

SOUTHEAST VOICE

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

Aug/Sep 2022



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

Volunteers STILL needed for SECLA casino Sept 8 & 9, 2022

The South East Community Leagues Association (SECLA) provides funding for the Southeast Voice (this paper) as well as many community initiatives, including the Fulton South Park across from Capilano Mall. This is done, in large part, through funding received from a volunteer run casino once every few years. The next SECLA casino is scheduled for September

8 & 9, 2022 at the Grand Villa Casino and we currently have openings both dates for 7-hour shifts in the evenings. Underground parking or taxi is included, as well as a meal with your shift and a special gift of appreciation for your time. Please sign up at <https://signup.com/go/cqWHGqk> or contact treasurer@secla.ca for more details. No experience necessary!

Edmonton Tool Library



Wouldn't it be great if there was a place to borrow tools that you only need occasionally rather than having to rent or buy your own? Well, the wait is over! The Edmonton Tool Library (ETL) is just like a book library but for hand and power tools. Located in the Bellevue Community Hall (7308 112 Ave NW) the ETL is a volunteer run non-profit organization that is focused on helping the communities of Edmonton to become more beautiful and sustainable.

Annual individual memberships are avail-

able for \$50 and annual community league memberships, which provide access to all community members, are only \$250. Many south east community leagues are already members so check with your league today or request the league to purchase a membership for your area. Then head to the ETL website (edmontontoolibrary.ca) to browse and reserve the tool inventory, with in person pickups and returns at the Bellevue location available per the calendar on the ETL website. It's as simple as that!

Greater Hardisty Area Family Fun Day Sept 17, 2022

Goldbar school field 11am to 3pm
Dogsport show 1130 and 115pm
Petting zoo

Balloon artists
Epcor water truck to fill your water bottle.
Many surprises planned.
Financial support from Celanese, Epcor,
Strathcona Industrial Association.



Volunteers needed for the SECLA Board of Directors

Are you looking for a way to get involved in the south east community? The South East Community Leagues Association (SECLA) represents, advocates on behalf of and provides funding for initiatives in communities throughout south east Edmonton. The SECLA board of directors is comprised of volunteers from each

of the member communities (as listed on the front page) and we're looking for new board members! If you're interested in giving back to the community and doing what you can to make south east Edmonton a great place to call home, please contact treasurer@secla.ca for more details. No experience necessary!



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SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	VACANT	capilano@secla.ca
Cloverdale	Reg	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
Fulton Place	Mike	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood	VACANT	holyrood@secla.ca
Idylwyld	Scott	idylwyld@secla.ca
Kenilworth	Marshall	kenilworth@secla.ca
Ottewell	VACANT	ottewell@secla.ca
Strathearn	VACANT	strathearn@secla.ca
Chair	VACANT	
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Projects	VACANT	projects@secla.ca
SECLA SEV Liaison	VACANT	SEV liaison@secla.ca

SEESA OPEN HOUSE

9350 - 82 STREET NW

WEDNESDAY, SEPT. 7

9:30 - 2:30

CAFÉ OPEN FOR LUNCH

11:00 - 1:00

SAVE THE DATE

Instructor Demos of Classes

SEESA Facility Tours

Exhibitor Tables

**Club Liaison Presentations
of Activity**

Volunteers Needed

Please Contact Gina-Marie@seesa.ca

780-468-1985

www.seesa.ca



POT LUCK PICNIC IN THE PARK

Thursday, August 18

11:30 a.m. - 1:30 p.m.

North playground picnic tables.

Bring your favourite dish to share with others.
Bring your own beverage ~ but no alcohol, please.
Cutlery, plates, etc. will be provided.

Please RSVP to SEESA

In-Person or call 780-468-1985 by Friday, August 12.



VOLUNTEER



SEESA has a wide range of ongoing Volunteer Opportunities and is actively recruiting for the following positions:

- Special Events Committee
- Volunteer Ticket Maker
- Bartenders (Valid Pro-Serve certificate required)
- Volunteer Kitchen Prep and Dishwashers
- Event Kitchen Volunteers

Special Events

Fall Open House

National Day of Truth & Reconciliation

Fall Rummage Sale

Fall Dance

OctoberFest

Further information regarding volunteer positions is available at SEESA.CA
or contact Gina-Marie Garon at the SEESA office
phone: 780-468-1985 email: gina-marie@seesa.ca



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



Ask about the
CORNERSTONES
PROGRAM



The Mews
AT HAZELDEAN
Future Assisted Living
& Memory Care

Southwoods
COURT NORTH
Independent Living with
Optional Meals

Terra Court South
AT HAZELDEAN
Future Active Adult Rentals



Southwoods
COURT NORTH

- Independent Retirement Living
- Monthly rates with meals on select suites
- 1 bedroom + den with full kitchens
- In-suite washer/dryer, spacious balconies

Christenson Hub Open 1-5pm
9433 - 67A Avenue NW, Edmonton, AB
or phone Lynne at **780-975-2509**



Southwoods
TOWNHOME RENTALS

- 2 + 3 Bedroom Family Townhomes
- Ask about Internet & cable TV incentives
- In-suite washer and dryer
- Near school, daycare and tot lot

Visit Our Rental Office, 1-5pm daily
6621 - 96 Street NW, Edmonton, AB
or phone Diane **780-432-3222**

Future Development

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and cafés will complete
your urban village. Just
steps from your door
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EASYLICQUOR.CA

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LIQUOR



GP Vodka
750ml

\$12⁹⁹



Rovers

\$13⁹⁹ \$19⁹⁹
750ml 1.14L



Bumbu Rum
750ml

\$38⁹⁹



EZY Vodka/Whiskey
1.75L

\$37⁹⁹ \$39⁹⁹



Greenalls London
Dry Gin — 750ml

\$17⁹⁹



Zacapa 23
750ml

\$62⁹⁹



New Amsterdam
750ml

\$18⁹⁹

Hot Deals!

BEER



Mountain Crest
12 cans

\$11⁹⁹



Ranch Water
6 cans

\$10⁹⁹



Canadian Club &
Ginger 6 cans

\$10⁹⁹



Bow Valley
Strong 15 cans

\$14⁹⁹



Coors Seltzer
12 cans

\$19⁹⁹



Vizzy Mixer
12 cans

\$20⁹⁹



Catalyst Lager
24 cans

\$22⁹⁹



Brewhouse
Light/Pilsner
24 cans

\$25⁹⁹



Moosehead
24 cans

\$36⁹⁹



A.G.D.
24 cans

\$25⁹⁹



Steam Whistle
15 cans

\$22⁹⁹



Pilsner
24 cans

\$28⁹⁹

WINE



Barefoot
Fruitscato
Peach/Strawberry
750ml

\$5⁹⁹



Barefoot
Moscato/
Pinot Grigio
750ml

\$7⁹⁹



The Winemaker's
House
Pinot Grigio
750ml

\$7⁹⁹



Hardy's
Cabernet
Sauvignon
750ml

\$7⁹⁹



Voga
Moscato/
Pinot Grigio
750ml

\$12⁹⁹



Don David
Cabernet
Sauvignon/Malbec
750ml

\$12⁹⁹



Robert Mondavi
Cabernet
Sauvignon/
Chardonnay
750ml

\$12⁹⁹



19 Crimes Cali
Red/Rose
750ml

\$13⁹⁹



Conudram Red
750ml

\$16⁹⁹



Liberty School
Cabernet Sauvignon
750ml

\$16⁹⁹



See Ya
Later Ranch
Gewurztraminer
750ml

\$16⁹⁹



Red Rooster
Cabernet Merlot
750ml

\$16⁹⁹



1865
Cabernet
Sauvignon
750ml

\$16⁹⁹



Peller Family
Malbec/
Merlot 4L

\$33⁹⁹

* While stock lasts. We reserve the right to limit the quantity. Actual product may differ from flyer image. Prices DO NOT INCLUDE GST OR DEPOSIT and are subject to change. No rain checks. No substitutions.

