

# 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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**CAPILANO  
COMMUNITY LEAGUE  
AGM**  
Wednesday, May 21, 2025  
**BBQ 6:30PM  
MEETING 7-8PM**

Get your free Capilano Community League membership after the meeting  
\*\*for Capilano residents only\*\*

Let us know if you are coming to the BBQ and meeting; fill out the google form or scan the QR code  
<https://forms.gle/evapFvMKXbxPuqko8>

CAPILANO COMMUNITY LEAGUE

STRATHEARN COMMUNITY LEAGUE

**Annual General Meeting**

Strathearn COMMUNITY LEAGUE

**Monday June 16, 2025**  
7:00 pm  
Strathearn Community Hall, 9511 90<sup>th</sup> Street

**AVONMORE AGM - MAY 15TH**  
**OPEN BOARD POSITIONS**

Vice President

Grants Director

Civics Director

Playschool Director

65+ Representative

Membership Director

## Bands Wanted

We're looking for a youth (ages 18 to 25) punk or rock band to play at a SECLA community event on June 22 from 2-4 PM at Capilano Skatepark. It's part of our SECLA Summer Sounds event, and we'll be paying the performers. If interested, please contact [info@secla.ca](mailto:info@secla.ca).

## Gold Bar Annual General Meeting

When: May 05th, 2025  
Where: Gold Bar Hall  
Time: 6:00 PM



FOREST TERRACE HEIGHTS COMMUNITY LEAGUE

**ANNUAL GENERAL MEETING**  
June 4 . 7PM . 10150 80 St NW

## Wanted: Social Media And Communications Staff

SECLA is looking for an individual to support our communications and social media presence. If you or someone you know has relevant experience or education and is interesting in working part time with the South-East Community League Association please send an email to [president@secla.ca](mailto:president@secla.ca) for more information/to apply.



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## Early Signs of Spring



May is a great time in Edmonton to explore your neighbourhood with your preschooler, to find early signs of spring.

Take a pencil or pen and a piece of paper with you to jot down what you see. Walk slowly to really notice the shapes and colours of the trees and flowers around you. Stop to look up at the bright green of leaves on the branches and the different sizes of birds' nests. Listen carefully. Is that the song of a robin with an orange breast? Look way up in the sky — do you see a vee of honking geese flying back north?

As you go along sidewalk and through park spaces, point out the different blossoms opening in the gardens. Help your child name each flower and its colour. Do

you see purple lilacs, yellow daffodils, red tulips? Bend down to look carefully at the soil around them. You might find a red ladybug or a wiggling earthworm, especially after a sprinkle of rain.

When you're back home, ask your child to draw what you've seen and bring spring into your home!

On your next visit to the public library, ask the librarian to suggest books about spring and gardens that you and your preschooler can read together.

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

## Southeast Edmonton Seniors Association (Seesa)

Spring has sprung and smiles abound at SEESA. The Golf Club is excited for the links to open. The Garden volunteers are checking on what's sprouting and we're seeing members donning shorts and summer footwear. The past few weeks have been busy with the Spring Reuse and Book Sale. These events involve more than 100 volunteers and attract folks from across the city. Thank you to all who attended!!

### New & Returning Evening Classes:

Join us for a variety of fun and engaging evening classes! Whether you're trying something new or picking up where you left



off, there's something for everyone. Don't miss out. See Program Guide for information.

### FUNDRAISING:

45th Anniversary Spring 50/50 Raffle - \$5/ticket, draw date May 28th. Purchase at SEESA Front Desk.

## Turn your Recyclables in Real Change at SEESA

Got empties piling up? Don't let them go to waste! SEESA has partnered with SkipTheDepot to make recycling of your empty bottles and cans easier. It's easy, convenient, and makes a world of difference for SEESA programs and operations and our environment. Visit SkipTheDepot and schedule your pickup today.

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



## Family Fun Golf & Curl days

# Ottewell Driving Range

## Opening April 1, 2025

Weather Permitting

Happy Hour Golf

Monday to Friday

1-4 pm

Any  
size \$9  
bucket

## We Do It All

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- Curling ice rentals
- Meeting rooms
- Company team builders
- Family fun curl days
- Weddings
- Stag/Stagettes

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## One Call We Do It All!

Keep in touch for the latest news

- website - [ottewellcurlingclub.com](http://ottewellcurlingclub.com)
- Facebook, Instagram and X
- tel: (780) 469-8404
- em: [ottewellcc@shaw.ca](mailto:ottewellcc@shaw.ca)

**4205 - 102 Ave**

(just north of Baseline off 50 St. Behind curling club)



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## Nutrition to Help Manage Blood Pressure

May 17 is World Hypertension Awareness Day, a day to learn about how we can manage blood pressure for better heart health.

Managing high blood pressure may include changing what you eat, managing your body weight, being physically active, limiting alcohol, engaging in relaxation practices, reducing or stopping tobacco use, and can include medication. Your healthcare provider can support you.

Which food and nutrition choices may help manage your blood pressure. What to consume more of

**Vegetables and Fruits:** Vegetables and fruits are packed with fibre and nutrients that can help lower blood pressure. People who eat many vegetables and fruit are at lower risk for developing high blood pressure.

**Whole grains:** Whole grain foods include all parts of the grain and have important nutrients. I



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## Community League Board

|                          |           |                                 |
|--------------------------|-----------|---------------------------------|
| President                | Leigh     | president@avonmore.org          |
| Vice President           | Hannah    | 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           | Lindsay   | communications@avonmore.org     |
| Membership               | Eugenio   | membership@avonmore.org         |
| Grants and Funds Raising | Adele     | grants@avonmore.org             |
| Soccer/Sports            | Arthur    | sports@avonmore.org             |
| Civics                   | Brandi    | civics@avonmore.org             |
| Programs                 | Wendy-Rae | programs@avonmore.org           |
| Playschool               | Elly      | playschooldirector@avonmore.org |

## Avonmore Community League AGM

Mark your calendars, May 15th, at 7pm will be our community's Annual General Meeting at the community hall. We will be reviewing the Treasurer's Report and discussing Avonmore community league activities. Representatives from EFCL and SECLA will be at the meeting to update Avonmore on what has happened through-

out the year. We will also provide yearly updates on the net zero and Avonmore programs. We currently have the following vacant positions. More details of those positions can be found on our social media, but if you have any questions ahead of the AGM please email Leigh president@avonmore.org

## Coffee Sponsored by Castle Custom Curbing

Community Coffee is back! First and third Wednesday mornings. Same time 10:00 a.m. to noon. Everyone is welcome. Please come and join us at the Community Hall. Contact pastpresident@avonmore.org for more information.

Thanks to Curtis Staub of Castle Custom Curbing for sponsoring coffee and treats.

Castle Custom Curbing is a local Avonmore business. Call 780 719 6828 for more information

## Avonmore Community Playschool

We are excited to tell you that we will be running our Avonmore Community Playschool summer program again this year on Tuesdays and Thursdays in July and August for children ages 3-6. We are happy to assist families by keeping the playschool open during the summer months, providing them with affordable childcare, but at the same time, understanding how important it is to keep children in a normal

routine too, all while having fun.

We have also started accepting registrations for the coming September school year. If you are interested in registering for summer and/or fall spots, have any questions or are looking to book a walk through/teacher meet and greet at the playschool, please email us at playschool@avonmore.org and we will help you in any way we can.

## Community Swim

Free to Avonmore Community League Members with a valid 2024/25 membership card! Phone 311 or check www.edmonton.ca for updates on closures before you go. No free swims on statutory holidays.

**Commonwealth Community Recreation Centre** 11000 Stadium Road; Saturdays, 3:00 - 5:00 pm

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

Visit www.edmonton.ca for more info.

## "Another New Listing" Call Craig for More Information



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

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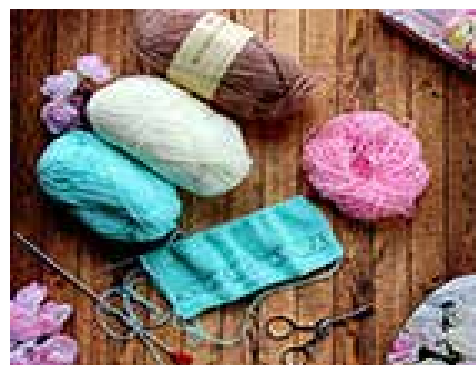
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## Works of Art



Third Thursday monthly. 6-9 pm, Join crochet and knitting fellow minded folks in making creations! We are converting to a craft group! April 17th we will try our adult hands at shrinky keychains! Email Adele @ grants@avonmore.org to save your spot!

## Hall Rental

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



# AVONMORE COMMUNITY CLEANUP EVENT!

Spring Clean out the basement, the garage and/or the backyard. Free large waste disposal for current Community League members only. Memberships on sale at the event, or see our website for more details!

**SAT MAY 24TH,  
9AM - NOON**

The Avonmore Garden Club will also host a plant exchange at the hall at this time!



**Volunteers needed! Contact  
president@avonmore.org if you can help!**

## Online Community

Not all of our content can make it into this newsletter. Make sure to follow our socials to keep as up-to-date as possible!  
Instagram: @avonmoreleague

Facebook: Avonmore Community League  
Also join our group "Avonmore Community League Chat" to interact with your neighbours

## Avonmore Yoga

Tuesday Yoga with Shannon Shea: New session starts on Tuesday May 6 running until June 10th. One class 6:00 - 7:15 p.m. Fee for 6 classes is \$90. To register contact [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org)

## Avonmore Community Sponsors



7460 76 Ave NW



Thanks to our amazing sponsors who help support our community!  
Considering ways to support your community? Please contact our Membership Director at [membership@avonmore.org](mailto:membership@avonmore.org).

