

SOUTHEAST VOICE

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



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com - November 2025

Capilano & Fulton Place Community Leagues Present....

Holidays with Hardisty

Saturday, December 6, 2025
5-8PM

Capilano Community Hall
10810-54ST

STOCKING STUFFER ARTISAN MARKET
ALL AGES WELCOME!!

Come & celebrate the holiday season
with a fun night of festivities.

Vendors Wanted for Hardisty Market

We're looking for a few more vendors to join us at this year's **Holiday with Hardisty Market**, happening on **Saturday, December 6th** at the Capilano Community Hall.

If you're a local maker, baker, or small business owner interested in taking part, we'd love to hear from you!

To reserve a spot or learn more, please contact **Jean** at 780-863-0914.

CAPILANO, FULTON, AND GOLD
BAR COMMUNITY LEAGUE HOSTED

CHILDREN'S CHRISTMAS PARTY

SUNDAY, NOVEMBER 30, 2025
10:30AM TO 2:30PM

Santa visit • Glitter tattoos
Balloon animals • Christmas show

TO BE HELD AT
GOLD BAR COMMUNITY HALL

Southeast Community Fair

SECLA is sponsoring another Community Fair! Do you have a community organization, club, or sport? Would you like to connect with residents of Southeast Edmonton? Consider being a part of our Southeast Edmonton Community Fair in early 2026. If you are interested in setting up a table, or would like more information, please email info@secla.ca

GREATER HARDISTY AREA FAMILY FUN DAY

On behalf of the residents of Fulton, Capilano, and Goldbar community League

Thank you to all of the sponsors and volunteers that helped to make this year's event a success.



Real Estate Market is HOTT!!

\$ GET TOP DOLLAR NOW \$

Call Andy today for a free Market evaluation

780.907.8202

Andyv@telus.net



Remembrance, Gratitude, and Peace

Early in November your preschooler may ask you why you, neighbours, teachers, shopkeepers are wearing a poppy. What can you say to your child about Remembrance Day and the soldiers it commemorates?

We tell children not to fight, to use their words instead of fists — how can you help them understand this special day without talking about wars and conflicts?

When your child asks about the poppy [either red or white], tell them what it symbolizes. The red poppy stands for remembering and thanking the men and women who bravely serve and served to defend and protect people around the world. The white poppy is a symbol of peace, the goal we all hope to achieve.

With your child, draw the flowers, both red and white. Cut them out. Then draw, colour, and cut out a large tree to attach to the wall. Now, hang the poppies on the tree. Consider decorating the tree with other symbols of peace, such as a dove, an olive branch, and the circle peace sign.



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.

CONSULTATIONS ARE
ALWAYS FREE



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Ottewell Curling Club

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- **Full Catering**
- **Free Group Lessons for Booking**
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Ottewell Curling Club
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- www.ottewellcurlingclub.com
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What is Influenza?



Influenza is a viral infection that typically circulates mainly during the fall and winter months. While people often use the term “flu” to describe any kind of mild illness, such as a cold or stomach virus, the real influenza is different. It produces symptoms that are typically more serious than the common cold and sticks around longer.

There’s a lot more to influenza than meets the eye!

What causes influenza?

The flu is usually caused by influenza viruses A and B. There are different strains of the flu virus every year. These viruses mutate and change which is why there is a new flu vaccine each year.

What are the symptoms?

Some common symptoms of influenza are:

- Fever or feeling feverish
- Chills and shivering
- Body aches
- Headaches
- Dry cough
- Sore throat
- Runny or stuffy nose
- Fatigue, tiredness and weakness

Symptoms of influenza usually present between one and four days after being around someone with the virus. Then, the symptoms can be at their worst for three or four days before starting to feel better. It can take one to two weeks to completely recover.

Most people get better without problems. But sometimes influenza can lead to a bacterial infection such as an ear infection, sinus infection, or bronchitis. Less often, and in the most serious cases, influenza can lead to pneumonia.

How do people get Influenza?

Influenza spreads primarily through

respiratory droplets when an infected person coughs, sneezes or talks. You can also contract the flu by touching a surface or object contaminated with the virus and then touching your mouth, nose, or eyes.

Influenza vs. the Common Cold

Influenza can be mistaken for a severe cold because some symptoms are similar. However, there are key differences:

- Onset: the flu comes on suddenly, while a cold usually develops more gradually
- Severity: the flu is often more severe and can lead to complications like pneumonia
- Fever: a high fever is more common with the flu than with a cold
- Duration: flu symptoms typically last one to two weeks, while cold symptoms usually resolve within a few days
- Complications: Influenza can lead to serious complications, especially in vulnerable populations like the elderly, young children, and those with weakened immune systems.

Who is at risk?

Certain people are at higher risk of problems from influenza, including young children, pregnant women, older adults, and people with long-term illnesses or with impaired immune systems making it hard to fight infection.

Prevention

The best way to prevent the flu is by getting an annual flu vaccine. It is especially important for those at high risk of complications. Additionally, you can help prevent influenza transmission by frequent handwashing and covering your mouth and nose when you sneeze or cough. Stay healthy this season by practicing good hygiene and by staying informed.

www.communityleagueneews.com



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency
office for assistance with:

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

780-495-8404

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



www.heathermcpherson.ndp.ca
Follow on   



Southeast Edmonton Seniors Association (Seesa)

Festive Market & Reuse Sale: COME AND JOIN US at the most wonderful time of the year for our 5th Annual Festive Market & Reuse Sale (Nov 29th). Featuring gently used items to brighten your festive season, art, baked goods, and hand-crafted items from SEESA's Quilters, Crafters, Card makers, and Woodworkers & Carvers. Donations of gently used items for our Reuse Sale accepted Nov 12 – 27 and Saturday, November 22.

Accidental Drama Club presents “Maid to Order”. A wealthy widow, who is expecting her beau for dinner, demands nothing less than perfection from the household staff in this laugh-out-loud comedy! Performances on Nov 14 (7pm), and Nov 15 & 16 (2pm). Tickets \$20/person.

Melody Singers: Christmas Around the World

Allow yourself to relax as the Melody Singers take us on a musical journey of seasonal songs from around the world. Sunday, December 7th at 2:00pm. Tick-



ets \$15/person.

2026 Memberships on Sale – See website for details/fees.

Memberships offer classes and clubs at discounted prices. Fees contribute to ongoing operating costs (lights, heat, insurance, waste and snow removal).

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

Community League Board

President	Leigh	president@avonmore.org
Vice President	Britney	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	Calvin	membership@avonmore.org
Grants and Funds Raising	Craig	grants@avonmore.org
Soccer/Sports	Vacant	sports@avonmore.org
Civics	Shane	civics@avonmore.org
Programs	Vacant	programs@avonmore.org
Playschool	Elly	playschooldirector@avonmore.org

Avonmore Book Club

Avonmore Book Club meets every 4-6 weeks on Thursday afternoons. The next meeting is November 20th at 1:30 p.m. Everyone is welcome. Ideas for a new

book club are welcome. Suggest a theme and a possible time. Contact pastpresident@avonmore.org for details and information and to share new ideas.

Avonmore Community Playschool

Playschool is bundling up for the colder weather. Pumpkin Carving and fun costumes and getting ready for winter activities.

Fall Playschool started September 11.

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

Online Community

Not all 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

Community Swim

Free to Avonmore Community League Members with a valid 2025/26 membership card! Phone 311 or check www.edmonton.ca for updates on closures before you go.. Sorry, there are 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.

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.

Avonmore Christmas Activity

Last year Avonmore ran a Christmas Drop-In activity that was a lot of fun and well received. We are looking for someone to take on setting up and running a similar event for the community that can be as low-key as you want to make it. We

need help from the community to make it happen though! If you have a few hours of time and want to help bring this activity to life, we would love to hear from you! Please reach out to president@avonmore.org to learn more.

Board Positions Available

We are looking for some volunteers to share the role of Sports Director and Program Director respectively. We recognize that these positions carry a lot of responsibilities and we want to make sure that the work is spread more evenly to reduce some of the load. The Sports Director helps coordinate Summer and

Winter sport activities for the community, they can be involved in the running, or organizing of volunteers around it. Program Director helps coordinate engaging community events. Please email president@avonmore.org if you are interested in a position, or have any questions about the positions available.