Community League Board

President	** (empty) **	president@avonmore.org
Vice President	Elise	vicepresident@avonmore.org
Past President	Anita	pastpresident@avonmore.org
Secretary	Karen	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Assistant Treasurer	Leigh	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Scott/Lisa	grants@avonmore.org
Soccer/Sports	Boris (replacement needed)	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Jackie	programs@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

Meet Your Community League Board

Vice President - Elise Duma

Elise and her husband Steven moved to Edmonton from Calgary in 2017. Both were raised in older neighbourhoods so it didn't take long to see the potential in Avonmore, although they both still dream of living in a 'fancy' two storey house one day. Since moving in, they have been busy renovating the house, and have welcomed two beautiful daughters throughout the pandemic (what else was there to do?).

Elise works as a waste management engineer, and has spent a large portion of her career in environmental engineering, mainly working on contaminated sites. Her husband is a reliability engineer, working on the sys-

tems that monitor large rotating equipment, usually compressors, and making sure they shut down before they blow up.

Elise took on the role of VP to contribute to, and learn from the wonderful volunteers that make Avonmore such a vibrant community. Elise hopes to increase engagement, meet new people, and help put on some fun events.

Elise can often be spotted in her garden in her pyjamas and an oversized straw hat pulling weeds. If not she is usually walking Stella, (the white dog with big black spots and huge ears) around the school, or going for a jog through the ravine.

Membership - Gino Coccimiglio

Gino has lived in Avonmore for over 30 years and joined the board of directors to serve the community. He is serving his first term in the Membership Director position. He has been committed to fostering local business relationships to increase the membership value for the community by providing additional benefits, discounts, and perks. Also, developing business sponsorships for the community's events for giveaways. Gino has a passion to help local businesses and

provide pro bono consulting services to social enterprises, as he is on the Net Impact Chapter in Edmonton to drive sustainable change with environmental goals and social impacts. He holds a Bachelor of Business Administration degree from NAIT and currently, he is working towards his Master of Business Administration degree from the University of Alberta. Lastly, Gino is working with the Public School Boards' Association of Alberta as their Membership Services Coordinator.

Vision Zero Street Labs

Over the next year curb extensions and crosswalk murals will be added along the stretch of 73 Ave. between 81 St. and 78 st. The purpose is to slow down traffic in the area and make drivers more aware of pedestrian crosswalks. A link to a survey on the

project was posted on the Avonmore Community Chat page. More information will be available during Community League Day at the Hall on September 17th. If you have comments or questions please contact AvonmoreStreetLab@gmail.com.

Community Coffee

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

know your neighbours whether you are new to Avonmore or a long time resident. All ages welcome. There are always treats from the Hazeldean Bakery or sometimes from someone's kitchen.

Yoga's Back Starting

September 20 and 21st

Does your body need a tune up and alignment after a summer of gardening, hiking, cycling or whatever has kept you moving? Two of our favourite instructors will be back in September to get our bodies back in order and get us ready for fall and winter. Shannon Shea and Kathryn Boehm are both experienced instructors in yoga and Pilates. They know all the common weak spots and how to best address what ails us. They are also excellent at tailoring their programs to meet the needs of class members.

In person classes at the hall: Tuesdays at 6:00 p.m. and 7:30 p.m. September 20 to De-

cember 20. Limit of 15 per class. Fee: \$160 per person for the full session of 14 classes or \$15 for drop ins. Instructor: Shannon Shea

Online classes via Zoom: Wednesdays at 7:00 p.m. September 21 to December 21. No limit to class size. Classes are live online on Wednesdays and a recording of the class is sent to registrants after the class so they can repeat the class or take it for the first time if they missed that Wednesday. Fee: \$160 per person or \$200 for 2 people from the same household for the full session of 14 classes.

To learn more and/or to register contact: Anita Lunden, Past President of Avonmore Community League president@avonmore.org.

Avonmore Garden Club

Gardening is a passion in Avonmore - whether its vegetables, fruit or flowers. There's a wealth of experience and continuous experimenting with new varieties, new growing techniques and new methods of dealing with the challenges of climate, weeds and pests. If you would like to join the Garden Club, get updates on coming events and share successes and challenges contact gardenclub@avonmore.org. You are also welcome to join our Facebook group, "Avonmore Garden Club."

Our next events will be:

- Wine and Weeds get together in late August and early September: Date and place

will be announced on the FB page and via email to members.

-Successes and Failures Presentation and Discussion: At the Hall in November: If you are new to Avonmore and/or new to gardening you'll want to attend this session. It provides you first hand knowledge of what grows well in Avonmore and what doesn't, special tricks and techniques to enhance production and the scoop on who has collected seeds for what plants. Date will be announced on our facebook page and via email to members. NOTE: Everyone please take pictures of your successes and failures to share in November.

Parent and Tot - Leaders Required

Hi there! We are currently looking for someone to take over the parent & tot group held at the community hall, please contact

Tracy at parentandtot@avonmore.org for more information if you are interested. Thank you.

Little Kicker Soccer for Preschool Ages

Avonmore Community League is working with Little Kickers organisation to provide parents and children with additional options for participating in the game of soccer this fall and in coming years. Little Kickers has different soccer classes tailored to different age groups. We will be partnering with them to offer classes in the area for children 5 and under.

The Little Kickers organisation believes in something they call "Play not Push". It means teaching soccer in a fun, pressure-free environment. They want to give children a positive introduction to sport as a whole,

not just soccer, so they're more likely to stay healthy and active throughout their lives. They also believe soccer can be educational. Coached in the right way it can stimulate imagination and aid early development skills such as learning colours and numbers, following instructions and playing as a team.

Details are still being worked out. Watch the Avonmore Community Facebook pages, our bulletin board at the hall and the Little Kickers website (<https://www.littlekickers.ca/find-a-class>) for details. In the meantime send questions and expressions of interest to president@avonmore.org.

Community Bulletin Board

There is a new bulletin board on the outside east wall of the hall. The League will use it to post information on coming events and other items of interest to the community. Community members are welcome to use it as well -

space permitting. Notices should be no larger than a letter sized sheet of paper. If you have something to post, place the printed notice in the mailbox at the hall and send an email to president@avonmore.org.

Active Avonmore - Avonmore Moves

Active Avonmore is changing hands and is under new management! Dave Moon has agreed to take over management of this program so stay tuned for exciting things to come in this program.

Hall Rental



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

Green Shack Program

The Green Shack Program will continue to operate until August 25. The Avonmore Green shack will run Mon-Fri from 2:30-5:30 pm. Visit https://edmonton.ca/activities_parks_recreation/green-shacks 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. Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Canadian Maple? Well... Biggle (located at 8526 109 St NW) is offering 15% off on all their maple prod-

ucts online or instore by applying the promo code (VIPCODE). We welcome new residents by celebrating with a FREE MEMBERSHIP in your first year, please contact membership@avonmore.org for more details. Looking to purchase a membership? You can, by emailing membership@avonmore.org or buying directly from Dairy Queen on 75th Street, or online via the QR Code:



Avonmore Community League Merchandise

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

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

Soccer

Spring/Summer soccer season has ended and thank you to all volunteers who helped make this a successful season. Special thanks to our Equipment Manager (Neil H), Year End Coordinator (Penelope G), Bottle Drive Coordinator (Leah K) and to all our coaches.

Going into Indoor season the EMSA South East zone has merged with Millwoods and Beaumont to create a large EMSA South zone. This will benefit our club team and things should not change for the U5 and U7

teams as they will continue to be community based.

We are currently looking for a new soccer director to take over as Boris has been doing this for more than 15 years and is going to move on. The current role will be reduced due to the merger with Millwoods. Boris will be available to help guide and train the new director. All inquiries please contact sports@avonmore.org.

Indoor 2022/23 Registration opens August 2nd in the portal.