[www.communityleagueneews.com](http://www.communityleagueneews.com)

## Avonmore Community League Membership

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

Annual membership term: **September 1 to August 31**

We welcome new residents to the Avonmore Community League\* by celebrating with a FREE MEMBERSHIP in your first year, please contact [membership@avonmore.org](mailto: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](mailto:membership@avonmore.org) or buying directly from Dairy Queen at 7460 76 Ave NW, at Avonmore Community League events, or online via the QR Code:

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

## Volunteers Needed

We will be having our Community Clean Up event on Saturday May 24th. We need 2 volunteers to help out with the event. Please email [president@avonmore.org](mailto:president@avonmore.org) if you are interested in lending a hand!

## Music classes for children 1-5 years of age

These are free drop in music classes that are held at the Avonmore Community Hall, one Thursday a month led by our wonderful Music Teacher Dawn. The classes run from 10:45-11:15 with lots of dancing, singing and learning new instruments. The list of dates is May 1 and June 12.

## Avonmore Community League Merchandise

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

Our colourful Toques (\$15) have you

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

All the proceeds go towards the community league. If you have any questions, please email the Membership Director at [membership@avonmore.org](mailto:membership@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 [president@avonmore.org](mailto:president@avonmore.org) if you or anyone you know might be interested in supporting this program.

## Avonmore Book Club

Avonmore Book Club meets every 4-6 weeks. Everyone is welcome. Contact [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org) for details and information on the next club meeting

## Avonmore Garden Club

Spring is here and the Garden Club is back. We will be meeting for our casual Wine and Weeds evenings and our annual Plant Exchange will happen during

our Spring Clean Up event. For updates and information contact [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org) or join our Facebook page "Avonmore Garden Club"



## COMMUNITY LEAGUE BOARD

|                              |            |  |
|------------------------------|------------|--|
| President                    | Sarah      | <a href="mailto:president@capilanocl.ca">president@capilanocl.ca</a>     |
| Past President               | Kris       | <a href="mailto:Kcramer@telus.net">Kcramer@telus.net</a>                 |
| Vice President               | Brad       | <a href="mailto:vp@capilanocl.ca">vp@capilanocl.ca</a>                   |
| Treasurer                    | Jocelyn    | <a href="mailto:treasurer@capilanocl.ca">treasurer@capilanocl.ca</a>     |
| Secretary                    | Jill       | <a href="mailto:secretary@capilanocl.ca">secretary@capilanocl.ca</a>     |
| Hall Rental                  | Marenza    | 780-909-5886   |
|                              | Kamila     | <a href="mailto:kamizabka@gmail.com">kamizabka@gmail.com</a>             |
| Facilities Director          | VACANT     |  |
| Grants/Planning              | Allan      | 587 989-4031   |
| Casino Coordinator           | Jean       | 780 863-0914   |
| Memberships                  | Jamie      | <a href="mailto:memberships@capilanocl.ca">memberships@capilanocl.ca</a> |
| Social Director              | Heather S. | 780 818-1456   |
| City Programs                | Kristin    | 780 238-7795   |
| CCL Programs                 | Heather N. | 780 485-7918   |
| Volunteer Director           | Michelle   | <a href="mailto:volunteer@capilanocl.ca">volunteer@capilanocl.ca</a>     |
| Southeast Voice              | Melissa    | <a href="mailto:SEV@capilanocl.ca">SEV@capilanocl.ca</a>                 |
| Webmaster                    | Breanne    | <a href="mailto:webmaster@capilanocl.ca">webmaster@capilanocl.ca</a>     |
| Social Media                 | Jean       | <a href="mailto:socialmedia@capilanocl.ca">socialmedia@capilanocl.ca</a> |
| Sign Rental                  | Karen      | 780 977-5252   |
| SECLA & Civics Director      | John       | <a href="mailto:seclacivics@capilanocl.ca">seclacivics@capilanocl.ca</a> |
| Ice Allocation               | Sam        | <a href="mailto:rink@capilanocl.ca">rink@capilanocl.ca</a>               |
| 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 any 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, Sat-

urday and Sunday are \$265/members and \$350/non-members. The entire weekend rates are \$365/members and \$500/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 Kamila - kamizabka@gmail.com Visit our website at capilanocl.ca for more information.

## FREE swim for Capilano members on Sundays

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

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

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

## Capilano Community League Memberships

Did you know that now you can purchase your community league membership online?

Purchasing online will allow you to receive an electronic membership card that you can keep

in your Apple or Google Wallet. You can also sign up to auto-renew or receive a reminder to renew next year!

### PURCHASE OPTIONS:

1) Online memberships can be purchased through the Capilano Community League web page under

'Memberships' or directly from the following link: <https://capilano.getcommu->

[nal.com/memberships](https://capilano.getcommunity.com/memberships)

2) Online memberships can also be purchased through the Edmonton Federations of Community Leagues (there is an additional \$5 fee).

3) Go to our amazing local pharmacy: 'All Care Pharmacy' located at 5016 - 106 Avenue (Store hours only/cash)

4) Contact Jamie at [memberships@capilanocl.ca](mailto:memberships@capilanocl.ca)

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

Further inquiries or questions can be made to Jamie at [memberships@capilanocl.ca](mailto:memberships@capilanocl.ca)

## Karate at Capilano Hall

Kick fall into high gear!

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

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

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

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

For more information, text/ call 7806193136 or email [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca). Our dojo is a proud member of Karate Alberta!

## Tuesday/Thursday Bootcamp - Capilano

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

Classes are held on Tuesdays at 6:45 pm and Thursdays at 6:45 pm

This session runs May 6/8-June 24/29. It is outdoors just to the north of the hall.

Tuesdays \$93, Thursdays \$93 for 8 classes (drop in is \$13)

Come try your first class for free!

For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or visit @lisashortenfitness on Facebook or Instagram.

## Tuesday/Thursday Strong - Capilano

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

Classes are held on Tuesdays & Thursdays at 8:00 pm

This session runs May 6/8-June 24/29. It is outdoors just to the north of the hall.

Tuesdays \$93, Thursdays \$93 for 8 classes (drop in is \$13)

Come try your first class for free!

For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or visit @lisashortenfitness on Facebook or Instagram.







**Little Lungs**  
FIRST AID INC.

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June 28, 2025  
9 a.m. - 4 p.m.

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CAPILANO AREA MEMBERS AND GUESTS WELCOME  
QUESTIONS? CALL HEATHER (780) 818-1456



**Capilano Community**  
**Big Bin Event**

**Saturday, June 7, 2025**  
**10AM-1PM**  
**at the Community Hall 10810-54 ST**

Open to Capilano Community League members only:  
must have a current community membership  
\*\*Memberships will be available for purchase  
\$20/family or \$10 single/senior \*\* CASH ONLY

**ITEMS THAT WILL NOT BE ACCEPTED:**  
MATTRESSES & BOX SPRINGS, HAZARDOUS  
WASTE MATERIALS, TIRES, OIL/GAS, PAINT  
CANS, APPLIANCES WITH COMPRESSORS  
(FRIDGES & FREEZERS)

If you have any questions about the  
event please contact  
Marzena 780-909-5886  
or Jean 780-863-0914

## Hatha Yoga at Capilano Hall

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

Spring is a great time to find a new routine, join yoga and discover how great you will feel with stretching your body.

Day: Wednesday mornings

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

Cost: \$10.00 drop in per class

Drop in or register in advance, payments by cash, e transfer or cheque.

Classes run every week start anytime if you are new to the program feel free to email any inquiries and to be added to the email list.

Contact: [lynnlockhart@shaw.ca](mailto:lynnlockhart@shaw.ca)

Note: See Gold Bar Community League for more yoga classes

## Capilano Playschool

You're Invited to Capilano Playschool's Open House on May 28, 5:00-7:00 PM at Hardisty School. Come meet our amazing teacher, explore our vibrant classroom, and discover what makes our play-based program so special!

Whether you're looking for 2, 3, or 5-day options, we offer both morning and afternoon classes to fit your family's schedule. Registration is now open for the

2025-2026 school year and spots are filling quickly! Rooted in a "Learn Through Play" philosophy, our program helps children thrive in a fun, nurturing, and developmentally enriching environment. For more information or to request a registration package visit: [www.capilanoplayschool.com](http://www.capilanoplayschool.com)

Don't wait—spaces fill quickly! We can't wait to meet you!

## Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

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

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

Small business/commercial advertising

- \$25. Guaranteed 3 days.

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

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

## Capilano Tennis Club 2025 Season

Tennis season is fast approaching and there is no better place to play and learn than the Capilano Tennis Club.

Registration for after school and summer junior camps for kids 5 years and older is now open, with lessons starting in mid-May.

Registration for adult group lessons is also open, with lessons starting in mid-May. Private and semi-private lessons are also available.

Visit [CapilanoTennis.ca](http://CapilanoTennis.ca) for information on lessons, other programming, and membership details.

## Facilities Director Needed

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!

Facilities Director – Oversee the main-

tenance 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](mailto:president@capilanocl.ca) for more information.