Yoga Classes

-Yin Yoga with Carla Regehr: Slow paced, calming yoga classes focusing on flexibility, joint health and grounding have started again on Thursday Sept 11 and will run weekly to Nov. 13. 6:15pm. Out of the Avonmore Community League Hall. \$100 for 10 weeks or \$15 drop-ins. Contact regehr.cara@gmail.com for more information and to register.

-Hatha Yoga with Carla Regehr: Slow paced yoga focusing on simple postures and breathwork for balance and well-being. These classes run Tuesdays at

9:30am, Sept 16-Nov 18. Out of the Avonmore Community League. \$100 for 10 weeks or \$15 drop-ins. Contact regehr.cara@gmail.com for more information and to register.

-Yoga/Pilates with Shannon Shea: Stay fit and flexible with Shannon's unique combination of yoga and pilates. Class on Tuesdays 6:30 to 7:45. These classes will run from Sept. 16 - December 30th. All 14 classes are \$140 or \$15 drop-ins. Contact pastpresident@avonmore.org for more information and to register.

Volunteers Needed

Do you want to volunteer, but not commit to an ongoing position? We would like to hear from you! We have a need of volunteers for everything from a quick once-

off running a program up to a few hours commitment helping organize a program. If you have time or ideas, please reach out to programs@avonmore.org

Shinny Ice Hockey

Looking for some fun, laid-back hockey? Join us Friday nights at Kenilworth Arena (Oct 3-Mar). Teams are balanced each session, and players of all skill levels (ages 15+) are welcome. You can pay

for the full season to guarantee your spot each week, or drop in when space is available. Interested, or want details on what to bring? Contact Boris at rink@avonmore.org.

Hall Rental

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

Community Coffee

Come out for Community Coffee! First and third Wednesday mornings. Same time 10:00 a.m. to noon. Everyone is welcome - you don't have to be from Avonmore. 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 League Membership



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

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

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

Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Meat Pies? Well... Meat Street Pies (located at 7015 83 St NW [at the back]) offers 10% off on all their Meat Pies in-store by

showing your membership card. In need of concrete edging, stamped or broom-finish sidewalks, and concrete sealing services? Castle Custom Curbing is offering a 10% discount for Avonmore's residents. Keep your gutters in top shape with Free Flow Eaves. From gutter cleaning to leak repairs, gutter guard installations, and snow removal. Avonmore residents receive a 10% discount on all their services.

Looking to purchase a membership? You can by emailing membership@avonmore.org or buying directly from Dairy Queen at 7460 76 Ave NW, at Avonmore Community League events, or online via the QR Code:



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

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.



CAPILANO FARMERS' MARKET

Every Saturday
9:30 a.m. - 3 p.m.
at the Capilano Mall

5004-98 Ave
by the TD Bank

Call Louise for more information: 780-905-1094

SEE SA
5th Annual
Festive Market & Reuse Sale
NOVEMBER 29, 2025
10:00AM - 3:00PM
9350 - 82 ST NW

- Reuse area - great selection of gently used items for the Festive Season
- Baked Goods
- Unique gifts & items handcrafted by SEESA's Artists, Quilters & Crafters and Woodworkers & Soapstone Carvers
- Local Vendors

DONATIONS for reuse area accepted
Monday -Friday
November 12 - November 27th (NOON)
9:00am - 4:30pm
Additional donation day
Saturday, November 22nd, 10am - 3pm

the Castle Spectre
M.G. LEWIS
ADAPTED BY LAUREN TAMKE
Nov. 21-30, 2025
A GOTHIC MELODRAMA WHERE
EVEN THE DEAD TELL TALES



COMMUNITY LEAGUE BOARD

President	Sarah	president@capilanoocl.ca
Past President	Kris	Kcramer@telus.net
Vice President	Brad	vp@capilanoocl.ca
Treasurer	Jocelyn	treasurer@capilanoocl.ca
Secretary	Jill	secretary@capilanoocl.ca
Hall Rental	Marzena	780-909-5886
	Kamila	kamizabka@gmail.com
Facilities Director	VACANT	
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jamie	memberships@capilanoocl.ca
Social Director	Heather S.780 818-1456	
City Programs	Kristin	780 238-7795
CCL Programs	Heather N.	780 485-7918
Volunteer Director	Michelle	volunteer@capilanoocl.ca
Southeast Voice	Melissa	SEV@capilanoocl.ca
Webmaster	Breanne	webmaster@capilanoocl.ca
Social Media	Jean	socialmedia@capilanoocl.ca
Sign Rental	Karen	780 977-5252
SECLA & Civics Director	John	seclacivics@capilanoocl.ca
Ice Allocation	Sam	rink@capilanoocl.ca
Neighborhood Watch	Jeff	780 469-0026
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Ball Hockey/Preschool Soccer	Shauna D.	780 966-3205
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June
Capilano Community is on Facebook - "Like Us"
Check us out on Instagram @capilanooclcommunity

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. Com-



munity announcements take precedence over small commercial business announcements.

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

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 capilanoocl.ca for more information.

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@capilanoocl.ca

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

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

Programs at Capilano Hall

Hatha Yoga - Capilano

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

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

Note: See Gold Bar Community League for more yoga classes

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 and Thursdays at 6:45pm - 6:45 pm

This session runs Nov 4/6 - Dec 16/18.

Tuesdays \$85, Thursdays \$85 for 8 classes (drop in is \$13)

For more information or to register email 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 8:00pm - 8:00pm

This session runs Nov 4/6 - Dec 16/18.

Tuesdays \$85, Thursdays \$85 for 8 classes (drop in is \$13)

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

Has your child recently turned 3?

Looking for a “Learn Through Play” based program for your child?

Capilano Playschool continues to welcome new students for the 2025/2026 school year! We offer flexible morning classes for children aged 3 to 4, with options for 2, 3, or 5 days per week. Kids will develop essential skills such as letters, numbers, socialization, and self-regulation through engaging activities like physical play, arts and crafts, field trips, music, and storytelling. Your child

will thrive in this fun and nurturing environment! We are conveniently located in Hardisty School (10534-62 Street).

For more information about our parent cooperative playschool or to request a registration package, contact Maureen at 587-336-2960 or admin@capilanoplayschool.com. You can also visit us at www.capilanoplayschool.com or follow us on Facebook.

Don't wait—limited spots are still available!

“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!

FREE swim for Capilano community members on Sundays



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

--Hardisty Leisure Centre from 1:00 to

3:00 p.m. on Sundays

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

Capilano Community League Newsletter

Stay informed about all the events, initiatives, and news happening right here in Capilano.

Whether you're looking for details on our upcoming community events, local

volunteer opportunities, or important announcements, this newsletter is your go-to source.

To sign up for the newsletter go to: <http://eepurl.com/jdQaLw>

www.communityleagueneews.com

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 some-one 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 for more information. Sitters - please contact us here to be added to our registry.

Capilano League - 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 for more information.

Fitness Movement Class at Capilano Hall

The classes are designed for anyone that wants to move with less pain, more efficiency and fluidity. Regardless of your functional level, conditions or age, you

can always work to improve the quality and efficiency of movement. For more information regarding classes, times and cost, please visit movementjourney.ca



MUSIC
DRINKS
SNACKS
NEIGHBOURS
FRIENDS

LAST PUB NIGHT OF 2025

18+ EVENT

PUB NIGHT
at Capilano Hall

CASH ONLY
BEER
CASH ONLY

10810 54 ST NW

AREA MEMBERS AND
GUESTS ARE WELCOME
INQUIRIES? EMAIL
NYLAHKO@HOTMAIL.COM

FRIDAY
14
NOV
7:30 -
11:30

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

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

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.



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 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



EXPAND YOUR WORLD

Mind-boggling non-credit classes for people 50+
Online courses January 12 - February 27, 2026

Visit my-ella.com for details and to register.

CHRISTMAS TEA & MARKET

Strathearn United Church, 8510 – 95 Ave NW
SATURDAY, November 22, 2025

11:00 am – 4:00 pm



Featuring: Christmas Tea - \$5, Next-to-New Shop, Bake Sale, Christmas Items, Books & Puzzles, Craft & Hobby

For more information on vendor table rental, volunteering or donating, please call, **780-466-5822**

strathearn@shaw.ca | www.strathearnuc.com

HONOURABLE

MARLIN SCHMIDT

MLA EDMONTON-GOLD BAR

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

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

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

Community Day of Reflection

Community Afternoon of Reflection on November 11. Join us after the morning ceremonies for an afternoon of connection and reflection. From 12:00 to 4:00 p.m. at the Forest Terrace Heights Community Hall, neighbours will gather to honour our veterans, share stories, and enjoy good company. Hot dogs and drinks will be served, and a community toast may be added pending approval. Everyone is welcome. Come remember, reconnect, and spend the afternoon with friends and



neighbours. Volunteers are needed. To lend a hand, email elizabeth@forestterrace.org.

