categories, Elementary (age 11 and under) and Junior (age 12-17). And there are kid specific, fun, categories on top of the standard classes - such as lego, weirdly shaped homegrown fruit/veggie, and craft made from recycled materials.

The online portal for entering is currently open. Photography entries close July 2nd, art July 11th, and food and horticulture July 24th.

For more information, visit <https://www.k-days.com/get-involved/competitive-exhibits>

Pickleball at OCL Rink- Drop-In Schedule is now live!

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.

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

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

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 drop-



in 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 towards various extracurricular activities.

Contact oclbingo@gmail.com for more information.

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!

How does OCL Gardens Grow



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

Thank you to the Green Thumbs in the community, we love watching how those gardens grow.

OTTEWELL FARMERS' MARKET

Thursday
4pm - 7pm

5920 93A Ave



OCL
OTTEWELL
COMMUNITY LEAGUE

Volunteer for Folk Fest-FREE Ticket

Volunteer for Ottewell Community at the Folk Fest and get a Free Ticket.

WIN WIN for OTTEWELL and the FOLK FEST!

We are looking for 40 Adults to assist with Taxi Traffic lines for the patrons of the Folkfest.

Volunteers will receive a gate pass to a day/evening on the hill after you complete a shift.

Volunteer Shifts

Thursday, Aug. 8, 9:30 PM - 12:00 AM

- 10 volunteers

Friday, Aug. 9, 9:30 PM - 1:00 AM - 10 volunteers

Saturday, Aug. 10, 9:30 PM - 1:30 AM - 10 volunteers

Sunday, Aug. 11, 9:30 PM - 12:00 AM - 10 volunteers

More instructions will be provided to those volunteers.

If you are interested please email ottewell2212@gmail.com

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but not sure where to go?

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SCL Leadership

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

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

Sunny Sundays in Strathearn!

Join us Sunday afternoon, July 7th for the first in our "Sunny Sundays" summer series - free back porch concerts for the community, hosted by singer-songwriter and Strathearn neighbour Kim Gates! In addition to sitting back and relaxing, perhaps with your picnic to munch on, and enjoying Kim's wonderful musical stylings that sunny afternoon, there will also be garden tours, games and maybe even cotton candy! Find all of this family fun at the Strathearn Hall patio and park on Sunday,

July 7th and watch for future Sunny Sundays coming up in August and September as well! You will find more info available on our social media channels in the coming weeks.

Otherwise, if you can hold off in sending until after the AGM tomorrow night, you'll be able to send the SEV an updated board list as well :)

I should have done a Leagues on the Line recap but don't think I will have it ready in time, oh well!

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.

Annual President Report

Hello everyone, thank you for joining us today (June 17th)!

The 2024 President's Report is my sixth and final report. I have had the privilege and the pleasure of serving as Community League President for the past six years and today is my last day in this position.

This year, we began a partnership with the Learning Through Play Montessori Daycare. As many of you know, this daycare had formerly operated out of Rutherford School but suddenly lost its ability to use that space. The daycare and the parents who relied on it were in desperate need of a venue or were at risk of no longer operating. I'm pleased to say that our League stepped up to fill a need in the community. We've enjoyed working with the daycare and it's been great to have so many happy children using our wonderful facility. We look forward to continuing this relationship next year and hopefully for many more years to come.

Our financial situation is the best that it has ever been during my time on the Board. As of this October, we are officially debt-free and have paid off the \$300,000 loan that we secured through the Social Enterprise Fund to facilitate the funding of the Community Hall. We'll see a more detailed look at our finances later in this



meeting, but suffice it to say that our financial health is excellent.

This year, we also had the best slate of events that we've ever had. Some of our events have included: karaoke, trivia, dance parties, clothing swaps, basketball, beats, & BBQ, board game nights, concerts, a film festival, and of course getting the ball rolling for the massively successful Leagues on the Line event. I'm sure I've missed some from this list, which just shows how active our events committee has been. Stay tuned for next year's fantastic slate of events that we have planned - you won't want to miss them! As I exit the Board, I believe that we have left the Community League in an excellent place for next year's group. This organization has helped create some of my best memories of living in this neighborhood and has also brought me into contact with some of my very favorite people in this community. I hope that the League will do the same for you.

Chris Samuel, President

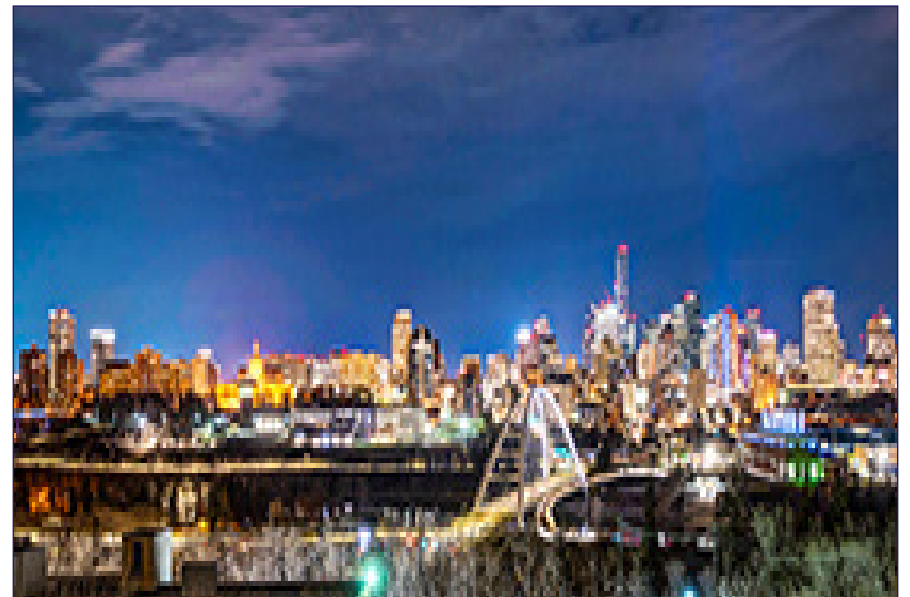
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Saskatchewan Drive Condo: CITY VIEW, top floor, 2 bedrooms, 2 bathrooms, insuite laundry, extra storage, underground parking.



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



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