## Capilano Babysitting Registry

Parents of younger children: Hiring one of our sitters as a parent's helper can be an opportunity to ease into having someone care for your children. We have many new sitters that are eager to gain experience and this can be a great way to get

things done around the house. You may just luck out and find a great sitter for years to come!

Email [babysittingregistry@capilanocl.ca](mailto:babysittingregistry@capilanocl.ca) for more information. Sitters - please contact us here to be added to our registry.

## "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!

## COMMUNITY LEAGUE BOARD

| CCL Position           | Name    | Contact                                       |
|------------------------|---------|---|
| President              | Leigh   | president@cloverdalecommunity.com             |
| Vice-President         | Jenna   | vicepresident@cloverdalecommunity.com         |
| Treasurer              | Nidhi   | treasurer@cloverdalecommunity.com             |
| Secretary              | -       | 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                  |

## Board Vacancies

Our community thrives thanks to the participation and dedication of amazing volunteers like you! It's time to contribute and help our neighborhood grow stronger. We are currently looking for volunteers for the following positions:

Social Director, Treasurer, Membership Director, Secretary, Civic Director, and

Program Director.

Your involvement can make a big difference! Let's come together and add our grain of sand to build a vibrant and supportive community. For more information or to express your interest, contact Leigh, the Cloverdale President, at president@cloverdalecommunity.com

## Membership

Run to get your membership! The cut-off date is May 15. The current membership is valid until August 31, but don't miss the chance to access Folk Festival passes (just for neighbors) Additionally,

you can enjoy discounts at several stores around the neighborhood. Don't miss out, join now and be part of our vibrant community! You can buy it online. <https://cloverdalecommunity.com/membership/>

## Spring Classes and Programs

Find an activity that fits your lifestyle, whether it's sports or leisure! Our classes and programs are designed for everyone to enjoy, connect, and grow. Whether you're seeking a fun way to stay active or a relaxing escape, we've got you covered.

Visit our website [cloverdalecommunity.com](https://cloverdalecommunity.com) to explore the full list of activities and schedules available. If you have any questions, feel free to reach out to the Program Director at [programdirector@cloverdalecommunity.com](mailto:programdirector@cloverdalecommunity.com)

## Volunteer at our Casino Fundraiser!

We need your help for our upcoming Community League Casino on July 16 and 17.

This important fundraiser supports programs and improvements in your neigh-

borhood. Volunteering is easy, fun, and a great way to give back. If you have questions or want to sign up, contact casino@cloverdalecommunity.com

Help us make a difference!

## River Valley Clean-up!

Join us on May 24 from 10 AM to 1 PM for the River Valley Clean-Up Day! Let's come together to make our beautiful community shine — gloves, bags, and pickers will be available on a first-come, first-served basis. Bring the whole family and enjoy a delicious pancake breakfast.

## AGM – Save the Date!

Join us on June 16 at 7 PM at the hall for our Annual General Meeting. Come and hear about everything happening in your neighborhood. Your participation is important to help guide the future of our community. Let your voice be heard—see you there!



## We are on instagram, follow us.

Discover what's happening in our neighborhood by joining our Instagram community! Moreover, we have significant interaction with other community leagues. Scan the QR code to stay up-to-date with the latest activities, news, and events.



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MLA EDMONTON-GOLD BAR

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- 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](mailto:edmonton.goldbar@assembly.ab.ca)  
#100 8925 82 Avenue  
780-414-1015




## Housing Information Session

Edmonton is growing and changing, and so is the city's housing. Learn why and how at this drop-in information session with City staff.

**Thursday, May 8, 2025**  
4 to 8 p.m.  
South Edmonton Seniors Association  
9350 82 St NW



**RESERVE YOUR SPOT:**  
[YEGHousingSE.eventbrite.ca](https://www.yeghousingse.eventbrite.ca)



## Reducing household food waste: planning, shopping and storage

Food waste is food that was grown or harvested, but never eaten. Some food waste at home can't be avoided, like egg shells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

### Planning your meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then

think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

### Grocery shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.

### Storing foods

Consider the order that you use some

foods as some foods can keep longer in the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing or eating it. Some produce give off a gas (ethylene) that speeds up ripening- apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark and dry place in the original packing. Or consider freezing if you don't think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within 2-3 days after cook-



ing, while other cooked dishes containing eggs, meat and vegetables or cooked fish, poultry can be safely eating with 3-4 days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit [Canada.ca](https://www.canada.ca) and search: "Storing Vegetables and Fruits" and "Food Safety"

For more ideas to reduce food waste visit: [ahs.ca/nutritionhandouts](https://www.ahs.ca/nutritionhandouts) and search "Reduce Food Waste."



## Buy Nothing



**2025 Buy Nothing Walk.** Spring cleaning season is here—why not turn your clutter into someone else's treasure? **Date:** Saturday, June 14, 2025. **Time:** 10:00 a.m. – 3:00 p.m.

**Location:** Forest Terrace Heights Neighbourhood. The Forest Terrace Heights Buy Nothing Walk is a fun, free, and sustainable way to declutter, explore, and connect with your neighbours! **How It Works:** Gather your gently used items you no longer need and place them in your front yard with a “FREE” sign. Stroll through the neighbourhood anytime between **10:00 a.m.—3:00 p.m.** and see what

hidden gems your neighbours are sharing. You never know what you'll find! **Optional Registration:** Want your giveaways to be added to our community map? **Register by June 10** to have your location added to the map (general location, no addresses made public). This makes it easier for others to find great spots to explore! Visit **forestterrace.org** to register and to be included on the map. Whether you're looking to rehome items or find something new-to-you, we can't wait to see you there! Give what you can, take what you need, and enjoy the walk! Questions? Contact Sonya at **memberships@forestterrace.org**.

## Get Your Memberships!

Support your community and enjoy awesome perks by becoming a Forest Terrace Heights Community member today! Memberships are **valid until August 31, 2025**. Family memberships are \$30, individual memberships are \$15, and senior memberships are \$10. Purchase yours online at **forestterrace.org** or Grower's Direct (cash only). First-time memberships? Get in touch with our Membership Director at 780-720-7034 or **memberships@forestterrace.org**.



## 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**.



## Not Falling for You

**Not Falling for You: Preventing Falls for Older Adults.** Join us for a gentle physi-



cal activity class designed specifically for individuals aged 50 and up. Classes are held every Monday from 10:30 to 11:45 a.m. at Capilano Library. These sessions aim to reduce fall risk, enhance balance, and build strength in a friendly, welcoming environment. They are perfect for those who can walk independently, with or without mobility aids such as walkers or canes. For more information, visit **epl.ca**.

## Fitness

**Get Moving & Get Creative with Weekly Spring Classes at the Community League!** Looking for a fun way to stay active or learn a new skill? Check out these exciting weekly programs happening right here in Forest Terrace Heights!

**Zumba on Mondays** 7—8 p.m. Get your body moving with high-energy dance fitness! No experience needed—just bring your enthusiasm and have fun!

**High Fitness Tuesdays** 7:15—8:15 p.m. A heart-pumping, music-driven workout that combines cardio and toning for a full-body burn. Perfect for all fitness levels!

**Sewing on Wednesdays** 6—8 p.m. Join our sewing group to work on your projects, learn new skills, or enjoy some creative time with fellow makers. Ready to join in? Visit **forestterrace.org** or contact **programs@forestterrace.org** for more info!

## AGM

**You're Invited to the Forest Terrace Heights Annual General Meeting.** Join our AGM and see what the Forest Terrace Heights Community League has been up to! Meet the Board, hear about our highlights from the past year,

and get a sneak peek at what's coming up next year. Everyone is welcome—bring your ideas, questions, and community spirit! **Wednesday, June 4 | 7:00 p.m. | Forest Terrace Heights Community League Hall | 10150 80 St NW.**

## Volunteers Wanted

**Interested in joining the coolest Board?** The Forest Terrace Heights Community League is on the hunt for a few awesome humans to join our Board of Directors. Think of it as your chance to become a local legend (without the paparazzi). We currently have a few empty chairs waiting to be filled: **Neighbourhood Watch** – your time to shine as the friendly eyes on the block | **Events** – plan the fun, eat the snacks, take the glory | **Volunteer Coordinator** – match amazing people with amazing opportunities (like this one!) | **Seniors Director** – help us support our wise and wonderful neighbours. Interested? Curious? Mildly intrigued? Email **president@forestterrace.org** to learn more or throw your name in the hat. Let's make some neighbourhood magic.





## Fulton Place Board

|  |   |
|--|---|
| <b>Esther</b><br>President<br>president@fultonplace.org<br>7802365457                          | hall@fultonplace.org  |
| <b>Miles</b><br>Vice President Civic Affairs<br>vpleagueaffairs@fultonplace.org<br>7809515253  | <b>Shawn</b><br>Ice Rink<br>rink@fultonplace.org                                  |
| <b>Gavin</b><br>Vice President League Affairs<br>vpcivicaaffairs@fultonplace.org<br>7805041896 | <b>Miles</b><br>Seniors Liaison<br>info@fultonplace.org                           |
| <b>Mike</b><br>Treasurer<br>treasurer@fultonplace.org  | <b>Esther</b><br>Community Garden<br>esther@fultonplace.org                       |
| <b>RaeAnne</b><br>Secretary<br>secretary@fultonplace.org                                       | <b>Michelle</b><br>Director/Walking Group Coordinator<br>michelle@fultonplace.org |
| <b>Justin</b><br>Programmer<br>programmer@fultonplace.org                                      | <b>Facilities</b><br>Nathan<br>facilities@fultonplace.org                         |
| <b>Joshua</b><br>Communications<br>communications@fultonplace.org                              | <b>Jenn</b><br>Director<br>jenn@fultonplace.org                                   |
| <b>Taryn</b><br>Hall Rental  | <b>Dan</b><br>Director<br>dan@fultonplace.org                                     |
|  | <b>Amy</b><br>Director<br>amy@fultonplace.org                                     |

## Fulton Place 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](http://www.fultonplace.org)), under the 'Become a Member' dropdown.