Shinny Ice Hockey

Spring/Summer shinny ice hockey sessions will end the last week of August (Thursday's 9:45pm @ Argyll arena).

Fall/Winter sessions will begin 1st week of October (Friday's 10:45pm @ Kenilworth arena).

Shinny hockey is a group of players getting together to play hockey. Players of all genders and ages are welcome to participate. Our youngest player is 14 and our oldest player is 65+, and the range of abilities are beginners to ex-NHL. Yes you read that correctly, in the past we have had NHL players playing with us and our 14 year old is good and capable enough to play with adults. We

choose different teams each session while still keeping the teams balanced. There are 3 main rules we follow: Have Fun, Play to the ability of your opponent, & Avoid stick work. Full equipment is recommended, but you can wear whatever you are comfortable with. We have several players who have extra sets of equipment if you need to borrow items. We play for 1.5 hours with a \$20 drop in fee, or a cost for all sessions which come to around \$17 per session.

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

William Zorzos Memorial Art Walk

This annual event is Saturday, August 20, 2022 and is being held in the Zorzos Picture Framing Parking Lot. The event features local artists displaying their pieces, live music, and an ice cream truck. The Avonmore Commu-

nity League will be setting up tables and art supplies for the 'Kids Art Walk' portion of the event. We hope that the young future artists will choose to participate, and display their art for all to admire.

Community League Day

Come spend the afternoon with neighbours for Community League Day on September 17 between 11am-2pm. The theme this year is 'engagement' and in this spirit we hope you will all turn out to meet your neighbours and participate in the fun. There will be lunch provided, games, bouncy castles and entertainment. This year there's also a 50/50 raffle that

would support the winning league. Buy your tickets at efcl.org/50-50 for your chance to win! Event details to follow, stay tuned and please check social media accounts and community posters in the coming weeks. If you are interested in volunteering some of your time for this event please contact the programs director at programs@avonmore.org

Casino Fundraiser

Alberta has a unique charitable gaming model, where a portion of casino proceeds is donated to eligible charities who have applied. The Avonmore Community League received the opportunity to operate a casino fundraiser Monday October 10, and Tuesday October 11th, right next door at the Pure Casino on Argyll. In order to receive the considerable funds this would bring in, we require dozens of selfless volunteers.

We need people to fill the Manager, Bank-

er, Cashier, Chip Runner, and Count Room volunteer roles. There are 2 shifts on each day. The day shift runs roughly from 9 AM to 7 PM (exact time varies with each task) and the evening shift runs from approximately 7 PM to 4 AM. All roles will be trained, and are easy and generally fun activities. Meals are provided to volunteers at no charge. Check-out our sign up page at <https://signup.com/go/RwnJNWp> for more information and to sign yourself up!

Community Swim

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

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

- 5:00 pm

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

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

Visit www.edmonton.ca for more info.

Online Community

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

more Concert Series". Come join us!

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

Twitter: @AvonmoreLeague

Instagram: avonmoreleague

Avonmore Community Playschool

With summer quickly passing us by and our summer camps coming to an end, we are now getting prepared for Playschool to start again.

We will be sending out welcome packages the first week of August for children registered in the program, so if you have registered and did not receive your package please contact our teacher at the email below.

The family meet and greet will be on September 7th @ 6:00 and the start date of playschool will be on September 14th

To parents who missed out on our open houses this spring, please feel free to check out our open house video on the Avonmore Community website. We do still have spaces available, so please email playschool@avonmore.org to register today.

Playschool days are Monday - Friday 9:00-11:15 am (doors open at 8:45am)

New Monthly Fees are;

2 days a week @ \$50.00, 3 days a week @ \$75.00, 4 days a week @ 100.00, 5 days a week @ \$120.00

Avonmore Community Sponsors



Location: 7460 76 Ave NW



Thanks to our amazing sponsors who help support our community!

Note: Considering ways to support your

community? Please contact our Membership Director.

Community Music Classes for Children Ages 1 to 5

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

Come join us for a fun 1/2 hour of music

and dance from our wonderful music teacher Dawn Bissett. Save these music class dates: October 3, November 7, December 5, January 16, February 13, April 17, May 8



CAPILANO COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Kyle	treasurer@capilanocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanocl.ca
		780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	webmaster@capilanocl.ca
Social Media	Jean	780 863-0914
Sign Rental	Karen	780-977-5252
Building & Grounds	Carson	587-930-6977
Civics Director	Monte	780 243-7547
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Lyrus	780 242-8874
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	VACANT	
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”

Check us out on Instagram @capilanocommunity

Capilano Community is using the Nextdoor app!

Capilano Seniors Afternoon Program

Come join us Tuesday August 16 at Capilano Community Hall!

The Capilano Community League has been bringing the SCNA Seniors Centre in, to facilitate a program at our community league. It is a fun afternoon of chat and perhaps a game or two.

Doors open 12:30 to 2:30 p.m. at Capilano Community Hall.

Cost is only \$7.00 (Coffee/lunch/dessert/prizes provided), please call 780-433-5377, to register. Please watch our Facebook Page and our webpage at (capilanocl.ca) for last minute updates.

Upcoming dates are: Tuesday September 20, Tuesday October 18 (Subject to change but SCNA Seniors will keep us informed; watch our web and social media for updates)

Community Handyperson Needed!

The Capilano Community League is searching for a handyperson to help with minor repairs and maintenance of our community hall

and facilities. If you are interested, please contact Carson (carsonjans@shaw.ca) with your rate, experience, and any trade designations.

Capilano Babysitting Registry

Parents of Capilano: Could you use an extra set of hands to keep the kids busy while you do the yard work or take a night out this summer? Consider hiring a babysitter from Capilano's Babysitting Registry!

Email babysittingregistry@capilanocl.ca to be matched with sitters in your area. Babysitters who are looking to meet new families are welcome to email as well, to be added to the registry.

Choose Capilano Hall for your Event

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

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

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

2022-2023 Capilano Memberships Available

Valid September 1, 2022 to August 31, 2023

Family \$20.00

Senior couple \$10.00

Single \$10.00

Need a Capilano Community Membership? Contact Jean at 780-863-0914 or memberships@capilanocl.ca.

As well, memberships are available at:

--“All Care Pharmacy” located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only). Thanks to “All Care Pharmacy” for supporting our community!

--SEESA (Southeast Edmonton Seniors

Association), 9350 – 82 Street. Available at the front desk during business hours (Cash only).

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue (Cash only). Note: Only Family Memberships available and EFCL \$5.00 admin fee attached to the purchase.

--Edmonton Federation of Community Leagues (online only). Note: EFCL adds a \$5.00 admin fee and only a family membership is available online.

Your community league membership also offers several perks, deals, and discounts from various local businesses and organizations. Go to efcl.org for more information.

Wanted – Hall Rental Co-Manager

Capilano Community League is looking for a Hall Rental Co-Manager to start this summer.

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

Some of the hall manager's responsibilities include scheduling hall viewings, book-

ing rentals and community events, managing and logging hall revenues and expenses, bank deposits,

making sure the space is clean and ready for renters and our fitness classes. The hall manager position is a paid position. To find out more details please contact Marzena at 780-909-5886.

Volunteer Opportunity – SECLA Rep

Capilano Community League is seeking a Capilano resident to represent it on the board of directors of the South East Community Leagues Association (SECLA). SECLA, which consists of 11 community leagues in central southeast Edmonton, seeks to strengthen community networks by providing a forum for

collaboration, discussion, and the sharing of information. It also provides funding for the Southeast Voice community newspaper. The board typically meets the fourth Thursday of each month for two hours. If you are interested in learning more about this volunteer opportunity, please contact Shelley at 780-497-0395.

No Mosquitoes, Rain or Snow

In a city where it's seemingly winter eight months a year, the benefits of indoor soccer are pretty obvious. Games are short and sweet—one hour of fast-paced, nonstop action.

INDOOR SOCCER registration for the 2022/23 season is open from August 2 to September 5. Please complete the online registration at emasouth.com. The season begins in mid-October.