Heights Fitness

Get Moving in the Heights! Looking to shake off the chill and stay active? Join our community fitness classes at the Forest Terrace Heights hall! Zumba gets your week started right on Mondays at 7 p.m., High Fitness keeps the energy up on Tuesdays at 7:15 p.m., and Not Falling for You brings balance and strength every Tuesday and Wednesday at 10 a.m. For details, email programs@forestterrace.org.



Not Falling for You

Not Falling for You (NFFY) – New Wednesday Class Added! NFFY is a 12-week movement course designed for older adults (50+ but open to all ages) who live independently and want to stay active, improve balance, reduce the risk of falls, and build confidence in everyday tasks. Fun, engaging, and supportive, this program helps you move safely while enjoying yourself.

When: Wednesday mornings, 10:00 AM – October 29 to December 3

Where: Forest Terrace Heights Community League Hall

Cost: Free with your 2025/2026 Forest Terrace Heights Community League membership

Register or Learn More: Email programs@forestterrace.org

Front Yards in Bloom

This summer marked the inaugural Forest Terrace Heights in Bloom, a new community initiative celebrating the beauty and pride of local gardens and yards. After the program transitioned from the City of Edmonton, the Forest Terrace Heights Community League organized the event, supported by the Edmonton Horticultural Society. The response was remarkable. More than 30 yards were nominated by neighbours, highlighting the creativity, care, and green thumbs that make the area such a vibrant place to live. Special thanks to **Katie Rowe** for coordinating this initiative and hand-delivering postcards to each nominated property. Her dedication helped recognize the gardeners whose efforts brighten the neighbourhood. The three



most-nominated yards each received a \$50 gift certificate to a local nursery, a small gesture of appreciation for the beauty they contribute to the community. The Community League plans to continue Forest Terrace Heights in Bloom next year, hoping it grows into an even bigger celebration of local pride and greenery. Thank you to all who participated. Until then, residents are encouraged to keep planting, pruning, and sharing their love of gardening!

Clothing Swap Success!

Our community clothing swap was a success thanks to the energy of our volunteers and participants. Over four days, we cycled 180 garbage bags or 9,000 pounds of clothing! Thank you to everyone who dropped off items on Thursday and Friday—it made setup faster and smoother. Donations went to the Royal Alexandra Hospital Emergency Room, an organization supporting unhoused and newcomer families, and Basically Babies, which provides essentials to infants in need. Special thanks to Jennifer Clark for her styling and promotional magic, our dedicated volunteer team, and everyone who swapped, shopped, or shared.

Youth Committee Call-Out

Calling all young leaders! The Forest Terrace Heights Community League is forming a Youth Committee, and we want your ideas. If you are between 10 and 17 years old and want to help shape fun events, activities, and projects for local youth, this is your chance to make a difference close to home. Bring your creativity and energy—we'll provide the snacks and support. Have ideas or want to join? Email elizabeth@forestterrace.org. Let's make our community a place where youth voices are heard and celebrated.

Seeking Board Members

Help Keep Forest Terrace Heights Connected! Want to get involved and make a visible impact in your neighbourhood? The Forest Terrace Heights Community League has two volunteer opportunities that keep our community looking great and staying informed. We're seeking someone to help update the big community sign at 79 Street and 101 Avenue. It's a small but mighty job that involves changing the metal tiles every couple of months with upcoming events and programs. If you have some time and don't mind a short climb on a step stool, we'd love your help. We're also seeking a volunteer Social Media Director to share the stories, photos, and updates that bring our community to life online.



If you're comfortable with Facebook, Instagram, or Canva and have an eye for a good photo or a clever caption, this one's for you. Interested in either role? Reach out to president@forestterrace.org to learn more.

The Perfect Space, Right in the Heights

Planning a celebration, workshop, or community meetup? Keep it local and host your next event at the Forest Terrace Heights Community Hall. With plenty of space, a convenient location, and the friendly charm of a true neighbour-

hood hub, it's the perfect place to bring people together. From baby showers to book clubs, we've got the space for your next great gathering. To book or learn more, email hall@forestterrace.org.

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Gavin

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Seeking A Volunteer for Ice Rink

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Esther

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Facilities

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facilities@fultonplace.org

Jenn

Director
jenn@fultonplace.org

Dan

Director
dan@fultonplace.org

Book & Hobby Swap

Sunday November 2 1:00 p.m. - 3:00 p.m. at Fulton Place Community League Hall. Bring any books, games, puzzles, crafts, or other hobby items and go home

with new-to-you items. Please ensure all puzzles and games are complete. No toys please. Call 780-803-8169 with any questions.

Fulton Place Annual General Meeting

Everyone living in Fulton Place is invited to join us for our Annual General Meeting on Monday November 10 from 7pm until 8pm, with the Board meeting to follow at 8pm, at our Hall on 6115 Fulton Road.

Please contact info@fultonplace.org if you have a nomination for a position, or if you are interested in joining our board to make our community shine! Memberships will be available for sale (only \$5!).

Positions for election include:
President

Vice President - Civic Affairs

Secretary

Facilities Director

Director at large (x3)

Rink Coordinator- Seeking A Volunteer

Social Director - Seeking A Volunteer

Sports Director - Seeking A Volunteer

Program Director - Seeking A Volunteer

Membership Director - Seeking A Volunteer

Ways and Means Director - Seeking A Volunteer

Fulton Place Members' Free Swim Schedule

ACT Leisure Centre, 2909 113 Avenue NW
Saturdays 2pm-4pm

Until August 29, 2026

Hardisty Leisure Centre, 10535 65 Street NW

Sundays 1pm-3pm

Until August 30, 2026

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

Fulton Place Babysitter Registry

Are you looking for a certified Red Cross babysitter? We maintain a list of certified babysitters in the Greater Hardisty area.

Please email info@fultonplace.org and we'll help connect you with an amazing babysitter..

Hall Rental

The Fulton Place hall is available for rent, and is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members. Rental rates can be found on our website (www.fultonplace.org) under the 'Rent Our Hall' section. To book the hall please contact hall@fultonplace.org

Protect your knees: Top Strategies for Preventing Knee Injuries

Knee injuries can happen to anyone.

Sometimes issues develop from everyday wear and tear from jobs, sports, physical activities, having a disease such as osteoporosis or arthritis, or simply aging can increase your chances of having problems with your knees.

There are many ways to help reduce the risk of knee injuries – here are a few strategies to consider:

- Top tips for preventing knee injuries
- Stay at a healthy weight.
- Wear kneepads when kneeling on hard surfaces. Avoid prolonged kneeling.
- Avoid deep knee bends.
- Avoid running downhill unless you are fully conditioned.
- Wear shoes with good arch supports.

- Always do a warm-up before physical activities such as five to 10 minutes of light jogging or riding a stationary bicycle.

- Make stretching part of your warm-up before the activity and your cool-down after the activity. Stretching can help you keep and improve your range of motion and reduce stiffness in your joints.

Strength training and conditioning
Strengthening your leg muscles can greatly reduce the risk of knee injuries. Pay special attention to your front and back thigh muscles (quadriceps and hamstrings).

Try these strength training activities:

- Agility. Learning to crouch and bend at the knees and hips when turning may reduce the stress on your knees. Agility exercises include running forward and back-

ward and running in

diagonals (run diagonally to one spot, then cut the other way and run to another).

- Jumping and spinning. On the same spot, bend your knees and jump into the air. Spin one-quarter turn (90 degrees) to the right and land on both feet. Repeat to the left. Advance how much you spin to a half turn, three-quarters turn, and full turn.

- Tuck jumps. On the same spot, jump straight up with your hands at your side. As you jump, bring your knees up toward your chest. Repeat immediately 10 times.

- Hopping. You will need a small object to hop over for this exercise. You can start with a small object like a book or even a piece of tape along the floor. Place the object or tape on the floor to your left, and

hop over it using both legs. Then hop back to your right. Hop back and forth over the object 20 times. You may also hop back and forth on one leg.