## Fulton Place Babysitter Registry

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



## Fulton Big Bin Event

**Saturday June 7, 2025, 9 am - 1 pm, or until the bins are full**

### Fulton Place Community Hall

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

Bring your household items that are too large for regular garbage collection. Household hazardous waste will not be accepted, or items containing freon, concrete, commercial waste, etc. We will also have the **Take It Or Leave It** space if you want to take an item/leave an item.

This year we will be collecting e-waste for recycling again, so bring in your old unwanted electronics. By bringing in your end-of-life TVs, monitors, computers, laptops, printers, and household electronics your community league will receive funding to help support Community League activities.

This year we have partnered with Inclusion Alberta once again, they are a family-based non-profit federation that advocates on behalf of children and adults with intellectual disabilities and their families. We will be collecting home goods for donation to this organization once again.

## Spring Gardeners Swap & Sale

**Saturday, May 24 8:30am - 11am**

Fulton Place Community League Hall

Bring any plants (indoor or outdoor), seedlings, perennials, tools, magazines, books, etc. Bring your extras and take away new treasures. Whether this is your

1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn something new or just have fun talking to your neighbours about flowers. For more information please phone **Jessica at 780-803-8169**.

## Fulton Place Members' Free Swim Schedule

**-ACT Leisure Centre, 2909 113 Ave**

Saturdays 2pm-4pm

Until August 30, 2025

**-Hardisty Leisure Centre, 10535 65 St**

Sundays 1pm-3pm

Until August 31, 2025

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

All current members of an Edmonton community league with a valid member-

ship card are eligible for the following discounts:

15% off multi admission passes (5+)

20% off continuous monthly memberships using our convenient pre-authorized debit program

20% off annual membership

For more information about this program, please visit:

[edmonton.ca/activities\\_parks\\_recreation/community-league-wellness-program](http://edmonton.ca/activities_parks_recreation/community-league-wellness-program)

## Fulton Place Garden Tour

Planning for the 9th Fulton Place Garden Tour is underway and we are looking for potential gardens to add to the tour. Do you have an amazing or unique garden OR know a neighbour that has an extraordinary garden space? If you would like to be considered, or if you would like to nomi-

nate a garden, please email [michelle@fultonplace.org](mailto:michelle@fultonplace.org). Include your name and address and the name and address of any nominees. Nominees will be contacted for more information and to arrange a visit. Tour dates will be the evening of Tuesday, June 17th & Wednesday, June 18th

## Capilano Playschool at Hardisty School

Now accepting registrations for the 2025-2026 school year. Morning and afternoon classes are available, three times or twice a week. Register today through the Fulton Place website.

## 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](http://www.fultonplace.org)) under the 'Rent Our Hall' section. To book the hall please contact [hall@fultonplace.org](mailto:hall@fultonplace.org)

## Gold Bar Executive

|                              |                  |                              |
|------------------------------|------------------|------------------------------|
| President                    | Adam Rompfer     | adamrompfer@yahoo.ca         |
| Vice President               | VACANT           | VACANT                       |
| 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           |

## Gold Bar 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 - We Need Your Help! Please Volunteer To Sell To A Route Near You! 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, An& Community Swim at Hardisty Pool From 1:15-2:45 Sundays.** Remember Your Card.

You Can Purchase Memberships At Any Of The Above Places Or Call Amy Cooper 780-668-6836.

Adults/Family \$20 And Seniors \$5.

## Baby And Me Yoga

Join Our Post Baby Community And Find Support For Both Physical And Emotional Challenges That Come With This Early Stage Of Parenting.

Stretch And Release Tension, Strengthen Areas That May Have Weakened During Pregnancy, And Reconnect To Your Core And Pelvic Floor.

New Parents Are

Welcome To Bring Their Babies (Newborns - New Crawlers) Or Come On Their Own.

Teacher: Chantal Eder From Yoga For Pregnancy And Parenthood

-Gold Bar Hall

-Thurs12:45-1:45pm


Cost: \$10 Drop-In Or

\$50 For The Series

Email Chantale-

eryoga@gmail.

com To Register



**YOGA CLASS**  
Starting March 3, 2025  
\$10 per class  
Email: Nancy\_conlin@hotmail.com  
Monday's 5:30 - 6:30 pm  
Gold Bar Community Hall  
4620 105 Ave NW  
All welcome please email Nancy to register

## Hatha Yoga

Hatha Yoga At Gold Bar Community Hall, Increase Energy, Strength And Mobility. Improve Posture, Memory And Overall Wellness.

New Start Time Monday's 10:00 Am - 11:15 Am

\$10 Per Class Drop In "Classes Run Every Week Start Anytime If You Are New To The Program Feel Free To Email Any Inquires And To Be Added To The Email List".

\*\*New Evening Yoga Class\*\* Expected Start Date Is March 3, 5:30 Pm - 6:30 Pm Please Email Nancy To Sign Up Classes Are By Drop In We Need At Least 6 Continuous Participants.

Spring Is A Great Time Join Yoga And Discover How Great You Will Feel With Stretching Your Body. Contact: Nancy\_conlin@hotmail.com



**Spring Fling Family dance**  
**SATURDAY MAY 3, 2025**  
**6 TO 9 PM**  
SNACKS AND DRINKS PROVIDED  
GOLDBAR COMMUNITY HALL  
4620 105 AVE  
SINGLE \$5  
FAMILY \$20





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## Gold Bar Big Bin Event

Fastest Kid's 4th Annual Race Is Coming!  
Save The Date: Wednesday June 18th, 2025, Gold Bar Field  
Back By Popular Demand, Fastest Baby Crawl, Fastest Dad And Fastest Mom Of Gold Bar! Food, Drinks And Prizes And Lots Of Smiles.

## Gold Bar Ravine Clean-Up May 24th

Looking For Community Volunteers To Clean Up Our Neighborhood Ravine.  
Meet At 10:00 Am At The Ottwell Curling Rink Parking Lot, Supplies Will Be Provided.  
**Love Where You Live-Clean The Ravine!**

## Dance Class

Groove With Kate Fitness Dance Class At Gold Bar Hall. Mondays At 7pm, First Class Is Free!

## Sunday Strong

If You Are Looking For A Class That Focuses On Getting Your Whole Body Stronger This Is

Your Class. We Will Primarily Be Using Dumbbells, Bands, And Kettlebells, With A Longer Mobility Focused Warm Up, And A 20 Min Foam Rolling And Stretching Fin-

ish. You Can Join At Any Time But This Session Runs) March 16- April 27 (No Class April 20) Sundays 6:45-7:55 (Note This Is A 70min Class) Contact Lisa To Register Or With Any Questions. Sundays \$70 Facebook.com/Lisashortenfitness Or Email Lisashortenfitness@Gmail.com

## Gold Bar Brazilian Jiu Jitsu

Gold Bar Brazilian Jiu Jitsu Is At Gold Bar!

Presented By Fsm & Connection Bjj

For Info: Text Or Call Troy Taylor 587 783 4716 Or Email Familyspiritmartialarts@Gmail.com

**Gold Bar Community League**  
**Annual 'It's All Bin Dump Before'**  
**Big Bin Event**

**Saturday, June 7, 2025**  
**9 a.m. to 3 p.m.**  
**Gold Bar Hall Parking Lot**

GBCL membership required!  
Electronics recycle!  
Crafting garage sale in the hall!

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**587 783 4716**  
**Goldbar Community League**





## Holyrood Community League Contacts

|  |                                      |
|--|--------------------------------------|
| President - Chris                      | president@holyroodcommunity.org      |
| Vice President - Nor' Ali              | vicepresident@holyroodcommunity.org  |
| Treasurer - Andrew                     | treasurer@holyroodcommunity.org      |
| Secretary - <b>VACANT</b>              | secretary@holyroodcommunity.org      |
| Programs - <b>VACANT</b>               | programs@holyroodcommunity.org       |
| Sports & Fitness - <b>VACANT</b>       | sports@holyroodcommunity.org         |
| Memberships - <b>VACANT</b>            | 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 - Aurelia             | garden@holyroodcommunity.org         |
| Soccer - Richard                       | soccer@holyroodcommunity.org         |
| Playgroup - Hailey                     | playgroup@holyroodcommunity.org      |
| Casino - <b>VACANT</b>                 | casino@holyroodcommunity.org         |

holyroodcommunity.org
 @HolyroodCL
 Holyrood Community League

Purchase memberships through [efcl.org/membership/](http://efcl.org/membership/)  
NEW TO HOLYROOD? SIGN UP FOR LEAGUE MEMBERSHIP ON-LINE! Complimentary Memberships are available for newcomers to Holyrood!

Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org) or scan the QR code to sign up



## LEAGUES ON THE LINE



This year, Strathearn and Holyrood Community Leagues are excited to team up for a fun-filled event site as part of the broader second annual "Leagues on the Line" - a celebration of connected communities along the Valley Line LRT in Edmonton. We are seeking volunteers from both of our neighbourhoods (and beyond!) to provide support for various duties and shifts on **Saturday, June 7th 2025**, in and around the Strathearn LRT stop and Strathearn Community Hall (9511 - 90 Street) and adjacent Silver Heights Park area.