Karate is back at Capilano this fall!

Time to get back to an active lifestyle - why not try karate? We're back on Wednesday nights in the Capilano Community Hall with three great classes for you:

--Youth/family class (ages 7-12): a mix of traditional Okinawan Goju and sport karate, youth will develop agility, focus, and speed with this class. Parents are encouraged to get active with their kids!

--Adult class: (ages 13+) the focus on this

class is building a stronger body and mind through practice of Okinawan Goju ryu. Classical karate that still fits in a modern world.

--Kobudo (ages 13+) for those with or without a karate background, the study of the ancient Okinawan weapons system will add a twist to your learning and your fitness.

For more information, call/text 780-619-3136 or check us out on Facebook - www.facebook.com/RyukyukaratedoKobudo.

Total Body Fitness

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome! We are outdoors for the summer, just north of the Capilano community hall.

Tuesday classes at 6:45 p.m. and 8 p.m.

Thursday class at 6:45 p.m.

Summer session runs July 3/5 – August 23/25. New sessions start in September.

\$88 (80 for CCL members) one day a week (8 classes).

\$176 (160 CCL members) two days a week (16 classes)

Drop-in rate is \$13

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

[lisashortenfitness](https://www.facebook.com/lisashortenfitness) on Facebook or Instagram.

Thursday Strong

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

Thursday class at 8 p.m.

Summer session runs July 7 – August 25.

New session starts in September.

\$88 (80 for CCL members) for 8 weeks.

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

Movement Journey Classes-Capilano Community Hall

Does moving confidently, effortlessly, and stronger appeal to you? These classes are designed to find your “blind spots”, areas that have been underused, neglected, or forgotten due to either underuse, overuse, or injury. Once you find your blind spots, you have greater potential to be resilient, adapt-

able, and strong again. Come and explore your movement potential and shine a light into your blind spots.

Visit www.movementjourney.ca for additional information on class schedule at Capilano Hall, pricing OR email Pearl at: pearl@movementjourney.ca for any inquiries.

Community Input Forum

Proposal for Winter Tennis at Capilano Community League

When: Sunday August 28, 2022

Where: Online Zoom meeting

REGISTER for the Zoom meeting by emailing wintertennis@capilanotennis.ca

Capilano Tennis Club (CTC) will be hosting an online community input forum to explore resident questions and interest in bringing winter tennis to Capilano. If CTC were to offer winter tennis, an air structure would be installed over the tennis courts during the winter months (it would be removed for the summer season). This would allow the CTC to offer tennis to the Capilano and Edmonton community year-round.

Currently, Edmonton has the lowest availability rate (among major cities) for public indoor courts in North America (1 per 70,526).

By comparison Calgary has a rate of 1 per 41,515 and the Red Deer has 1 per 25,000. Alberta is fourth lowest province in Canada, with Newfoundland, Saskatchewan and Nova Scotia providing more public courts.

The forum will give you an opportunity to:

--Hear the plan for winter tennis,

--View the rendered drawings of the air structure over the courts in Capilano,

--Review the financial plan for winter tennis, and

--Share your questions, thoughts, and interest with respect to winter tennis.

Send your questions about winter tennis to: wintertennis@capilanotennis.ca. Please note, this is the first community forum to gather input on the proposal for Winter Tennis. We will be engaging in multiple levels of input and consultation with the community.

Capilano Playschool – Registration Open

Capilano Playschool is accepting registrations for the 2022 – 2023 school year. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3- and 4-year-olds and include a “Learn Through Play” philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through physical ac-

tivity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street). For more information on our parent cooperative playschool, or to get a registration package, please contact Maureen at 780-802-9307 or capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com, or find us on Facebook! Hurry as space is limited!

2022 Capilano SUMMER Green Shack Program

The Green Shack at Capilano Community Park (10810 – 54 St.) is still available in August!

DATES: July 4 – August 25, 2022

TIMES: 2:30 – 5:30 p.m., Monday to Friday

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

FREE swim for Capilano members on Sundays

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

--Hardisty Leisure Centre from 1:15 to 2:45 p.m. on Sundays (January 2 – June 26, 2022)

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



Capilano Community League's 6th Annual Chili Cook-Off

Saturday, October 1, 2022

Tickets \$20 (tickets sold in advance)
includes chili tasting & sides
Location: Capilano Community Hall 10810-54 St
Cash Bar: (Adult Event Only)
Doors Open at 6PM
Tasting starts at 6:30PM



CHEFS NEEDED:

Would you like to submit a chili for the chance at bragging rights as this year's chili cook-off champion?
You will need to bring all the fixings and email/ text your fun creative chili description to Heather.

Contact Heather: 780-818-1456 or heathergail7@hotmail.com
to purchase your tickets or to register as a chef!
Deadline to buy tickets or register as a chef is Sept 25.

In Support of
Hardisty School's
Playground Expansion Project







SAVE THE DATE:

Capilano, Fulton Place & Gold Bar Community Leagues
are excited to bring back:

OUTDOOR MOVIE NIGHT

SATURDAY, SEPT 10, 2022

AT CAPILANO COMMUNITY HALL

Welcome Back the School Season With
A Family Movie Night Under the Stars

Details to Follow



Scona Pool \$5 for Community League Members

Scona Pool is offering a flat rate of \$5 per person for all Edmonton Community League members – from any Community League in the city.

Show your Community League membership card prior to payment to get your discounted flat rate. Regular prices are \$6 for children and \$8.75 for adults.

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

\$25. Guaranteed 3 days.

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 -

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

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

Cloverdale Community League

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

Sportball Epic Summer Camp

Location: Cloverdale Hall
Duration: August 15-19 (five days)
Ages: 5 – 8
Time: 9:00 AM to 4:00 PM
Cost: \$250 for CCL Members

Camp Description: This full-day camp is specifically for 5–8 yr old Sportballers, and it's going to be sweet! Sportballers will learn nine different sports throughout the week. Your Sportballer will be talking about Epic Time

(hosted daily) for the rest of the summer, with water gun fights, sweet science experiments, amazing art challenges, dodgeball tournaments, Lego building, Nerf Gun challenges, and much more. This camp is so fun that kids won't even realize that they're also improving their sports skills!

Register: <https://www.amilia.com/store/en/edmonton/shop/activities/3915584>
Call Joy for Cloverdale Rate: 780-850-2511

Calling All Social Butterflies!

Do you enjoy block parties, neighborly BBQs, wine nights, holiday celebrations and the like? Cloverdale is looking for a couple of people from the neighbourhood to help plan community events.

Instead of having one person be in charge of many events throughout the year, we hope to

find multiple volunteers that can be responsible for only a few events each, which will be less stressful for each individual and allow for a diversity of activities. If you are at all interested in helping out and volunteering for an event or two for your neighbourhood, please contact info@cloverdalecommunity.com

Renew Your membership!

Community League memberships are valid from September 1 until August 31 of the following year. If you haven't already, make sure to renew your membership online at cloverdalecommunity.com/membership.

Membership gives you access to Cloverdale programs like the Community Garden

Club, sportsball, skating, yoga, and more. You can also receive a 20% discount at any City of Edmonton recreation centre and have access to any outdoor community league rink in the city.

As a member, you can also vote in major community policies or join the board.

Events and News

Visit the Cloverdale website at cloverdalecommunity.com for all the latest news on Cloverdale's events, programs, and

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Celebrate Community League Day

Stop by the Forest Terrace Heights hall (10150 80 St NW) on **September 17** between 12-3 for free hot dogs, ice cream, and family crafts.

You'll be able to find out about upcoming

events and programs, share your feedback and ideas, and meet your neighbours! Memberships will be for sale on site. Volunteers for this event are welcome--email molly@forestterraceheights.org to sign up.

Green Shacks programs on now

Thanks to the partnership between the City of Edmonton and Edmonton Federation of Community Leagues, 237 leagues across the city, including Terrace Heights and Forest Heights, are hosting Green Shack programs in July and August.