- Landing skills. When landing after jumping always remember to:

- o Land with the knees bent. As the knees bend during landing, make sure they travel in a straight path. Do not let them move closer together.

- o Land softly on the balls of the feet and roll back onto the heels.

- o Keep your knees and hips aligned and your upper body upright. Don't bend too far forward or backward as you land.

- o Try not to land on one foot. If this is not possible, bring the other foot down as soon as possible to distribute weight evenly.



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 Bravosis	kerrybravosis@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	Connor Clarkes	connorclarkes@gmail.com

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

Cost: \$10 drop-in or \$50 for the series

Email chantalederyoga@gmail.com to register

Gold Bar Community League is Seeking Casino Workers, January 1 & 2, 2026



Gold Bar Community League will be starting off 2026 with their Casino at Pure Casino Edmonton, Argyll on Thursday January 1 & Friday January 2, 2026.

If you would like to begin 2026 hanging out with your friends & neighbours sign up now. If you've never worked a Casino – no worries - there is "on the job training".

TO SIGN UP please go to: <https://signup.com/go/ZLBUqok>

-click on the date you want to work
-click on the position, then look to see if spots are still available.

-click on the job title, a full description for the position is listed.

Please do not alter any positions that are already filled.

If you have any questions or need assistance, please feel free to contact the Casino Director at 780-905-8025 or email bella.edm@shaw.ca. **In your email, please put GBCL Casino 2026 in the subject line.**

Along with free food & drinks (non-alcoholic of course), there will be lots of surprises to get the New Year started in style.

Can't wait to Celebrate 2026 with all of you!

www.communityleagueneews.com



Fall 2025 Programs

Mondays | Sep 22 - Dec 8 |
No class Oct 13 & Nov 10
Gold Bar Community League

Kids Program

Giggle and Grow | 5:00 - 5:50 PM

A no-pressure drama class for ages 7-11. Aims to fuel creativity, build confidence, and boost communication through imaginative play - without the pressure of a live performance. Registration required | Limited spaces | 10 week program \$100

Adult Programs

RePlay | 6:00 - 6:50 PM

Rediscover the joy of play! Imaginative play is proven to benefit our physical and mental well-being. Engage in creative games that spark imagination, collaboration, and community connection. Registration required | Limited spaces | 10 week program \$100

Groove with Kate | 7:00 - 8:00 PM

Dance away your stress! A fun, full-body dance fitness class for all levels – burn calories, build confidence, and improve stamina. Replace your Monday blues with Monday Grooves. Registration 10 week program - \$100 | Drop-in also available



Scan for more info and registration or visit our website at www.fairlyoddproductions.com/academy

Sunday Strong

This class is outside next to the hall. If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish. You can join at any time but this session runs

Nov 2- Dec 14

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

Contact Lisa to register or with any questions.

Sundays \$80

Facebook.com/lisashortenfitness or email lisashortenfitness@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. Check your local pool for community swim times. Please Remember Your Card.

WE NEED YOUR HELP! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU! If you're interested in helping your community by selling memberships, we have short and long routes available.

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

You can purchase memberships at any of the above places or Call Amy Cooper 780- 668-6836.

Adults/Family \$20 and seniors \$5.

GOLD BAR COMMUNITY LEAGUES Upcoming Events:

September

20- Family fun day,Community League day
30- Parkway bingo(evening & late night)

October

7- Fort Road Bingo (Afternoon & evening)
25- Fall market
29- Parkway Bingo (evening & late night)

November

15-Parkway Bingo (Afternoon)
21- Fort Road Bingo (Afternoon & evening)
30-Kid's Christmas party
30- Parkway Bingo (evening & late night)

December

26- Fort Road Bingo (Afternoon & evening)
29- Parkway Bingo (evening & late night)

January

7- Fort Road Bingo (Afternoon & evening)
16-Parkway Bingo(evening & late night)

February

1- Parkway Bingo (Afternoon only)
21- Fort Road Bingo (Afternoon & evening)
26- Parkway Bingo (evening & late night)

Winter Car Seat Safety



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

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

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

- Place a blanket over the straps after they are buckled up.

- Put your child's coat on backwards after they are strapped into their car seat.

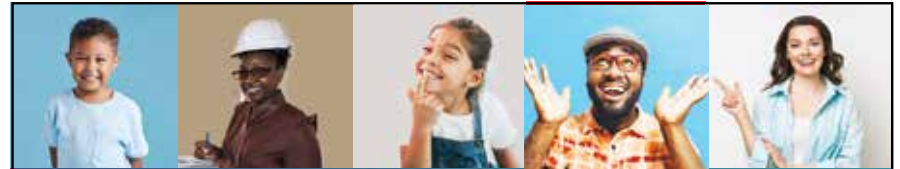
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.

- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.

- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.



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Holyrood Community League Contacts

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Treasurer - Andrew	treasurer@holyroodcommunity.org
Secretary - Grace	secretary@holyroodcommunity.org
Programs - Vacant	programs@holyroodcommunity.org
Memberships - Stefanie	memberships@holyroodcommunity.org
Facilities & Grounds - Jeff	facilities@holyroodcommunity.org
Events - Elisa	elisa@holyroodcommunity.org
Communications - Melissa	communications@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org
Civics - Petro	civics@holyroodcommunity.org
Director at Large - Carmen	carmen@holyroodcommunity.org
Holyrood Development Committee - Vacant	hdc@holyroodcommunity.org
Community Garden - Aurelia	garden@holyroodcommunity.org
Soccer - Evan	soccer@holyroodcommunity.org
Playgroup - Hailey	playgroup@holyroodcommunity.org
Casino - Natasha	casino@holyroodcommunity.org



holyroodcommunity.org



Holyrood Community League



HolyroodCL

Holyrood Garden Committee Updates

Tool Donations

We are seeking tool donations for the communal garden and future community garden. If you have an extra shovel, rake or other garden hand tools that you would like to donate, please contact garden@holyroodcommunity.org for a pick up.

Community Garden Coming in 2026



The garden committee looks forward to building the community garden in Spring 2026. Keep your eyes on HCL's Instagram for volunteer opportunities as Spring draws nearer. Sign up to rent an individual plot in 2026 by scanning the QR Code. Please

reach out to garden@holyroodcommunity.org for more information.

Community Safety: How You Can Help!

We all play a role in keeping Holyrood safe. By staying alert and knowing where to report concerns, we can work together to prevent crime and support our neighbours.

-Emergencies / crime in progress: Call 911

-Non-emergencies: Call Edmonton Police at 780-423-4567, report online at www.edmontonpolice.ca or use the EPS Mobile app

-Anonymous tips: Call Crime Stoppers at 1-800-222-8477 or text "TIP250" to

CRIMES (274637)

-311: City of Edmonton bylaws & resident services

-211: 24/7 support to connect with community and social services

Get Involved: Interested in being a Neighbourhood Watch Representative? Contact president@holyroodcommunity.org

Volunteer as an ENWatch Ambassador (details: www.enwatch.ca) or register your walks on Walk Your Block at www.walkyourblock.ca



Memberships

Purchase memberships through efcl.org/membership/

NEW TO HOLYROOD? SIGN UP FOR LEAGUE MEMBERSHIP ONLINE!

Complimentary Memberships available for newcomers to Holyrood!

Contact memberships@holyroodcommunity.org or scan the QR code!

New Membership Benefit: Edmonton Tool Library

Holyrood Community League Members now have access to the Edmonton Tool Library! The library has hundreds of tools for every project, all free to borrow. To get started using the Tool Library, bring in a valid Edmonton ID and proof of your

Holyrood Community League membership during their opening hours (Wednesdays 6-8PM, Saturdays 11AM-1PM). The Library is located at: Bellevue Community Hall (North Entrance) 7308 112 Ave. Happy DIYing!

Things to do in Holyrood

1.FREE COMMUNITY SWIM DAYS

HCL members can swim for free at City of Edmonton pools —

-Saturdays, 3:00–5:00pm at Commonwealth Community Recreation Centre

-Sundays, 4:15–5:45pm at Bonnie Doon Leisure Centre

-Valid only at these locations during the times listed. Don't forget your membership card!

2.HOLYROOD COMMUNITY PLAYGROUP

Join the Holyrood Community League Playgroup for weekly drop-in play for caregivers of preschool aged kids. Get your kiddos together and chat with a fellow neighbour through this informal playgroup! Although this meeting takes place in a church, this is not a religious group.