There are a number of fun things being planned for the "Strathyrood" event:

Curt Young and The Healers  
Dancing Cree

Secondhand Dreamcar (band performing for the after-party)  
 Bouncy Obstacle Course in rink  
 Bike Tune Ups  
 Kalina's Cotton Candy  
 Ice Cream  
 Kahoot Game/Trivia  
 Edmonton Heritage Council  
 Edmonton Transit Riders Society  
 SEESA  
 Naloxone/Harm Reduction training  
 Lawn Games  
 Edmonton Fire Rescue  
 ETS Bike Rack on Bus Demo  
 Tundee Treats in Strathearn  
 Face painting  
 Caricature drawings  
 Henna

## JOIN US FOR THE SEED & SEEDLING SWAP!

**Date:** May 4, 2025

**Location:** Ice Rink Shack

Join us for a fun and friendly Seed & Seedling Swap! Come meet your neighbours and connect with the Garden Committee. Bring your extra seeds or seedlings to share or donate to the community garden—and maybe pick up something new for your garden!

We'll also have a garden marker rock painting station—perfect for kids and adults alike. Come for the plants, stay for the creativity and community! Share your input in our survey by scanning the QR code.



## HOLYROOD COMMUNITY GARDEN: DIG IN AND JOIN THE FUN!

**Excited for gardening this year?**

Come get your hands dirty and help out with our **communal garden** at the HCL Ice Rink Shack! We share the work—and the harvest.

Want to get more involved? Join the

**Garden Committee** to help plan, design, and build our future community garden.

**All experience levels are welcome**—whether you're a seasoned grower or just getting started. Interested? Email us at [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org)

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## COMMUNITY DIALOGUE ON HOLYROOD'S NEW SUPPORTIVE HOUSING DEVELOPMENT

**Holyrood Community & Housing Collaborators** warmly invite all SE residents to a community discussion about the new supportive housing development in Holyrood.

As our community continues to grow and evolve, we recognize the importance of coming together to share our thoughts, ask questions and explore how we can foster an inclusive and welcoming neighbourhood for all. These dialogues offer a space for open and meaningful conversations in a supportive and respectful environment.

The conversations will be facilitated by **Community & Workplace Traumatologist, Line Perron**, who will help create a space where all voices are heard and valued.

This initiative is being organized by

**Holyrood Community & Housing Collaborators**—a group of neighbours dedicated to nurturing a strong, connected, and welcoming community.

Community members are welcome to attend one of the following sessions:

• **Tuesday, May 13** | 7:00-9:00 p.m. | Holyrood Community League (9411 Holyrood Rd)

• **Saturday, June 21** | 2:00-4:00 p.m. | St. Luke's Anglican Church (8424 95 Ave N.W.)

Please email [holyrood.chc@gmail.com](mailto:holyrood.chc@gmail.com) to register no later than 48 hours prior to each session.

## THINGS TO DO IN OUR COMMUNITY

### COMMUNITY SWIM

is FREE with a valid community league membership (don't forget to bring it with you!)

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

### YOGA WITH BARB

Join our amazing yoga instructor Barb Thursdays from 7 to 8:15 pm at St Luke's Church starting January 9th to June 12th. Prices are \$55 for a 5 class punch pass or \$15 drop-in.

### 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

Commonwealth Community Recreation Centre

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

Bonnie Doon Leisure Centre

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](mailto:barbayogaguide@gmail.com) for more information.

a church, this is not a religious group. If it's smokey or raining out, bring your little ones to the playgroup!

**When:** Thursday mornings, 9:00am – 11:00am

**Where:** Holyrood Community Church 9224 82 Street

# All aboard for another

.....



## Leagues on the Line Community Celebration!

**Saturday June 7th**

**11am - 3pm**

**Fun Activities**

**3 - 5pm Live Music**

**Strathearn Community  
League - 9511 90 Street**






## Renovation King Contractors

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|                  |                     | Grayson      |
|                  |                     | 780 327 7777 |

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## April is Organ and Tissue Donation Awareness Month

One organ donor can save up to eight lives and one tissue donor can dramatically improve up to 75 lives. April is National Organ and Tissue Donation Awareness Month – a time to honour those who have given the gift of life and to share your donation decision with those who need to know.

How to Act on Your Good Intentions  
A deceased person can donate organs such as lungs, heart, kidneys and liver – and/or tissues such as eyes, skin, bone and tendons. If you're interested in leaving these gifts, please register your decision online at [GiveLifeAlberta.ca](http://GiveLifeAlberta.ca) or in person at a motor vehicle registry of-

fice. Donor cards don't exist anymore; if you have signed the back of your Alberta Health card in the past, you are asked to join Alberta's registry in one of the ways above.

Albertans are also encouraged to share their wishes with their loved ones. Generally, if someone is eligible to donate at the

time of their death, the Give Life Alberta donation team will check the registry and inform their family about their donation decision. It will then be up to their family to decide if they'd like to proceed with donation or not. Many previous donor families have found that decision was easier if they knew what their loved one wanted.



## Idylwylde Community League Board

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



Idylwylde.org



Idylwylde Community League

## Community Movie Night

Join us for movie night on the second Thursday of the month.

Doors at 6:00 pm, movie starts at 6:30 p.m.

Bring your own snacks/comfy camping

chairs (or make do with what we've got).

Bar will be open for drinks.

Next few movie nights are:

May 8 - Wicked

June 12 - Venom: Last Dance

## 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.

**Commonwealth Community Rec Centre**

1100 Stadium Road

Saturdays, 3:00 p.m. - 5:00 p.m.

**Bonnie Doon Leisure Centre**

8648 81 Street NW

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

## eNewsletter

Stay up to date with what's going on in the community by signing up for our email newsletter. Visit our website at [www.idylwylde.org](http://www.idylwylde.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 held the second Wednesday of the month at 7 p.m. at the Community League hall.



16 Southeast Voice May 2025

## Help Needed!

We're looking for some new faces to join us in the Community League. No experience is required, just a friendly outlook and a positive attitude. If you're not sure, come to one of our Board meetings (2nd Wednesday of the month), meet your fellow community members and see what it's all about.

**-The Social Chair** helps generate ideas for social events that will bring together members of our community. They coordinate planning events, work with our volunteers to put on the events, and attend

monthly Board meetings.

**-The Secretary** keeps us organized by taking minutes at our monthly board meetings and AGM, sends out meeting agendas and keeps our online documents organized.

**-The Vice President** presides at meetings and functions when the President can't make it, assists the President when needed, and is responsible for the annual review of the League's Bylaws.

If one of these sounds like the position for you, contact us at [league@idylwylde.org](mailto:league@idylwylde.org).

## Cheery Tomato Community Garden News

Our garden is off to a wonderful start and we now have enough urban farmers to fill our 2025 team! We hope to be growing a wide variety of plants and trying some new things, as well as finding room for the foods we so look forward to. This year we will be including a community U-Pick bed,

making (sweet pea) flower/ bean teepees and setting up a medicinal/herb bed.

We are all very grateful for the assistance coming our way from both student and teacher bodies! We hope people coming by appreciate and learn from all our collective efforts.

## Big Bin Event

On Saturday, May 24, starting at 9 a.m. we're having our annual Big Bin Event. Large bins will be located at the side of the Community Rink and available for you to dispose of items that are too large for commercial collection!

Please note: When the bins are full, the

event is over. You must be able to unload your items by yourself. No drop-off of items will be allowed without ICL volunteers present. You must be an ICL member to participate. If you don't have a community league membership, there will be someone present to sign you up!

## Edmonton Tool Library

Did you know Idylwylde League members have access to the Edmonton tool library? There's 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 Memberships

Community League memberships are free for all community members that live in Idylwylde! Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idyl-

wylde) will still cost the regular amount of \$20/year. Please contact our Membership Chair ([membership@idylwylde.org](mailto:membership@idylwylde.org)) with proof of residency in Idylwylde to get your membership today!

## Community Pub Nights

Come to Pub Night, make some new friends, and share time with your neighbours while enjoying some snacks and drinks.

Pub Night takes place on the first Thurs-

day of every month.

We look forward to seeing everyone at the next few pub nights; Thursday May 1 and Thursday June 5, from 7:00 - 10:00 p.m. at the Community Hall.



## CONTACT US!

|                   |               |   |
|-------------------|---------------|---|
| Co-President      | Michaela      | president@kenilworthcommunity.com             |
| Co-President      | Ryan          | president@kenilworthcommunity.com             |
| Vice President    | <b>Vacant</b> | vicepresident@kenilworthcommunity.com         |
| Treasurer         | <b>Vacant</b> | 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         | TBA           | TBA   |
| Rentals           | Liz and Al    | rentals@kenilworthcommunity.com               |
| SECLA             | Marshall      | SECLA@kenilworthcommunity.com                 |
| Social            | <b>Vacant</b> | social@kenilworthcommunity.com                |
| Youth Group       | Elizabeth     | youth@kenilworthcommunity.com                 |

Inquiries & Publicity Requests (SEV & Website): [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com)  
Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)  
Keep current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com), on our Facebook and Instagram!