The free, drop-in playground programs allow kids to get active and experience a variety of crafts, games, sports and free play every weekday.

This year's hours are:

-Terrace Heights (9835 71 St.) 10:30 a.m. to 1:30 p.m.

-Forest Heights (10150 80 St.) 2:30 to 5:30 p.m.

The program is designed for children aged 6 to 12, but all children accompanied by an adult are welcome to attend.

For more information, visit edmonton.ca/greenshacks or call 311.

Little Free Libraries mapped

Thanks to everyone who contributed to our map of all the book-sharing boxes in and near Forest and Terrace Heights. So far, 18 are pinpointed on the map posted at forestterrace.org/programs. If you would like to add more,

please send the addresses to events@forestterrace.org.

Little Free Libraries are intended to allow for the free exchange of books among community members.

Flowers for fine neighbours

This month's winner of the Nominate a Neighbour flower draw is Brian, who was nominated by his family. His caring and friendly nature is part of what makes Brian a wonderful Block Connector as part of the Forest Terrace Heights' Abundant Community Edmonton program. In addition to his role as a Block Connector, Brian looks after neighbours' homes when they are away, makes sure that garbage charts are returned, and keeps an eye open for suspicious activity.

Has a neighbour reached out to you or made a difference on your block? If so, contact Sonya by email or call/text her at 780-720-7034 to nominate them for our bouquet giveaway, in partnership with Capilano Grower Direct.



Forest Heights School Playground: Upcoming Fundraisers

Details at fhsplayground.wixsite.com/play

-Bottle Drop: Bring your bottles down to the Forest Heights School Parking lot (10304 81 st) on September 24th, 2022. If you require pick up (3 or more bags) please email fhs-

playground@gmail.com

-WEST EDMONTON MALL World Waterpark tentative date October 30th, 8-11am.

Tickets will be priced at \$30 and will be available at the school in September.

Abundant Community Edmonton

The Abundant Community Edmonton program was started before the pandemic to promote belonging and inclusion in neighbour-

hoods. If you think you may be interested in volunteering in the role on your block, please contact CoraLee at 780-430-4307.

Urban Poling Ends

Weekly Urban Poling / Nordic Walking classes have ended.

For those who wish to try this full body exercise for health promotion or rehabilitation

you can contact Sonya to book a free lesson and trial of the poles with any current community membership at sonya@forestterrace.org or 780-463-1613.

Briefs from the board

.NEXT BOARD MEETING: Everyone in the community is welcome to attend board meetings. Our next one will be Wednesday, Sept. 7 at 7 p.m. Email secretary@forestterrace.org.

.HALL RENTALS: Our hall at 10150 80 St. offers one of the lowest rental rates of any community league hall in the city. All the rental details are at forestterrace.org/hall-rental. Contact Connie at hall@forestterrace.org to book or with any questions.

.FREE SWIMS: Members of Forest Terrace Heights community league are eligible for free swims every Saturday from 3 to 5 p.m. at Commonwealth Community Recreation Centre, 11000 Stadium Road, and Eastglen Leisure Centre, 11410 68 St NW.

.NEIGHBOURHOOD SAFETY: Got a concern or question about safety or security in our neighbourhood? Contact our Neighbourhood Watch representative Madison at madison@forestterrace.org.

.MEMBERSHIPS: Get a membership to support the community and take advantage of the weekly free swims and other perks. Early this



fall you will start to be able to purchase your membership on our website without a surcharge. For those who prefer cash, you can continue to purchase memberships at Grower Direct (7231-101 Ave), SEESA, or any Servus Credit Union (\$5 surcharge).

Until our website is ready, you can continue to purchase online memberships through efcl.org/membership (\$5 surcharge). First memberships are always free, contact Sonya at memberships@forestterrace.org or 780-463-1613 to obtain.

Is your teen frustrated or bored with Language Arts?

Are they trying hard but not succeeding - or not even trying anymore?

I use engaging, respectful, individualized coaching strategies to improve students' reading and writing skills and rebuild their self-confidence.

I am a qualified Language Arts teacher and researcher with 30+ years of experience.

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Pamela Young
B.Ed. M.Ed. Ph.D.

pamelayoung.ca
pamelajoanyoung@gmail.com

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Past Month **SOLD Activity:**
 (1). \$429K House Listing in The Ridge Sherwood Park (1st week on the market)
 (2). \$315K Condo Purchase Strathcona Village Sh. Pk.
 (3). \$350K House Purchase in Braeside – St. Albert
 (4). 12 Acres of Waterfront Land Purchase in Lac Ste. Anne County Sandy Beach
 (5). Apartment Condo in NW Edm. Lake Beaumaris



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Fulton Place Community League Volunteer Board

Mike President

president@fultonplace.org
7808867794

Miles Vice President Civic Affairs
vp-leagueaffairs@fultonplace.org
7809515253

Gavin Vice President League Affairs
vp-civicaaffairs@fultonplace.org
7805041896

Jakub Treasurer
treasurer@fultonplace.org

RaeAnne Secretary
secretary@fultonplace.org

Lisa Program Director
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VACANT Facilities
info@fultonplace.org

Joshua Communications
communications@fultonplace.org

Sherry-Lynn Hall Rental
info@fultonplace.org

Shawn Ice Rink
rink@fultonplace.org

Miles Seniors Liaison
info@fultonplace.org

Esther Director/Community Garden
info@fultonplace.org

Michelle
Director/Walking Group Coordinator
info@fultonplace.org

FPCL Casino December 2022

The date for our next Fulton Place casino has been set, and this year it will be held just before Christmas (Dec 19 and 20 at Century Casino). We will be looking for volunteers in the fall, but wanted to let the community

know that a date has been set. Proceeds from the Casino are the primary source of income for the Community League to use towards various programs and for operating the hall and outdoor rink facilities.

Volunteer with the Fulton Place Community League

Do you have a passion for our community, and want to help out the league? We want your help! We have various volunteer opportunities available, that include one-time events and regular longer term commitments. **-Facilities** - our hall needs minor maintenance

on an ongoing basis, if you would like to assist us with this we'd love your help! **-General Volunteer** - if you would like to volunteer a few hours during a one off event we'd like to know! If you are interested in helping us out, please email mike@fultonplace.org

PopUP SALE
September 10
10 - 2 pm
Strathearn United Church
8510-95 Ave NW, Edmonton

A GREAT SALE:
Antiques Housewares
Jewelry Hardware
Home Decor Books & more



Foodbank donations welcome
Covid restrictions in place

Green Shack Program

The City of Edmonton's Free Drop In Green Shack program is back in 2022. Programs in Fulton Place will run 2:30-5:30 pm. The Green Shack program will run Monday to Friday until August 25.

Garden Swap and Sale

Our Fall Swap & Sale will be Saturday, September 10, 9:00 a.m. to 12:00 p.m. at the Fulton Place Community League Hall (6115 Fulton Rd). Bring any plants (indoor or outdoor), seedlings, perennials, tools, magazines, books, etc. Bring your extras and take away new treasures. Whether this is your 1st or 50th year gardening, come find a hidden treasure, add some new gems to your outdoor oasis, learn something new or just have fun talking to your neighbours about flowers!

Hall Rental

The Fulton Place hall is available for rent, following current Covid restrictions. The hall 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 info@fultonplace.org

FULTON COMMUNITY SUNSHINE GARDEN PRESENTS: A FALL HARVEST AND EDMONTON FOOD BANK DRIVE EVENT

HARVEST YOUR GARDEN PLOT OR BRING FOOD ITEMS FROM HOME!

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STAY TUNED FOR MORE DETAILS TO COME.



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

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share ideas

100-8925 82 Avenue

780.414.1015

edmonton.goldbar@assembly.ab.ca



Marlin Schmidt
MLA Edmonton-Gold Bar

Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road		
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	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Dominique Kott	dQ.kott@gmail.com
Sign Director	Alison Boese	akcurtis23@yahoo.ca

Goldbar community memberships available now!