--Thursdays, 9:00-11:00am

Holyrood Community Church 9224 82



Street

3.YOGA WITH BARB

Gentle yoga poses that are accessible for everyone. Prices are \$55 for a 5 class punch pass or \$15 drop-in. Bring a yoga mat and a water bottle. Email barbayogaguide@gmail.com for more information.

-Thursdays from 7:00-8:15pm, Sept 18 to Dec 11

-St Luke's Church

Programming & Events Dog Sport Seminars

From August 19 to October 14, Holyrood hosted a lively 9-week dog sport program inside the community rink, which served as an off-leash dog park during the summer and fall. Led by our incredible volunteer trainers Deann, Nicole, and Anita, the sessions ran every Tuesday evening and featured beginner agility training, disc games, jumps, and flyball. The trainers generously donated their time, equipment, and expertise to make this free program a success for Holyrood and surrounding communities.

Each week, we welcomed both new and familiar faces — and paws! Over the course of the program, we watched dogs grow more confident, owners learn new skills, and the bond between them deepen. Many participants told us they made new friends and have even continued the fun with doggy playdates outside the program.

This was a fantastic way to build community and make the most of our local outdoor spaces. A heartfelt thank you goes out to our volunteer trainers! We're looking forward to future dog sport seminars in Spring 2026 — stay tuned!





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Preventing Tooth Decay in Children

Tooth decay is damage that occurs when bacteria in your mouth eats away at a tooth. This can cause a hole in the tooth called a cavity. If not treated, tooth decay and cavities can cause pain, infection and tooth loss.

Children, whose teeth are still growing, are more vulnerable than adults to tooth decay. This is because the minerals in baby teeth are not very strong and are easier for acids to eat away.

Bacteria from food are the main culprits of tooth decay. As the bacteria feed, they make acids. Without proper care, over time, these acids destroy tooth enamel (the hard outer layer of your tooth) causing tooth decay. Rest assured; tooth decay is highly preventable.

Caring for your child's teeth

You can start caring for your baby's gums a few days after birth by using a soft cloth to clean their gums. Do this until the first teeth come in.

As soon as you see the first baby (primary) tooth come in, start brushing your child's teeth twice a day using a small, soft brush. For children

younger than three years, ask your dentist if it's okay to use a rice-sized amount of fluoride toothpaste. For children ages three to six years, use a pea-sized amount of fluoride toothpaste. It's important to teach your child not to swallow the toothpaste.

Brushing and flossing

1. Kneel down or sit in a chair behind your child and have your child stand between your knees, facing away from you.

2. With one hand, gently press your child's head against your chest. You may also use that hand to push away the upper and lower lips to make it easier to get to the teeth.

3. With the other hand, brush your child's teeth using the proper technique. Place the toothbrush at a 45-degree angle where the teeth meet the gums. Press firmly, and gently rock the brush back and forth using small circular movements. Do not scrub.

4. Start flossing your child's teeth as soon as they touch each other. You may find plastic flossing tools helpful. Talk with your dentist about the right timing

and technique to floss your child's teeth and how to teach your child to floss.

If your child is age six or older and has cavities, ask your dentist about fluoride mouthwash. Do not give your child a mouthwash that contains alcohol. The alcohol can be harmful if swallowed. From time to time, you may want to use disclosing tablets – chewable tablets that colour any plaque that remains after brushing. You can get these tablets at most drugstores.

Continue to help your child with brushing and check for proper cleaning until about age eight or older.

Tips for getting kids to brush

Although some children quickly learn to brush their teeth, others do not. If you are having trouble getting your child to brush, try some of these:

- Use a favourite toy to explain why it's important to brush. You can encourage your child to brush the toy's teeth after brushing their own teeth.
- Use rewards such as stickers every time they brush.
- Let your child pick out a special toothbrush and toothpaste.

Holyrood Golden Homes Update

Demolition of the former Golden Homes buildings is now complete. The City will list the property for non-market sale on its property listing website and invite affordable housing developers to submit proposals based on City affordable housing development guidelines.

The type of affordable housing built on the site will depend on the development proposals received.

Golden Homes served

the community for many years by providing seniors' housing. The redeveloped site will continue that legacy as part of the City's plan to create 4,700 new or upgraded affordable homes by 2026.

Learn more:

-edmonton.ca/AffordableHousing (see "Future Sites")

-edmonton.ca/WelcomeHomes

-Questions? Contact FacilityInfrastructureDelivery@edmonton.ca

Facility Updates



We're excited to share that the exterior upgrades to our community league facilities are complete! A big thank-you goes out to the City of Edmonton for their ongoing support through the Community League Infrastructure

Program (CLIP). This grant helps community leagues like ours maintain and improve local facilities, ensuring they remain safe, accessible, and welcoming for everyone.

We're also grateful to Tri-Tec Project Management for their expert guidance and smooth execution of the project, and to our volunteer Facilities Director, Jeff, a dedicated board

member who generously gave his time to oversee all aspects of the work.

As we look ahead to winter, we're hoping to have the **rink ready for skating as soon as the weather allows**—so get those skates sharpened!

We're also beginning to plan the next phase of facility improvements, and we'd love to hear your thoughts. **If you have ideas or suggestions for future upgrades, please share them with us.** Our goal is to ensure our community spaces reflect the needs and priorities of everyone in Holyrood. **Send your suggestions to: facilities@holyroodcommunity.org.**



Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Curtis	
Treasurer	Greg	treasurer@idylwylde.org
Secretary	John	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Brent	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	Luke	membership@idylwylde.org
Garden	Christine	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
Social	Jacqueline	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 League Day / Annual General Meeting

Thank you to everyone who came out to our Community League Day and Annual General Meeting on Saturday September 20. It was great to meet so many neighbours, eat good food and listen to some great music.

A huge thank you to everyone who helped make the day a success!

Monthly Community Meetings

Want to get involved? Have ideas you want to share with the neighbourhood? 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.

Fall Exercise Classes

-Nia

Mondays from 7:00 - 8:00 p.m. October 20 - December 15

Nia® is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for three intensity levels, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear thin-soled footwear. Bring a yoga mat for more

comfortable stretching on the floor during cool-down. Find more information at fleurishmovement.com or nianow.com.

-Gentle Yoga

Tuesdays from 6:30 - 7:30 p.m. September 23 - December 9

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

Volunteer for the Community League

We're always looking for 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.

You can also contact us at league@idylwylde.org.

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 November 6, and Thursday, December 4 from 7:00 - 10:00 p.m. at the Community Hall.

Community Movie Night

Join us for movie night on the second Thursday of the month. Doors at 6:30 pm, movie starts at 7:00 p.m. Bring your own snacks/comfy camping chairs (or make do with what we've got). Bar will be open for drinks.

Watch out on social media to see our upcoming movie selections.

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.

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

eNewsletter

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

CONTACT US!

Co-President	Michaela	president@kenilworthcommunity.com
Co-President	Ryan	president@kenilworthcommunity.com
Vice President	Cory	vicepresident@kenilworthcommunity.com
Treasurer	Irene	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 and Gary	grounds@kenilworthcommunity.com
Membership	Stephanie	membership@kenilworthcommunity.com
Men's Shed	Morris	mreid2057@gmail.com
Publicity	Michele	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	SECLA@kenilworthcommunity.com
Social	Vacant	social@kenilworthcommunity.com
Youth Group	Elizabeth	youth@kenilworthcommunity.com

Inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com

Hall Rental requests: rentals@kenilworthcommunity.com

Keep current on our website, www.kenilworthcommunity.com, on our Facebook and Instagram!

Classy Creations Market

Join us for the Classy Creations Market on Saturday, November 8, 2025 at the Kenilworth Community Hall from 9:30 am – 3:30 pm.

Come check out a wide variety of hand-crafted vendors and artisans, offering Christmas crafts and unique gifts—the perfect way to get a head start on your

holiday shopping!

We are also looking for volunteers to help out at the event. Scan the QR code in the poster on page 18 to sign up and volunteer.

All Kenilworth residents are welcome! For more information, contact classycm@kenilworthcommunity.com or call

KCL Annual Christmas Supper

Join us for the KCL Annual Chili Supper on Friday, November 28th at the Kenilworth Community Hall.

Schedule:

Sleigh Ride: 5:00 – 7:00 pm

Chili Supper: 5:30 – 7:30 pm

This is a free event for Kenilworth resi-

dents with a Food Bank donation.