## Upcoming Events

-May 10 – Adult Spring BBQ  
-June 1 – KCL Youth Rock Painting  
-June 7 – Big Bin Event

-June 14 – Father's Day Event  
-July 9, 23 Aug 6, 20 – Kenilworth Crescendo Concert Series

## Kenilworth Big Bin Event

Saturday, June 7, 9 a.m. to 2 p.m. (or until bin is filled!)

Kenilworth Community Hall @ 7104 87 Avenue

Come help us fill the bin! Check out our swap table!

Event open to Kenilworth Community

League Members only. Memberships will be available for purchase onsite.

Materials that are NOT accepted: commercial waste, household hazardous waste (paint, varnish, household cleaners, chemicals and batteries), mattresses/box springs, appliances

## Rock Painting with the KCL Youth Program

Where: Kenilworth Community League

When: Sunday, June 1 from 6 to 8 p.m.

Youth under 13 must have a parent or older sibling present at all times.

All get togethers and events are FREE for Kenilworth youth and youth from surrounding neighbourhoods.

For more information please email [youth@kenilworthcommunity.com](mailto:youth@kenilworthcommunity.com)



## CALLING EDMONTON MUSICAL PERFORMERS!

Kenilworth Community League is accepting applications for the 2025 edition of Kenilworth Crescendo!

This year's concerts will be held on the following Wednesday evenings: July 9 & 23 and August 6 & 20.

Interested artists need to send their date availability, a brief bio, samples of their music, and fee request to [connect@kenilworthcommunity.com](mailto:connect@kenilworthcommunity.com)

Artists are required to supply their own sound system and have appropriate insurance coverage.



## Kenilworth Memberships

2024-2025 memberships will be on sale soon! Please contact Stephanie at [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com) for more information!

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

## Swim Times



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

**Bonnie Doon** (Saturdays 5 to 7pm),

**Commonwealth** (Sunday 1 to 3pm),

**Hardisty Pools** (Sunday 1:15 to 2:45pm)



## Join Us for a Fun Father's Day Project



Build a toolbox to take home

Hotdogs, Chips, Soda and Games

Saturday June 14<sup>th</sup>, 2025

11:00 am – 3:00pm

Kenilworth Community Park

7104-87 Avenue NW

Sponsored by:

Southeast YEO Men's Shed



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](http://www.kenilworthcommunity.com).

KCL Hall Rental Rates: (Seating 160)

Members Non-Members  
Weekend (Fri.pm – Sun.pm)  
\$450.00 \$550.00  
Day Rate

\$300.00 \$385.00  
Damage Deposit  
\$250/day rate \$550/day rate  
\$450/weekend \$550/weekend

**\*\*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Liz & Al @ 780-469-1711.**

Bingo Volunteers Needed!

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](mailto:president@kenilworthcommunity.com)

| 2025    |        |
|---------|--------|
| May 16  | June 1 |
| July 25 |        |

Join the Kenilworth Community League Board

The Kenilworth Community League is seeking dedicated volunteers to fill three key board positions:

**Vice President:** Support the co-Presidents in leading the league, chair meetings in their absence, and assist with event coordination and community initiatives.

**Treasurer:** Manage the league's finances, including budgeting, financial

reporting, and overseeing transactions to ensure fiscal responsibility.

**Social (Events) Director:** Plan and coordinate community events and activities that bring residents together, fostering a strong and connected neighborhood.

If you're interested in making a meaningful impact in Kenilworth, contact Ryan & Michaela at [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com) for more information.

Celebrate Father's Day in Kenilworth!

Join us for a hands-on, family-friendly Father's Day celebration in Kenilworth Community Park on **Saturday, June 14**, from **11:00 a.m. to 3:00 p.m.** This special event is proudly sponsored by Southeast YEG Men's Shed and offers kids a chance to build a toolbox to take home—a perfect

gift for Dad!

There will also be hotdogs, chips, soda, and games for everyone to enjoy.

Bring the whole family and spend some quality time outdoors in the heart of our community at **Kenilworth Community Park (7104 87 Avenue NW)**.

# BIG BIN EVENT

**JUNE 7, 2025**

**Kenilworth Community Hall  
Parking Lot**

**9:00AM - 2:00PM or until bins are full**

**Membership required - available for purchase on site!**

KCL Youth Group Events

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

All get togethers and events are free for

Kenilworth and surrounding neighbourhood youth.

For more information, please contact the KCL Youth Group at [youth@kenilworthcommunity.com](mailto:youth@kenilworthcommunity.com)

Please follow [kcl.youth](https://www.instagram.com/kcl.youth) on Instagram to keep up with the latest events!

# ePark

## Looking for street parking on Whyte Ave? Driving to a show downtown?

Find and pay for EPark by downloading the HotSpot app.

Building Your Emergency Food Kit

Emergencies happen without warning. Natural disasters like floods, and wildfires, that require evacuation. In these cases, access to food and water may be limited. You should have a food kit. It should contain non-perishable, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

Why an Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, access clean water. You may have to evacuate your home with very little notice. An emergency food kit contains foods to sustain your family during unexpected situations. Food items can be stored for a long time without refrigeration and are ideal for emergencies. When assembling an emergency food kit, focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Emergency kit should contain enough food and water for each member of your family

for a minimum of 72 hours.

Items to Include

**Choose non-perishable** foods using Canada's Food Guide. These items require minimal heating. If you do not have a camp stove, do not choose foods that require heating.

**Water:** 4 L per person, per day.

**Vegetables/Fruits:** canned fruits/ vegetables, canned soups, and dried fruits.

**Grain foods:** Crackers, cereal, granola bars, instant oatmeal, rice/ pasta.

**Protein foods:** canned beans, canned meat, nuts, seeds, and jerky.

**Special Diet Foods:** Individuals with dietary restrictions, ensure your kit contains items they need

**Meal Preparation materials:** Plates, cutlery, knife, manual can opener, camp stove if you have one, pot and pan. If you have pets, remember to include their water and food needs.





## KEP Board Members:

|   |                   |                              |
|---|-------------------|------------------------------|
| President                               | Kevin Richtscheid | president@kingedwardpark.org |
| Vice President                          | Donald Michaud    | michauddr@gmail.com          |
| Treasurer/Casino Coordinator            | 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      | Nella Ferguson    | king.ed.hall@gmail.com       |
| Civic                                   | Vacant            |                              |
| Volunteer                               | Tod Rudge         | todrudge@gmail.com           |
| SECLA Representative                    | Vacant            |                              |

## Connect with us online:

|           |   |
|-----------|---|
| Twitter   | @KingEdwardPark   |
| Facebook  | <a href="https://www.facebook.com/kingedwardparkYEG/">https://www.facebook.com/kingedwardparkYEG/</a> |
| Instagram | <a href="https://www.instagram.com/kingedwardpark/">https://www.instagram.com/kingedwardpark/</a>     |
| Website   | <a href="https://www.kingedwardpark.org/">https://www.kingedwardpark.org/</a>                         |

## 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>

## Call for KEP Programing Input

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

ideas for programing.

Contact us by joining us at a meeting to share what kind of programming you would like to see. Or let us know via email what type of programing you would like to see, [president@kingedwardpark.org](mailto:president@kingedwardpark.org).

## KEP 24th ANNUAL REUSE FAIR

Large hall – 7708 – 85 Street, Edmonton, AB June 7th, 2025 10am – 3 pm

A Reuse Fair is a one-day event to bring together non-profit community groups and artisans with donated household items. Donated items are used to enhance the programs provided by these organizations.

Please collect and bring these clean items to our Reuse Fair:

Art supplies: paint brushes, crayons (wax/pencil), paints, sponges, craft stamps, ink pads, canvases, markers, string, chalk, etc. Bags: plastic, gift, paper, cloth. Baskets.

Books: hardcover or paperback – no textbooks. Calendars & Cards – new or used. CDs & DVDs. Records. Clay Pots. Craft supplies: beads, feathers, corks, clothes pins, glitter, googly eyes, magnets, pipe cleaners, popsicle sticks, pom poms, ribbon, stickers, scissors, bells, stencils, craft kits, etc. Egg cartons. Fab-

ric: scraps, pieces for sewing, leather, faux fur, burlap, felt, etc. Glue: white, sticks, craft, glue guns (working). Jewelry – incl broken. Keys and key chains. Lego. Magazines. Men's ties. Pails: ice cream, 5 gal.

Pie/tart shells. Prize ribbons. Pull tabs. Scrapbooking supplies. Seashells. Sewing Notions: lace, buttons, ribbon, elastic, batting, zippers, thread, Velcro, fasteners, pins, etc.

Needles: knitting, sewing, crochet, etc. Shoe boxes with lids. Stained glass supplies. Tins: cookie, altoid/mint, coffee – with lids. Wire. Wrapping/Tissue Paper. Yarn – any type/size. For a full list, please go to our website: [www.kingedwardpark.org](http://www.kingedwardpark.org)

For more information contact Renee at 780-462-7001. HOPE TO SEE YOU THERE! Edmonton Horticultural Society will also have a table selling plants.

[www.communityleagueneews.com](http://www.communityleagueneews.com)

## King Edward Park Traffic Committee

King Edward Park's Community League Traffic Safety Committee had its first meeting on January 29, 2025. Stakeholders came together to discuss and examine traffic safety issues surrounding Donnan School, Wildheart Children's Centre, Al Mustafa Academy and Willowbrae Academy. Terms of reference were presented and adopted. Changes in traffic due to the LRT and construction, increase in traf-

fic volume and speeding, vehicle congestion and safety were the main issues discussed. The Committee is exploring best practices to mitigate the traffic safety concerns brought forward. Our City Neighbourhood Resource Coordinator and staff from Safe Mobility, Parks and Roads Services are supporting the committee's efforts. Please check our social media for details on the next meeting.