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

WE NEED YOUR HELP!! PLEASE VOLUN-

TEER 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.

You can purchase memberships at any of the above places or Call Amy Cooper 780-668-6836. Adults/Family \$20 and seniors \$5.

Membership Contest!

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

do is buy your membership at All Care pharmacy, online or by calling Amy 780 668-6836.

Bingo

If you would like to help out with any Gold Bar Bingos, please contact Lorie @ 780-447-1110. Funds are used to help out in the community

Parkway Bingo:

Sunday August 21, evening/late night
Wednesday Sept.28, evening/late night

Fort Road Bingo:

Thursday Sept 1, afternoon/evening

Mom and Me Fitness

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

This runs July 4- Aug 22 (no class Aug 1)
New sessions start in September
Mondays from 10-11am

Contact Lisa to register or with any questions.

Mondays \$70

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

Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish. We will be outside for the duration of this session (inside for inclement weather)

This Session Runs July 10-Aug 21 (no classes July 31) New session starts in September
Sundays 6:45-7:55 (note this is a 70min class)
Contact Lisa to register or with any questions.

Sundays \$66.

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

Food Truck Wednesdays

Second Wednesday of every month we are hosting a foot truck at the hall

August 10 Poutine world 5-730pm

Sept 14 Kettle Corn Popcorn is coming back to offer pizza 4 till 730pm

Volunteer & Have Fun

Would you like to volunteer at various events in the community throughout the year (even just once!) Halloween Party, Family

Fun Day, Christmas Party, to register or get more information contact Ronda 780-966-3096 or email magicianronda@gmail.com

Hall Rental

The Hall is open for rentals! Contact goldbarhallrentals@gmail.com or leave a message at 780-249-0366 and our Hall Manager Liisa will contact you!

Rates, rental info and availability calendar also available on the Gold Bar website www.goldbarcl.com. Gold Bar community membership discounts apply.

The Green Shack

Games, sports, crafts, music, drama and special events! The Green Shack program will run this year from July 4th to August 25th. Weekdays from 10:30am-1:30pm. This is a free, drop-in program sponsored by the city. Children aged 6 and under must be supervised by a parent or guardian at all times.

Green Shack Wrap Up Party Wednesday,

August 24 from 11:00am-1:00pm

The Gold Bar community league invites you to come celebrate another successful summer as we wrap

up the Green Shack Program for 2022. Bring your lunch and we'll provide dessert! Games, friends and fun!

Gold Bar Playground 105ave and 46 Street

Yoga

Yoga Classes in the Fall, keep your eyes out on the gold bar website or Facebook page for more details.

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Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - Megan	vicepresident@holyroodcommunity.org
Treasurer - Vonn	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Kelly	programs@holyroodcommunity.org
Sports & Fitness - Vacant	sports@holyroodcommunity.org
Memberships - Nor'Ali	memberships@holyroodcommunity.org
Facilities & Grounds - Vacant	facilities@holyroodcommunity.org
Communications - Jana	communications@holyroodcommunity.org
Events - Vacant	social@holyroodcommunity.org
Civics - Carlos	civics@holyroodcommunity.org
Holyrood Development Committee - Vacant	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Soccer - Andrew & Geordan	soccer@holyroodcommunity.org
Playschool - Laurence	playschool@holyroodcommunity.org
Playgroup - Vacant	playgroup@holyroodcommunity.org
Casino - Vacant	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League

Purchase memberships through efcl.org/membership/

Complimentary memberships are available for newcomers to Holyrood! Contact our Membership Director at memberships@holyroodcommunity.org.

VOLUNTEERS NEEDED

We are looking for a few good volunteers to help out with the upcoming Community League Day 2022 as well as other upcoming events! Have you been interested in volunteering but don't have much time to spare on an ongoing basis? We have a need for people that have 2-4

hours to donate to help with crowd control, running the big bin, or handling hot dogs and burgers. If you're interested in helping out your community, consider signing up to volunteer at tinyurl.com/yx4r5chm or by emailing communications@holyroodcommunity.org

Playgroup Volunteer Needed!

Holyrood Community league is looking for a volunteer playgroup coordinator.

Playgroup is a free drop in group for caregivers of preschool aged kids. It is run on Thursdays from 9am -11am throughout the school year.

The coordinator position responsibilities include opening and closing up for the

group, welcoming community members to the group, and communicating with the community league.

This position allows flexibility to manage things however it works best for you. Please contact programs@holyroodcommunity.org if you are interested or would like more information.



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\$30?

Support the Holyrood
Community with this fresh
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HOLYROOD
COMMUNITY LEAGUE

thegudbox.ca/holyrood

HOLYROOD GÜD BOX

Holyrood Community Gud Box has recently changed their program and it's even better! Get a large fresh, seasonal produce box that saves you approximately 35% on fruits and vegetables. The box is available for next day home delivery 7 days a week and includes al-

ways changing seasonal fruit and vegetables as well as some common staple items. A portion of the proceeds go towards the Holyrood Community League. thegudbox.ca/holyrood

Use the coupon code **TOBGUDBOX** for a 50% off coupon for first orders until August 31st.

SUMMERTIME FUN YOGA WITH BARB

Summer Yoga with Barb is in full swing and running until September 1st! Classes are held Thursdays 7:30-8:45 pm at 96 Avenue & 81 Street pocket park. Cost: \$12 per adult, \$8 per child/youth (ages 5 and up)

Please check websites for updated class information: barbaralritter.ca or <https://holyroodcommunity.org> (Note: classes will run at St. Luke's Anglican Church in the event of bad weather)

JOIN US FOR

HOLYROOD COMMUNITY LEAGUE DAY FAMILY FUN FEST!

SEPTEMBER 17TH, 2022 • CHECK WEBSITE FOR TIMES
HOLYROOD PLAYGROUND & SURROUNDING AREA

BIG BIN • BOTTLE DRIVE FOR BENT ARROW •
BOUNCY CASTLES • LIVE MUSIC • PUPPET SHOWS •
BALLOON ANIMALS • GLITTER TATTOOS •
ROVING CIRCUS • FIRE TRUCK •
FREE YOGA IN THE PARK • BBQ

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GRAND OPENING
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Stay Hydrated This Summer

Staying hydrated is important in the summer. Being hydrated means you are drinking fluids to replace the fluid you lose (through sweat & urine) and to feel alert and well. Drinking enough fluids helps with digestion, regulation of body temperature, and organ function. It can prevent dehydration, constipation, and urinary tract infections.

Signs of dehydration include:

Headaches, confusion, dizziness, feeling light-headed, fatigue, thirst, dry mouth, difficulty swallowing, dry or fragile skin, poor appetite and weight loss, constipation.

The amount of fluid you need per day depends on your diet, health, body size, and activity level. Seniors need six cups (1.5 L), to 10 cups (2.5 L) of fluid each day.

Fluids include water, tea, coffee, milk or fortified soy beverage, broth, 100 per cent vegetable or fruit juice, pop, and oral

nutrition supplements such as Ensure or Boost.

Some foods, such as vegetables and fruits, soups, puddings, gelatin desserts, ice cream, sauces or gravies, smoothies and shakes have higher amounts of fluids.

Some ways to increase your fluid intake

- Sip on fluids throughout the day.
- Keep a pitcher of water in the fridge or on the table.
- Drink fluids at meals and between meals.
- Fill a water bottle and carry it with you.
- Include foods with high fluid content (vegetables and fruits).
- Take medications with a full glass of water. If you need extra calories, drink milk or oral nutrition supplements with your medications.

FLAG FOOTBALL

The Edmonton Federation of Community Leagues has partnered with the Capital District Minor Football Association to run a community flag-football league this fall, for the U7, U10 and U13 divisions. Holyrood has applied to host flag football games on the grass in the boarded rink area. If enough leagues express interest, this new flag football league will run in September and October. Registrants will have to purchase a membership to their Community League. No experience is necessary. This is entry-level flag football for players of all genders. Divisions will focus on 5 on 5 Flag Football.