Come enjoy:

A sleigh ride through Kenilworth Park; A warm bowl of chili or a hot dog; Christmas crafts for kids in the rink room; Fun for the whole family!

All Kenilworth residents are welcome!

Join the Kenilworth Community League Board

The Kenilworth Community League is seeking a dedicated volunteer to fill the exciting position of 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 for more information.

Men's Shed

The southeast YEG Men's Shed meets at the Kenilworth Community League on Thursday evenings at 7:00 pm. Men's Shed is a non-profit organization that builds and promotes a casual space for all

men to connect, create, and socialise in a positive environment. For more information, contact Morris at mreid2057@gmail.com or visit facebook.com/groups/southeastyegmensshed.

www.communityleagueneews.com

KCL Crib Club

KCL Crib Club begins on October 1, 2025, and finishes on April 29, 2026, meeting on Wednesday evenings from 6:45 pm to 9:30 pm

To become a member, you should have membership from any community league.

The cost to join the club is \$5.00 for the whole season.

If you are a crib player and want to join as a full-time player or sub, please contact Liz @ 780-465-5188 or Lucy @ 780-466-9149

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

Bingo Volunteers Needed



Dates 25/26	Times
Nov 18, 2025	4:30 pm – 11:30 pm
Dec 7, 2025	10:30 am – 3:30 pm
Jan 6, 2026	4:30 pm – 11:30 pm
Jan 31, 2026	10:30 am – 3:30 pm
Feb 7, 2026	10:30 am – 3:30 pm
Feb 25, 2026	10:30 am – 3:30 pm

For more information, please email president@kenilworthcommunity.com

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)

Upcoming Events

Nov 8 – Creative Craft Sale

Nov 28 – KCL Annual Chili Super

2025-2026 Kenilworth Community Memberships Now Available!

Please contact Stephanie at membership@kenilworthcommunity.com to secure your 2025-2026 membership.

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



Fitness Movement Class

Tuesday evenings from 6:15 pm – 7:45 pm starting September 2nd at the Kenilworth Community League

The classes are designed for anyone that wants to move with more efficiency and

fluidity. Regardless of your functional level, conditions or age, you can improve the quality of movement.

For more information regarding class cost and times, please visit movementjourney.com.

Helping your child manage stress

Children and teens notice and react to stress in their family and feel their own stress. It is important to recognize stress in children and teens and help them with healthy coping strategies. The strategies they learn often stay with them into adulthood.

In general, anything that may cause children fear and anxiety can cause stress. This can include being away from home, starting a new school or moving to a new location, being separated from parents or caregivers, worrying about school and getting along with others, worrying about their changing bodies, and worrying about the future.

Watching for signs of stress in children and teens

There are many ways children and teens experience stress and it can often look different than it does in adults.

Preschool and toddlers:

- Anger
- Anxiety
- Problems with eating and sleeping, including nightmares
- Fear of being alone
- Irritability

- Regressing to infant behaviours
 - Trembling with fright
 - Uncontrollable crying
 - Withdrawal
- Elementary-age children:
- Being distrustful
 - Complaining of headaches or stomach

aches

- Feeling unloved
- Having no appetite
- Having trouble sleeping
- Needing to urinate often
- Wetting the bed
- Not caring about school or friendship
- Acting withdrawn
- Worrying about the future

Preteens and teens:

- Anger
- Disillusionment
- Distrust of the world
- Low self-esteem
- Stomach aches and headaches
- Panic attacks
- Rebellion

What can you do to help?

Parents and caregivers can play a big role

in reducing stress in children. Some of the ways you can help include:

- Acknowledge your child's feelings. When children seem sad or scared, for example, tell them you notice that they are sad or scared. If appropriate, reassure them that you can understand why they would feel sad or scared.
- Build trust. Let your child know that mistakes are learning experiences.
- Be supportive. Listen to your child's concerns. Allow your child to try to solve their own problems, if you can. But offer to help and be available to your child when they need you.
- Show love, warmth, and care. Hug your child often.
- Have clear expectations without being too strict. Let your child know that co-operation is more important than competition.
- Don't over-schedule your child with too many activities.
- Teach about consequences. Children need to learn about the consequences—good and bad—of their actions. For example, if they do all of their chores on time, they will get their allowance. If they break another

child's toy, they must find a way to replace it.

- Encourage healthy thinking. Help your child understand what is fantasy and what is reality.

- Provide your child with some control. Allow your child to make choices within your family framework. For example, let your child arrange their room, choose family activities.

Relieving stress in healthy ways

Try some of these stress reducing tips and notice big changes in your child, preteen, or teen:

- Exercise. Regular exercise is one of the best ways to manage stress. For children, this means activities like walking, bike-riding, outdoor play, and sports.
- Write or draw. Older children often find it helpful to write about the things that bother them. Younger children may be helped by drawing about those things.
- Reduce screen time. Instead, encourage your child to do something else they enjoy, like playing board games, practicing a hobby or spending time with friends. Volunteer work or work that helps others can be a great stress reliever for older children.

KING EDWARD PARK Community League

King Edward Park Community League Board

President	Kevin	president@kingedwardpark.org
Vice President	Heath	
Treasurer/Casino Coordinator	Sylvia	
Secretary	Renée	
Tennis Director and Membership Director	Wayne	
Hall rental & Maintenance Director	Nella	king.ed.hall@gmail.com
Civic	Vacant	
Volunteer	Tod	
SECLA Representative	Heath	

kingedwardpark.org -  @KingEdwardPark -  kingedwardparkYEG -  kingedwardpark

Hall Rentals

Planning a special event? King Edward Park has two halls available!

Large Hall (7708 - 85 St NW): Spacious venue with a stage and bar area.

Small Hall (8008 - 81 St NW): A cozy

space by the tennis courts and rink with a stove and large sink for easy food prep.

For hall capacity, availability, and bookings, please visit our website or contact us at king.ed.hall@gmail.com.

King Edward Park Community Memberships

A King Edward Park family membership is only \$20 per year—and it pays for itself many times over. Access to rinks, discounts on community programs, and 10% off City recreation passes. Join today and make the most of your community!

Community swim times:

Bonnie Doon - Saturday 5pm-7pm

Commonwealth - Sunday 1pm-3pm

Memberships are available at our Board meetings. Otherwise, feel free to contact us at king.ed.hall@gmail.com.

Historically Significant Properties

The City of Edmonton's Historic Resources Management Program empowers owners of historically significant property to protect their building in perpetuity through designation as a Municipal Historic Resource (MHR). City Council passes a bylaw that prevents demolition in perpetuity and requires proper maintenance. In exchange for protecting the building, the City will install an interpretive plaque about the building. The City also offers financial incentives that can be used to rehabilitate exterior 'character-defining elements' of the building.

In order to be considered eligible for designation as a MHR, the property needs to first be listed on the City's Inventory of Historic Resources. This is

a list of buildings in Edmonton that have been deemed by the EHB to have sufficient historical significance and integrity from both architectural and cultural standpoints to be eligible for designation as a MHR. Buildings on the Inventory have no legal protection from demolition.

If you own, or are contemplating owning, a building that you think is historically-significant, please consider applying to add it to the Inventory. If it is already on the Inventory, please consider designation as a MHR to protect it so that it may be appreciated by future generations of Edmontonians. You can reach out to the City's heritage team at heritageplanners@edmonton.ca for details on either process.

Upcoming Fitness Classes

-ZUMBA ALERT — BIG ENERGY, BIG CHANGES!

Get ready to dance, sweat, and smile — Zumba is turning up the heat at the Large Hall (7708 – 81 Street NW)

We'll be taking a short break for most of October...resuming Thursday, October 30 — and then it's Zumba every Thursday from there on out! Whether you're a seasoned pro or brand new to Zumba, this class is all about fun, movement, and feeling amazing.

Drop-in: \$10 | Just \$5 for KEP Community League members

Pre-register at king.ed.hall@gmail.com or just drop by.

Grab your water bottle, bring your energy, and let's dance it out together!

-YOGA at the small hall

Unwind with Yoga Every Thursday Evening!

Join us Thursdays from 6:30 – 7:30 PM at the cozy Small Hall (8008 81 Street NW) for an uplifting yoga experience that will leave you feeling relaxed, recharged, and rebalanced.

This class blends gentle yin postures with targeted movement training to im-

prove flexibility, boost mobility, and support your overall well-being — perfect for all levels!