## ZUMBA at the Large Hall

Every Wednesday \*except the first Wednesday of each month\* from 6:30 - 7:30 at the large hall (7708 88 St NW).

Join us for a Latin inspired dance fitness

class suitable for all ages and abilities.

Drop in \$10 or \$5 for KEP members!!!

You can also register by email at [king.ed.hall@gmail.com](mailto:king.ed.hall@gmail.com)

## YOGA at the Small Hall

Thursdays 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](mailto:king.ed.hall@gmail.com).

## 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 membership

is required to join.

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

## 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 com-

munity 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](mailto:walexander@shaw.ca)

## Hall Rentals

In need of a space for a special event? Consider using one of King Edward Park's two halls for your functions! The Large Hall, located at 7708 - 85 Street NW, offers a spacious venue with a stage, projector and screen (available for an additional fee), bar area with a stand-up fridge and small freezer, downstairs space, and kitchen facility.

The Small Hall, situated near the tennis courts and ice rink at 8008 - 81 Street NW, provides a cozy space with a stove for heating prepared food and a large sink for easy clean-up. For more information on hall capacity and availability, please visit our website. To book a hall, contact [king.ed.hall@gmail.com](mailto:king.ed.hall@gmail.com).

## 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>.

*Southeast Voice May 2025 19*

## Ottewell Community League Contacts

|                        |                            |
|------------------------|----------------------------|
| President              | ottewell2212@gmail.com     |
| Vice President         | oclcrink2021@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    | oclmembership@gmail.com    |
| Playschool Director    | jimclean@hotmail.com       |
| SECLA Rep              | oclconcerns@gmail.com      |
| Website Editor         | oclwebpage@gmail.com       |

**MEMBER ONLY EVENT!**  
League memberships WILL NOT be available for purchase on site!  
Purchase online at [ocl.getcommunal.com](https://ocl.getcommunal.com)

# Big Bin Events are back!



**MAY 10, 2025 9AM TO 2PM**  
**PARKING LOT @ OCL 5920 93A AVENUE**

**Yoga at Ottewell Hall**  
**March 18-May 13**  
**7:30-8:30pm**



## Ottewell Community Memberships

### OCL Membership - Renew today for 2024/2025

You can purchase the 2024/2025 membership term directly online, at the OCL Farmers Market, or at Anvil Coffee. Costs: Family \$25, Single \$10, Seniors \$5. Check the benefits at [www.ottewell.ca](http://www.ottewell.ca)! Download your new membership card online, go to Communal at <https://ocl.getcommunal.com> and then go LOGIN, and then print/save your card. Find out more details about membership at [ottewell.ca](http://ottewell.ca)

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

Holding a current membership card has its perks:

Access to the Edmonton Tool Library which provides affordable access to hand, power and garden tools. Located: Bellevue Community Hall (north Entrance)

7308 - 112 Ave. Summer hours: Wednesdays 6- 8pm and Saturdays 11am - 3pm. (Check their website for more info)

<https://edmontontoollibrary.weebly.com/>  
**Red Swan Pizza**  
Capilano 4964 98 Ave NW in Edmonton AB 780-250-7926 is offering 5% discount for current Ottewell Community League card holding members.

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

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



## Spring Big Bin Event @ OCL

**Sat, May 10 - 9am to 2pm**

**Members Only!** Bring your accepted materials to this spring time event to help our community clean up and shine.

Saturday, May 10, 2025 from 9am-2pm at the halls' parking lot (5920 93a Ave)

Fee: **Free for current (2024-2025) Ottewell Community Members** - must present current membership card (physical or digital) to participate). **MEMBERSHIPS WILL NOT BE AVAILABLE TO PURCHASE ON SITE.** Available from Anvil Coffee or <https://ocl.getcommunal.com>.

**Accepted Materials** at this Big Bin Event: Couches, chairs, mattresses, and other

household furniture, computers, televisions and other small household electronics and small kitchen appliances, BBQs

**Non-Accepted Materials** - Please take these below to an Eco Station! Fridges, freezers, washers, dryers and other large household appliances (such as air conditioners), business and commercial waste, household hazardous waste, tires, car batteries, motor vehicle oil, propane tanks, concrete, sand, dirt, or rocks, un-set paint, pressurized containers, lawn mowers or other outdoor equipment. For more information, visit the eco station visit [www.edmonton.ca/ecostations](http://www.edmonton.ca/ecostations).

Ottewell Community Hall 5920-93 A Ave, Edmonton



**MAY 23 24 25** Friday opening night reception and awards 6-9pm  
Saturday & Sunday 10-5pm

**BOUNDLESS**  
FCA Edmonton Chapter juried exhibition

## Got a Talent/ Craft to Share With Your Community?

OCL is seeking to host a session during fall/winter season where you share/demonstrate your skills with the greater community like a collective kitchen, a food program, make and take meals, craft night etc. Please forward your ideas with details to Sandra at [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com).



## Singing Classes at Ottewell Hall

Do you love to sing? Would you like to develop strength and confidence in your voice? Mairi-Irene is a professional voice teacher who recently moved to the Ottewell area. She is looking to start up group singing workshops for kids, teens, adults and/or seniors at Ottewell Hall.

Classes may be Mondays (after school or evenings) or Thursdays (early afternoon or evenings) starting in the spring, with multi-day singing programs over the summer. If you are interested, please send an email to [mairi.irene@gmail.com](mailto:mairi.irene@gmail.com) with your schedule availability and age.

## 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 2025 season at Parkway Bingo Hall on 51 ave.

Spring/Summer 2025  
May 11 & June 7  
Vouchers are offered which can go towards various extracurricular activities.  
Contact [oclbingo@gmail.com](mailto:oclbingo@gmail.com) for more information.

## Neighbourhood Renewal in Ottewell Community

The third year of the Ottewell Neighbourhood Renewal construction project is underway.

If you have any inquiries or concerns, please contact the Building Great Neigh-

bourhoods team at 780-496-4055, 311 (online), or [buildingGreatNeighbourhoods@edmonton.ca](mailto:buildingGreatNeighbourhoods@edmonton.ca). Find information about the project at [www.edmonton.ca/buildinggottewell](http://www.edmonton.ca/buildinggottewell)

## Ottewell Playschool - Fall Registration Now Open!

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.

Taking new registrations now!

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

dergarten kids (4.5 - 6 yrs).

Open house will be April 29th between 9-11 AM at the community hall. We are having an Outgrown It Sale May 8th during the first outdoor market. For more information on what we have to offer please go to our website [www.ottewell.ca/community/oclplayschool](http://www.ottewell.ca/community/oclplayschool) or email [oclp.school@gmail.com](mailto:oclp.school@gmail.com)

## WHAT'S HAPPENING AT OTTEWELL HALL!

**-OCL Farmers Market - OUTDOORS** as of Thursday May 8, 2025 4pm to 7pm

Join your community in the parking lot of OCL and support local vendors and food trucks WEEKLY on Thursdays from 4pm to 7pm starting May 8th. Shop for local produce, baking, handmade and homemade goods.

Follow the Facebook and Instagram

pages for the vendors and food trucks listing. Thank you for your continued support!

Check out and follow us on Facebook and Instagram to learn more.

Facebook page - [@ottewellcommunityfarmersmarket](https://www.facebook.com/ottewellcommunityfarmersmarket)

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

Website - [ottewell.ca](http://ottewell.ca)

## Yoga at Ottewell Hall - Regular and NEW Chair Yoga

Join your friends and neighbors on Tuesdays at the hall for ALL LEVELS yoga!

Regular Yoga - 9 sessions, March 18 to May 13 on Tuesdays from 7:30pm - 8:30pm

Together we will loosen the body, increase strength, reduce tension and take a few deeper breaths. No experience necessary.

**Chair Yoga - 4 sessions**, starting April 15, from 6:00pm - 7:00 pm

This class is for everyone. We will prac-

tice seated, with the support of a chair for comfort and safety. Moving through gentle stretches, in a pressure free environment can mindfully reduce tension and calm the nervous system. This is a perfect class for seniors, those with mobility issues, and anyone who is new to movement. No experience is necessary.

To register, please contact Willa-lee at [willaee@hotmail.com](mailto:willaee@hotmail.com) or DM on Instagram.

## 2nd Annual "ALLEY ART SALE" - Calling all Ottewell Artists!

May 24th: 10am - 4pm - click the link to enlarge the map! East Ottewell Road back alley from 94B to 97Ave & 68 Street. If you would like some space in one of our garages - call Allison at (780) 660-4203 Looking for ... "Anything Art" (new, old, child creations, yard, wood, art supplies etc.)

## Free Swim with OCL Membership



Bring your current OCL membership to get in for free during these specific swim times!

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

Select SATURDAYS from 3 pm to 5pm (until Aug 2025);

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

(No swim June 19 and August 2)

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

Every SUNDAY from 1pm - 3pm

## THANK YOU!

A big thank you to all who volunteered for our league's easter egg hunt on Saturday, April 19, your time is much appreciated!

## 2nd Annual "ALLEY ART SALE"

May 24<sup>th</sup>, 2025 10am - 4pm

Calling all [Ottewell Artists](#).