Commitment: The EFCL League runs from August 27th to October 23rd, 2022 every weekend (with the exception of the September Labour Day long weekend). Games will take place at the participating Community Leagues and sessions will be one (1) hour in length for a total of (8) sessions with no additional practices. Schedules will vary by team, but times will stay consistent from week to week.

Times will be determined closer to the season as details are finalized.

Investment: \$225. This fee includes NFL Flag Team Reversible Jersey, NFL Flag Shorts, Flags, Football Alberta Membership, Football Canada Membership, Accident Insurance, Liability Insurance, Quality Trained Coaches (dependent on age level), and Field Rentals.

Team assignments are by community, teams are distributed to ensure even numbers on each team (10-12 players/team). Players will be placed in divisions based on their age as of December 31, 2022.

The only additional equipment needed is a good pair of runners or cleats and a water bottle. Registration is open now!

EFCL NFL Flag Info
<http://greateredmontonflag-football.msa4.rampinteractive.com/content/2022-efcl-fall-nfl-flag-league>

Direct Registration Link
<https://www.rampregistrations.com/public/participantreg?v3=4d028726>

COMMUNITY LEAGUE DAY 2022

It's that time of year, again! Community League Day is coming up on September 17th! Once again we will be hosting our ever popular big bin event and bottle drive from 10am - 2pm with all proceeds from the bottle drive being donated to Bent Arrow Traditional Healing Society. There will also be a barbecue from 12:00 - 5:00 pm (\$2 hotdogs/burgers), a friendly note to consider bringing your own reusable dishes and utensils to reduce the amount of single-use items used once and thrown out!

Join us for the following activities guaranteed to be fun for the whole family:

- 10 am-2 pm**
-Holyrood Big Bin Haul Away Event
- OFRE Apple Cider Crush (TBD)
- Bottle Drive for Bent Arrow (10am - 5pm)

- 11 am & 4:30pm**
-FREE Yoga
- Noon-5pm**
-Balloon Animals (12:30-4)
- Glitter Tattoos (12:30-4)
- BBQ (12-5)
- Roving Circus (after 1pm)
- Bouncy Castles (12:30 - 5:30)
- Firetruck (1-3pm)
- 12-12:45pm** - Hula Hoop Workshop
- 1:30pm** - Imaginarium Show #1
- 2:30pm-3:15pm** Joe Nolan
- 3:15pm-3:30pm** Craig First Rider
- 3:30pm-4:15pm** Tanyss Nixi
- 4:30pm** - Imaginarium Show #2

Be sure to check social media and the website for the most updated information as the day approaches, in case of schedule or activity changes. We look forward to seeing you there!

HOLYROOD COMMUNITY PLAYGROUP

Save the date! Holyrood Community Playgroup will be starting up again on Thursday September 22, 2022. We meet at Holyrood

Community Church at 9224 82 St NW, Edmonton.

Idylwylde Community League Board

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

Idylwylde.org @IdylwyldeCL Idylwylde Community League

Green Shack

Get active this summer and experience a variety of crafts, games, sports, and free play!

The shack is located in Dermot District park and from July 12 to August 27 on weekdays from 10:30 a.m. to 1:30 p.m. program leaders

will be hosting a variety of games, challenges and activities that are sure to get kids active and having fun! The program is targeted for children aged 6 to 12, but all children accompanied by an adult are welcome to attend.

Fitness Classes

Free with Community League membership (please contact membership@idylwylde.org for your membership)

Gentle Hatha Yoga

Dates: Tuesday, September 13 to Tuesday, December 20, 2022

Time: 6:30 p.m. to 7:30 p.m.

Location: Idylwylde Community Hall

This class introduces foundational yoga postures, teaches you how to breathe and helps you feel more comfortable with your body and in the yoga practice. Although this class moves at a slower pace than the other yoga styles, expect to be challenged both mentally and physically. Hatha Yoga allows you to step onto your mat and melt away the stress and tensions of daily living.

Feel at ease with this very easy to follow Yoga class, where you will stretch and strengthen the body gradually. This 60-min-

ute class is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice.

Every Body Happy

Dates: Monday, September 26, to Monday, December 12, 2022

No class October 10, 2022

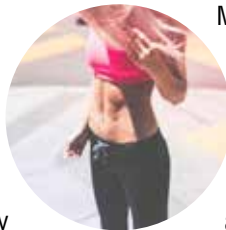
Time: 7 p.m. to 8:15 p.m.

Location: Idylwylde Community Hall

Interested in meeting your neighbours and giving your mind and body some love? Join us at Idylwylde Hall Monday evenings.

We'll be focused on doing our personal best using a variety of body weight moves, stretches, core work and working with weights, bands and balls.

All abilities welcome. Bring your own weights, a mat and a water bottle. Any questions contact Kelly 780-983-5403 or email Kbray2@telus.net.



Free Memberships

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

Donations are always accepted from anyone who can give and associate member-

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

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

Community League Swim

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

Bonnie Doon Leisure Centre

8648 81 Street NW

Starting September 10, 2022

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

Commonwealth Community Recreation Centre

11000 Stadium Road

Starting September 11, 2022

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

Cool off for less!

Scona Pool is offering a flat rate of \$5 per person for all Edmonton Community League members - from any Community League in the city.

Show your Community League membership card prior to payment to get your discounted flat rate. Regular prices are \$6 for children and \$8.75 for adults.

Monthly Community Meetings

Contact our President if you would like an invite to our next meeting. We typically meet the second Thursday of the month at 7 p.m. at the Community League hall.

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heather.mcpherson@parl.gc.ca

10045 81 Avenue T6E 1W7



www.heathermcpherson.ndp.ca

Follow on



Kenilworth Community League Board

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

General inquiries & Publicity Requests
Website and Social Media: publicity@kenilworthcommunity.com
SouthEast Voice: sev@kenilworthcommunity.com
Hall Rental requests: rentals@kenilworthcommunity.com
Keep Current on our website, www.kenilworthcommunity.com, Facebook and Nextdoor!

Sweet Summer Sounds Concert Series in Kenilworth!

Kenilworth Community League is excited to announce that we will be hosting a series of outdoor evening concerts over the August and September months! A huge thank you to the Edmonton Arts Council for allowing us to support local musicians! Some of the musicians we are showcasing will even be Kenilworth residents along with other well-known local Edmonton talent! Follow Kenilworth Community League on Facebook or check the bulletin board at the hall for updates on days, times, and performers! Most shows will be Wednesday evenings in August and September from 7- 8 pm. Rotating food

trucks will be joining us and all shows are FREE!

Save the date:

Aug 3 - The Leo Martinez Project
Aug 10 - Martin Kerr
Aug 17 - The Strods
Aug 24 - The Amie Weymes Duo
Aug 31- Lauriers
Sept 7 - Waymatea
Sept 14 - The Fir Sures
Sept 18 - Special Community League Day & Membership Drive
performance by the Keith Rempel Band
More dates to come!

Southeast YEG Men's Shed

Dr. Adrian Wagg Presentation

Kenilworth Hall

7104-87 Avenue

September 1 at 7- 9 pm

Dr. Adrian Wagg MB BS FRCP(Lond) FRCP(Edin) FHEA (MD) is a specialist in Geriatric and General Medicine with expertise in health services research. He is currently a Professor in the Department of Medicine at the University of Alberta and Professor of Continence Sciences at the University of Gothenburg, Sweden. Dr. Wagg has significant front-line experience in healthcare administration and systems development, a strong knowledge of operational issues and an in-depth

perspective of healthcare of older Albertans. His research interests involve improving care for people with urinary incontinence, community engagement and the quality of care for older people in nursing homes. Dr. Wagg will speak about the following topic: "What do you know about healthy men's aging? This talk will address key behaviours and tactics to ensure healthy living in later life. How protecting your heart will protect your brain and how remaining socially and intellectually active can minimize risks to health in later life."