Drop-in: \$10 | Just \$5 for KEP Community League members

Pre-register at king.ed.hall@gmail.com or just drop by.

Breathe deep, stretch fully, and feel your stress melt away. See you on the mat!

-Chair Yoga for Every Body – Stay Active, Stay Connected!

Are you looking for a gentle and enjoyable way to stay fit? Join us for Chair Yoga at the Small Hall (8008 81 Street NW) a friendly, low-impact class designed with comfort and community in mind.

Mondays, Wednesdays & Fridays 11:30 AM – 12:00 Noon

This 30-minute session is perfect for anyone wanting to move more mindfully, improve flexibility, and support overall well-being — all from the safety of a chair.

Drop-in: \$5 | Open for everyone

Come move, stretch, and smile with others in a welcoming and supportive environment. You'll leave feeling better in body, mind, and spirit.

KEP Traffic Safety Works to Slow Drivers

The King Edward Park (KEP) Traffic Safety Committee is actively working to improve street safety, especially around the Al Mustafa Academy and Donnan School, using immediate, localized measures.

Key Accomplishments include the installation of five new alley signs and the rotation of approximately 40 Vision Zero signs on 85 and 87 Streets. A mobile electronic sign deployed on 85 Street proved effective, and the committee is now planning to apply for a permanent speed monitoring/feedback sign.

Further traffic calming measures were put in place on 76 Avenue through the Safe Crossings Program. Enforcement efforts are bolstered by residents reporting

speeding, and occasional bylaw officer presence. School principals are also actively messaging parents about safety.

Ongoing Challenges remain, notably that problematic speeding often originates from outside the KEP neighbourhood. Furthermore, a full-scale Vision Zero project is not an immediate option due to city budget constraints.

The committee acknowledges that changing driver behavior is slow but that improvements have been made.

Future plans focus on community education at events and careful consideration of further measures like speed bumps or barriers, while recognizing mixed community feedback on their efficacy.

Board Positions Available

We're looking for a Communications Director, and a Civics Director – if you're interested in these roles, email president@kingedwardpark.org.

Your voice matters!

Whether you're new to King Edward Park or a longtime neighbour, we'd love to hear from you. Our **board meets on the second Tuesday of every month**, at the Large Hall (7708 – 81 Street NW) and all community members are welcome to join. Can't make a meeting? Share your ideas or questions anytime at kingedwardpark.org/contact.

Ottewell Community League Contacts

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

Free Swim with OCL Membership

Bring your current OCL membership to get in for free during these swim times! Community swims do not take place on Statutory Holidays or days the facilities close early.
Commonwealth Recreation Centre swim times (11000 Stadium Rd NW):
Select SATURDAYS from 3 pm to 5pm
(starting Sept 2025 to Aug 2026
2025 ~ Nov 1, 8, 15, 22, 29; Dec 6, 13, 20, 27;
2026 ~ Jan 3, 10, 17, 24, 31; Feb 7,
Hardisty Fitness and Leisure Centre swim times (10535 65 Street):
Every SUNDAY from 1pm - 3pm

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.

Fall/Winter Yoga at Ottewell - Regular and Chair Yoga

Join us Tuesdays at Ottewell Hall for two offerings of ALL LEVELS yoga.

Chair Yoga ~ Tuesdays 6-7pm,
Oct 7-Dec 9. 7 classes.

Mat Yoga ~ Tuesdays 7:30-8:30pm,
Oct 7-Dec 9. 7 classes

Together we will loosen the body, increase strength, reduce tension and take

a few deeper breaths. No experience necessary. Investment: \$101.50 for current Ottewell Community League Members & \$119 for non-members. *NO CLASS OCT 14, NOV 11 & NOV 18. To register or for more info, email willalee@hotmail.com or message @wanderingmapleyoga on Instagram.

OCL Social Media

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at www.ottewell.ca/newsletter

OCL Membership - Renew today!

You can purchase the 2025/2026 membership 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! 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. Membership term runs Sept 1 to August 31 annually. If your membership is auto-renewed, download the new card by logging into your Communal account.

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

Holding a current membership card has its perks:

Access to the Edmonton Tool Library which provides affordable access to hand, power and garden tools. Located: Bellevue

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

<https://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. 



Ottewell Community League Presents the...

Holiday Market

Saturday, November 22, 2025
10am to 3pm
OCL Hall 5920 93a Avenue Edmonton, AB

FEATURING...

- OUTDOOR FUN** - Come on down for horse-drawn wagon rides at Ottewell grounds starts at 12pm and runs until 3pm!
- VENDORS** - Shop locally from over 20+ for baking, craft, jewelry, preserves, sewing, crochet, wood work, kitchen, body care, + more!
- SCAVENGER HUNT WITH PRIZE!** - Collect a stamp from the Ottewell (5920 93a Ave), Riverdale (9231 100 Ave) & Hazeldean (Nov 22-23 9630 66 Ave) holiday markets for a big prize!



Ottewell Neighbourhood Renewal - Construction Update October 2025

The third year of Ottewell Neighborhood Renewal construction is underway! Work will consist of removal and replacement of sidewalks, curbs, gutters and street lights as well as reconstruction and paving of the roads and all associated landscaping.

The 2025 Ottewell neighbourhood renewal project is nearing completion, with the construction of sidewalks, drainage, and Low Impact Development (LID) structures progressing significantly. Street-light installations are also progressing as planned.

Please find below the details for the upcoming road closures, which are subject to weather conditions:

-95 Avenue east of 67A Street: Paving completion is tentatively scheduled for the first week of October

-58 Street between 92A Avenue and 91 Avenue: Paving completion is tentatively scheduled for the second week of October.

-94A Avenue: Paving completion is tentatively scheduled for the second week of October.

-95 Avenue west of 67A Street: Paving completion is tentatively scheduled for the



first week of October.

-67A Street: Paving completion is tentatively scheduled for the first week of October.

For those who live in the 2024 construction area along Ottewell Road (from 94 B Avenue NW to 94 Avenue NW), the timeline for the remaining work depends on the scope of EPCOR's sewer separation project. Since construction is weather-dependent, EPCOR work is set to resume in May 2025. The City is coordinating with EPCOR to prioritize the construction schedule for the remaining work along Ottewell Road.

Construction in Ottewell began in spring 2023 and is expected to take five years (planned completion fall 2027). View the final design and a detailed scope map edmonton.ca/BuildingOttewell.



Nominate your favourite neighbor's favourite Ottewell yard or balcony, or your own home (outdoor or indoor)!

Email oclsecretary1@gmail.com a photo with the description and address to enter for a grand prize!



Fall Adult Group Singing Classes at Ottewell (Updated Dates!)

Do you love to sing? Would you like to develop strength and confidence in your voice? Learn the basics of singing in a supportive group environment! Mairi-Irene is excited to offer an 8 week session of adult group voice classes at Ottewell Hall this fall. Pre-registration is required: please

contact Mairi-Irene (mairi.irene@gmail.com) for registration information. Dates - Thursdays: October 16, 23, 30, November 6, 20, 27, December 11 & 18 Time: 7:00pm Cost: \$200 for 8 - 60 minute sessions Location: Ottewell Community League Hall - 5920 93A Avenue

www.communityleagueneews.com

BINGO

Interested in meeting neighbours, getting your steps in and helping fundraise for Ottewell Community League?

We are looking for volunteers for upcoming bingos at Parkway Bingo Hall on 51 ave in Edmonton

Sunday, September 14

Saturday, November 8

Sunday, December 14

Sunday, February 1

Saturday, May 2

Saturday, June 13

Vouchers are offered which can go towards various extracurricular activities. Contact Tyler at oclbingo@gmail.com for more information.

OCL Farmers Market - INDOORS Schedule Dec 2025 to April 2026

Our outdoor market season has concluded. THANK YOU to everyone from Ottewell and the greater community who supported the vendors, food trucks, and the entertainers. We'll see you this winter -

Vendor applications? you can fill out online www.ottewell.ca/ottewell-market.

Questions? Email our market manager Anna at oclfarmersmarket@gmail.com!

Facebook page - @ottewellcommunityfarmersmarket

Instagram - @ottewellmarket

Website - ottewell.ca



CALL for VENDORS & BUSKERS!



CALL for VENDORS & BUSKERS!