If you would like some space in one of our garages, give Allison a call (780) 660-4203



BOOKS CLOTHES  
I've  
Outgrown It  
TOYS SALE! AND MORE

Score great deals on Thursday  
08 May 2025!  
4-7PM at  
Ottewell Community  
League Hall

For table information  
[OCLP.school@gmail.com](mailto:OCLP.school@gmail.com)

  
Ottewell Community League Playschool  
Hands at Learning

## Artisan Show and Sale "Boundless" at OCL Hall May 23-25, 2025

Hosted by Federation of Canadian Artists Edmonton Chapter a juried exhibition (show and sale) showcasing local artisans and their work in our hall (5920 93a Avenue). Come and see!

Friday, May 23 opening reception and awards from 6pm to 9pm - everyone is welcome to attend!

Sat., May 24 and Sunday May 25 open from 10am to 5pm

## OCL Social Media

Stay inTouch with what's happening in your community!

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

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at [www.ottewell.ca/newsletter](http://www.ottewell.ca/newsletter)



## SCL Leadership

| Position                     | Name      | Email  |
|------------------------------|-----------|--|
| President                    | Anastasia | <a href="mailto:president@strathearncl.org">president@strathearncl.org</a>           |
| Vice President               | Marina    | <a href="mailto:vicepresident@strathearncl.org">vicepresident@strathearncl.org</a>   |
| Treasurer                    | Jingjie   | <a href="mailto:treasurer@strathearncl.org">treasurer@strathearncl.org</a>           |
| Secretary                    | Glynnis   | <a href="mailto:secretary@strathearncl.org">secretary@strathearncl.org</a>           |
| Membership                   | Emily     | <a href="mailto:membership@strathearncl.org">membership@strathearncl.org</a>         |
| Buildings & Grounds Director | Evan      | <a href="mailto:grounds@strathearncl.org">grounds@strathearncl.org</a>               |
| Social Director              | Pam       | <a href="mailto:events@strathearncl.org">events@strathearncl.org</a>                 |
| Communications Director      | Christina | <a href="mailto:communications@strathearncl.org">communications@strathearncl.org</a> |
| Programs Director            | Rebecca   | <a href="mailto:programs@strathearncl.org">programs@strathearncl.org</a>             |
| Garden Director              | Marina    | <a href="mailto:strathearngarden@gmail.com">strathearngarden@gmail.com</a>           |
| Youth Director               | Margot    | <a href="mailto:youth@strathearncl.org">youth@strathearncl.org</a>                   |
| Member at Large              | Lindsay   | n/a  |
| Member at Large              | Jason M   | n/a  |
| Hall Rental Coordinator      | Darrah    | <a href="mailto:hall@strathearncl.org">hall@strathearncl.org</a>                     |

Please contact [president@strathearncl.org](mailto:president@strathearncl.org) if interested in volunteering with our League!

Are you looking for an opportunity to volunteer with your website-building skills? Strathearn Community League is looking for some help updating our website. If you're interested, please reach out to [communications@strathearncl.org](mailto:communications@strathearncl.org) and [president@strathearncl.org](mailto:president@strathearncl.org).

## Get ready for an action-packed May and June in Strathearn!

**And lastly, something to look forward to in June:** Leagues on the Line is back on track for 2025 :) Mark your calendars for Saturday, June 7th from 11am-3pm for fun, free, family activities along the Valley Line LRT stretching from the stops in Millwoods all the way to Quarters and back, brought to you by your friendly neighbourhood community leagues bordering the train route. Then make your way to the Strathearn stop for the after-party showcase from 3-5pm featuring the



amazing talents of Dancing Cree and Secondhand Dreamcar! Watch for more details to be released in the coming weeks at [bonniedoon.ca/leagues-on-the-line](http://bonniedoon.ca/leagues-on-the-line), and get ready for a memorable day out riding the rails!

## Local Strathearn's 12-year Dream Comes True

Sham never expected she would be an owner of a restaurant, but for her husband Nikhil(Nick), it was a twelve year old dream come true. On January 1st of 2025, this cozy cafe, once the location of the beloved Red Ox Inn, came under the new management of this young couple. This writer is sad to say that he never got a chance to eat there before the pandemic eventually took its toll on this long time local restaurant. Thankfully the space continues to be utilized to bring delicious meals to the locals of Strathearn.

The bistro's name, Le Tramway, may sound familiar to some readers, because The Red Ox Inn did become this bistro shortly after the pandemic was over. However, that person sold the business and the new owners, Nick and Sham, have breathed new life into the space

once again.

Nick has been in Edmonton for twelve years and has always called Strathearn his home since coming to this city. "I love this area because the people are friendly and supportive of one another. The other reason is Strathearn Drive offers great views of the beautiful city skyline." Nick has trained in many places from The Radisson hotel in Delhi to Remedy Cafe in Edmonton as well as numerous restaurants in between. "My father is also a cook, so I have been around the kitchen my whole life. We looked at so many places in the city to open our bistro, and it seems fate has kept us in Strathearn. We couldn't be happier." The couple stress that they serve comfort food to their patrons. "We changed the menu from what it was under the previous owner of Le Tramway.



Everything we serve is made in house and served hot and fresh." Le Tramway bakes all their own pastries in the morning, unlike many local cafes who have it delivered. Lunch and dinner menus serve favorites like beef brisket, spaghetti aglio e olio, and hot chicken sandwiches. They have gluten free and vegetarian options as well. "We have an open kitchen so patrons can see everything being prepared, and people often comment on how great the food smells when they walk in.

Le Tramway is in the process of getting their liquor license which they expect to have soon. The couple say that people have been asking to have a glass of wine or a cold beer with their meals. There are some exciting events coming up as well including British style high tea in the afternoon complete with tiered trays of fin-

ger sandwiches and vintage teaware, Moroccan and Indian nights were the menu changes for the event on that day only.

Nick has seen many changes in Strathearn in the dozen years he's been here. "The LRT came and changed the landscape, local businesses have gone like Ralph's. People have been supportive of the few local businesses left though and as a new business, we are grateful for the support." Indeed, and we are fortunate to have a local eatery that is inviting and walk-able in our neighborhood.

Looking for a Strathearn Community League membership? Email [membership@strathearncl.org](mailto:membership@strathearncl.org).

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



# Ice Cream, Paint & Plant

**Victoria Day  
Monday, May 19th  
12-2pm**

Free family fun!  
Everyone is welcome to come and paint a pot, plant something in it, and have an ice cream cone!



**Strathearn**  
COMMUNITY LEAGUE naturally active

**Saturday, May 3  
11am-3pm**

# Spring Clothing & Plant Swap!

**STRATHEARN COMMUNITY HALL  
9511 90 STREET EDMONTON**

Refresh your wardrobe and plant collection, for FREE!

On the day of the event we will accept donations of house plants and seeds, plus clothing in clean/good condition with no rips or stains. Also no hats, shoes or underwear please! Leftovers donated to Blenderz.

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

**SATURDAY MAY 24**

# VISITOR

# MARKUS MIDNIGHT

# DRSE

**FREE BY DONATION**

Strathearn Community Hall  
Doors 7 PM  
**9511 90 ST**

ALL AGES LICENSED

# LEAGUES ON THE LINE VOLUNTEERS NEEDED!

Strathearn and Holyrood Community Leagues are teaming up this year as "Strathrood" to host an awesome event at our site near Strathearn Hall on Saturday, June 7th, as part of that day's Leagues on the Line extravaganza all along the Valley Line LRT! If you can help us out that day, please fill in the volunteer form linked below:


<https://forms.gle/o8GgGZZRzQHruR3HA>



STRATHEARN COMMUNITY LEAGUE

# Rock'n Roll Book Club

**8PM**  
THURSDAY  
MAY 8th



STRATHEARN HALL  
**9511 90 ST**

JOIN US FOR DISCUSSION ON THESE TITLES:

- THE PHILOSOPHY OF MODERN SONG BY BOB DYLAN
- FAITH, HOPE AND CARNAGE BY NICK CAVE
- MASTER OF REALITY BY JOHN DANNIELLE (32 1/3 SERIES)

# Write Time

Want to write a story or poem but not sure where to start? Join us at Write Time.

We use writing prompts, visual aids, and an introduction to story to get you started!

Already creating? Bring your work in progress!

**Spring Schedule:**

- March 16, 2-4 pm
- April 13 2-4 pm
- May 11, 2-4 pm

**Strathearn Hall, 9511 90th Street**

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## ★ Great Time to Sell ★



**Terrace Heights:** Nice Curb Appeal. 1199 Sq Ft Bungalow, 3 Bedrooms Upsairs, 1 Potential Bedroom Downstairs, 2 Bathrooms, Fully Fenced West Yard, Double Garage, Big Windows Downstairs.



**Gold Bar:** Spotless 1045 sq ft Bungalow, 3 Bedrooms Upstairs, 1 Potential Bedroom Downstairs, Perfect Original Hardwood Floors, Teakwood Theme, 2 Bathrooms, Fully Fenced Yard, Double Garage, Grandma & Grandpa's House.



**Queen Alexandra:** 15.1m x 40.1 m 607 m Lot, Multiple Redevelopment Options, 2 Bedrooms Upstairs, Potential Bedrooms Downstairs, 2 Bathrooms, Seperate Entrance.



**Avonmore:** Great Entry Level Golden Bungalow, 2 Bedrooms Upstairs, 2 Potential Bedrooms Down, 2 Bathrooms, Fully Fenced Yard..