OTTEWELL INDOOR MARKET



"Make it, Bake it, Grow it"

DATES:

- SUN. DEC. 7, 2-5PM
- SAT. JAN. 17, 10-2PM
- SUN. FEB. 22, 2-5PM
- FRI. MAR. 20, 6-9PM
- SAT. APR. 18, 10-2PM

OTTEWELL FARMERS' MARKET
5920 93A AVE EDMONTON, AB



SCL Leadership

Position	Name	Email
President	Anastasia	president@strathearncl.org
Vice President	vacant	vicepresident@strathearncl.org
Treasurer	Christina	treasurer@strathearncl.org
Secretary	Glynnis	secretary@strathearncl.org
Membership	Emily	membership@strathearncl.org
Buildings & Grounds Director	Evan	grounds@strathearncl.org
Events Coordinator	Pam	events@strathearncl.org
Communications Director	Rebecca	communications@strathearncl.org
Programs Director	Jingjie	programs@strathearncl.org
Garden Director	Cythina & Kelly	strathearn garden@gmail.com
Social Media Director	Lindsay	communications@strathearncl.org
Rink/Off Leash Park	Lindsay	rink@strathearncl.org
Youth Director	Shela	youth@strathearncl.org
Member at Large	Jason M	n/a
Member at Large	vacant	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org

Please contact president@strathearncl.org if interested in volunteering on our Board!

Historic Strathearn Landmark

Historic Strathearn landmark, Lee's Food Mart to reopen under new management; prioritizing hiring youth with barriers to employment.

The Lee's Food Mart building, which was built in the 1940's was in the hands of the Lee family until the 1980's. and was added to the Edmonton Inventory of Historic Resources in spring 2022.

When Glynnis Lieb and her son Michael, observed the challenges her sons and other teens were having finding jobs, Michael suggested reopening Lee's as a family business and a "third space" for teens. The added benefit of having a large population of post retirement people in the neighbourhood also made for great opportunity for intergenerational connections.

Glynnis, who has a PHD in Social Psychology and runs the Fyrefly Institute at the University of Alberta, adopted 5 of 6 her sons from the island of Saint Lucia with her late partner Dr. Michael Marshall. The family's goal is to infuse some of their Caribbean heritage into the store and their accompanying food truck and catering business.

Glynnis and Michael Jr took over the lease at Lee's Food Mart in an effort to

ensure that young people with barriers to employment have an opportunity to gain work experience and build their resumes. A long-time labour advocate, Glynnis collaborated with UNIFOR to unionize the store and expand the employees opportunities for training and skills development.

In addition to hot take away lunches, which they will be serving in the store there will also be a self serve coffee station and a seating space where folks can stop and enjoy their food and coffee and have a visit with their neighbours.

The reboot of Lee's will have the store continue to sell items regularly found at a convenience store. The store will also feature local artisan wares and art for sale. Glynnis and Michael hope to serve the community and create a community hub and meeting place for their neighbours.

If you are a visual artist or crafter in the Southeast area and would like to be featured at Lee's in the future, please get in touch with us. We also want to hear from you about what you would like to see on our shelves. Please email us at manager@jandltd.ca.

Lee's Food Mart is located at 9202 95 Avenue NW in Edmonton.

Strathearn Community League Memberships Now Available!

Community League Memberships for 2025-2026 are now available! Your membership grants you access to great amenities including:

- Discounts on hall rentals
- Access to all events hosted by the Community League (Trivia Nights, Pub Nights, Family Events, and much more!)
- 20% off at Strathcona Laser Yeg (SLY)
- Access to City of Edmonton recreation facilities at reduced rates
- Free swimming at City of Edmonton pools during designated hours
- Free access to the Edmonton Tool Library

-Access to all outdoor rinks (with skate tag)

The fastest way to get your membership and start accessing benefits is through online purchase via Edmonton Federation of Community Leagues at <https://efcl.org/membership-purchase/>. Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet. If you're new to the neighbourhood, your first year's membership is on us! Please reach out to memberships@strathearncl.org for more information.

NEW DATE! Friday, Dec 12th

Family Karaoke

FUN FOR ALL AGES!

STRATHEARN COMMUNITY HALL
9511-90 STREET

Friday, Dec 12th 7-10 PM

SNACKS PROVIDED
DRINKS FOR PURCHASE

FREE ENTRY

PARENTAL ADVISORY
SOME SONGS MAY CONTAIN
EXPLICIT CONTENT

Strathearn Events

If you're interested in volunteering at any of our upcoming events, please send a message to our Events Coordinator at events@strathearncl.org.

STRATHEARN COMMUNITY LEAGUE PRESENTS

TOP SPIN

PUB NIGHT

TRIBUTE TO YASIR SYED

FRIDAY, NOVEMBER 21

DOORS AT 7:30PM

DJ NOOSH

DJ GARY OAK

TABLE TENNIS




In memory of our friend Yasir

STRATHEARN HALL 9511 90 ST.

18+ NO COVER FOOD & DRINKS FOR PURCHASE



Write Time

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

We use prompts & visual aids to get you started.

Already creating? Bring your work!

Sundays from 2-4 pm on:

September 21

October 19

November 16

Strathearn Hall, 9511 90th Street



6220 Fulton Road "OPEN HOUSE"

Have you lived in the Area for Years and always wondered what Fulton Court looks like Inside?

Did you know Fulton Court has 72 Units with 17 Different Floor Plans & Various Square Footage?

Have you Noticed & Wondered about the Construction this past Year at Fulton Court?

Did you know Fulton Court is 40+ living and is a "Smoke Free & Pet Free" Community?

Would you Like to Learn More about Fulton Court?

Call Craig or Neil to Schedule Your "Personalized Open House Tour" To View All Available Units & the Amenities Fulton Court has to Offer.



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Yielding to Emergency Vehicles

For everyone's safety, it is important for motorists to understand how to correctly yield right-of-way to emergency vehicles with their lights & sirens activated. You can help EMS, police & fire get to the scene quickly & safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection.
- On a one- or two-lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal.
- Move right or left to the nearest curb on one-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop.
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re- entering traffic flow.

Emergency vehicles might use any available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn.
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

**Greg
Dunham**

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

**Call
The Dunham Team
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PROGRESSIVE



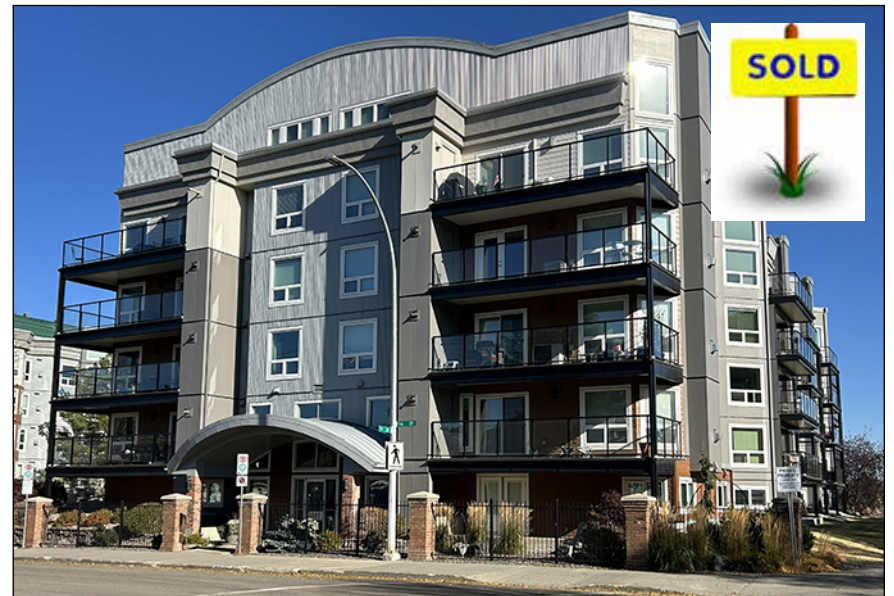
Acreage Valley Point: 3.29 Acres, Modern Kitchen + Sunroom, 37' x 40' Shop, Walking Distance to Sherwood Park



The Conservatory Located on Millcreek Ravine: Open Concept Unit, Modern Finishings, Ensuite Bathroom, Insuite Laundry, Titled Underground Parking



Fulton Place: 1120 Golden Built Bungalow, 3 Bedrooms Up, 2 Bathrooms, Double Garage, 763m2 Lot



Condo: Creekside, 2 Bedrooms, 2 Bathrooms, modernized Unit, A/C, Underground Parking & Storage