For more information about Men's Shed or about the presentation, please contact Morris mreid2057@gmail.com or 780 920-2057

KCL Security Cameras

The cameras were installed to provide some additional safety measures to our hall as well as our community neighbors.

Here are their locations:

4 external cameras
2 facing parking lot

1 facing our front entry way
1 facing the rink/gazebo
4 internal cameras
1 at the main entry
2 inside the hall
1 inside the rink room

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 is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Kenilworth Dog Park

Open now

Excited to again bring the off leash dog park to our community. This dog park only works with your support. Each morning prior to 9 am the dog park is unlocked. Each evening any time after 9 pm the dog park is locked up. This is done to prevent any vandalism to the rink. It takes great volunteers to help unlock and lock the dog park. Sign up today for a one week shift of either opening or locking, or both. You will be contacted prior to your shift with lock box details. <https://signup.com/go/rUukShp>

The City of Edmonton provides a license for KCL to provide the off leash park. This is supported by City of Edmonton bylaws. Bylaw information including:

- Dog defecation must be picked up and put in appropriate waste containers
- Dogs must be kept under control at all times
- Dogs must have a valid pet license and display a license tag issued by the City
- Users of this space must carry a leash for each dog in their care

Kenilworth Community League Day & Membership Drive

Sunday Sept 18

12 - 3:00 pm

What a great community we live in and it is growing every day with new families and faces! Let's connect, enjoy a hot dog lunch (vegetarian and gluten free options will be available), and live music! Join in the fun with some group games for all ages, kid's activities, draw prizes, and an awesome community art project! We will be outside weather permitting. Your membership purchase shows your community that you care, that you want to develop relationships, and that you support all the volunteers who work so hard to keep the community connected. Your membership also gets you discounts at city amenities! Look forward to seeing you there! If you would like

to help volunteer for our membership drive day, please email connect@kenilworthcommunity.com

We need volunteers to prepare and serve food, attend draw tables, etc. Nothing happens in this community without the heart, soul, time, and energy of our volunteers!

The link to sign up to volunteer is: <https://volunteersignup.org/L8Q74>

HAVE YOU VOLUNTEERED IN KENILWORTH OVER THAT LAST YEAR DOING ANY THING LARGE OR SMALL TO HELP OUT? WE WANT TO HEAR FROM YOU SO WE CAN ADD YOU TO OUR HELPING HANDS DIRECTORY AND ENSURE WE DON'T MISS THANKING YOU AT OUR COMMUNITY LEAGUE DAY! PLEASE EMAIL CONNECT@KENILWORTHCOMMUNITY.COM

KCL Art from the Heart: A Creative Community Project

We are brightening up our neighbourhood and expressing our community spirit with a creative art project. This project will consist of community members of all ages painting on 12 inch by 12 inch blocks of wood, sharing their ideas of what community means to them. The wood panels will be weather-proofed and permanently hung on Kenilworth's skating

rink and dog park chain link fence for all to see and appreciate. We expect to have at least 100 community members participate. For more information contact Rebecca by emailing connect@kenilworthcommunity.com We will be kicking this event off at the Membership Event at Kenilworth Community League Day & Membership Drive on September 18!

Community Free Swim

Free swim with proof of Kenilworth Community membership

Commonwealth Community Recreation Centre or Eastglen

11000 Stadium Road (Commonwealth) or 11410 68 St NW (Eastglen)

Sunday: 1:00 pm - 3:00 pm

Start Date: January 2, 2022

End Date: August 28, 2022

*Eastglen has graciously invited Commonwealth Community League swim members the option of attending either at Commonwealth or Eastglen during the regularly scheduled Community Swim times.

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

VOLUNTEER OPPORTUNITIES

Many hands make for light work and we could use some hands. We have the following volunteer position available: **Grant Writer:** It is always great to have a volunteer that has their ear to where the money is and can create a grant to help us benefit. If you enjoy writing and have some volunteer time to put grants together, we could use your help.

Buildings and Grounds:

Many hands make for light work. KCL is seeking community members who are interested in supporting our KCL Building and Grounds Volunteer Director. If you have an hour or two a month to give to the KCL, we could use your volunteer help.

Some examples of volunteer tasks:

Are you an organizer? This job is perfect for you. Arrange for annual inspections at the hall (fire extinguishers, fire panel, smoke detectors, etc.) and for a KCL volunteer to attend the inspection date. Arrange for contractors and for a KCL volunteer to attend the hall when the contractor is present.

Memberships

Memberships are a great way to stay connected with your neighbors, community news and events.

They are also valid for discounts at city rec centers and pools.

Email Rebecca at: [membership@ke-](mailto:membership@kenilworthcommunity.com)

Are you a person that likes to do odd jobs? This might be the job for you. Volunteer your time for general maintenance tasks around building (changing out coat hooks, hanging items, light paint touch ups, etc.).

Or maybe you walk yourself and maybe your dog daily and swing by the hall? You can walk around the exterior of the hall to check the grounds. Report any safety concerns.

Or maybe you have a bit more time than just to walk around the hall. You can pull exterior garbage weekly or clean up any exterior debris on our sidewalks.

Want to volunteer but not sure what you can do? Give us a call and we can talk further.

Connect with Rebecca, membership volunteer: membership@kenilworthcommunity.com

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.

nilworthcommunity.com to arrange for your membership renewal or purchase.

\$20 family \$15 senior/single

Please do not let finances be a barrier to you joining our community league.

Email Rebecca to discuss your options!

Kenilworth Crib Club

The KCL Crib Club had a very successful year. We are now planning to begin our next season in mid September. We play on Wednesday evenings from 7 - 9:30 P.M. Our season runs from September to the end of April.

To join, you should have a community

league membership and the cost to join the club is only \$5.00 for the whole season. If you are a crib player and have the time, you are most welcomed to join.

The Kenilworth Community League Membership Drive is September 18, 2022.

For more info call Liz: 780-465-5188

Seniors Programs

There are programs available for lower income seniors.

Special Needs Assistance for Seniors considers specific items that fall into one of the following three categories:

- appliances/furniture
- health supports
- personal supports

For example, if you earn less than \$38,546

combined couple income, you qualify for snow shoveling services, housekeeping and/or yard maintenance: maximum \$1,226 in a benefit year.

Assistance is provided for light housekeeping, grass cutting, and snow removal only.

For all the information:

<https://www.alberta.ca/seniors-special-needs-assistance.aspx>

Kenilworth Community League Walking Program!

Meet your neighbours and enjoy some physical activity right in the community!

We will be walking every second Saturday from 10 - 11am on August 13 and 27.

Community League residents can walk with

or without walking poles, but you must bring your own poles as none will be provided. Open to anyone wishing to get active!

Contact Melanie at letsgetactive5@gmail.com or 780 722-7558 for more info.

Upcoming Events

Save the date. More information closer to each event

Kenilworth Walking Program August 13 & 27

KCL Membership Event September 18

Classy Crafty Creations Market October 1

Scrapbooking/Cardmaking Sale October 15

Chili Supper November 25

Classy Crafty Creations Market

7104 87 Avenue

October 1, 2022

9:30 - 3:30P.M.

If you are a crafter and would like to sell your beautiful creations, this market is for you.

The tables are limited so reserve early. Cost is \$20.00. A perfect time to start your Christmas shopping.

email: classyccm@gmail.com

Phone: 780-469-1711

Kenilworth Badminton Club

Adult recreational badminton on Tuesdays and Thursdays 7:30 pm to 9:30 pm at Kenilworth School, 7005-89 Avenue. The season starts early October and runs to the end of May.

This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can be playing doubles at one time. We have a rotation system of play, so players are paired with new teammates for each game. The club is not equipped to train begin-

ners, but only a small amount of experience and a racquet is required to become a member. Our club has members with a variety of skill and age levels.

In early October we will have a registration night, to get on an email list to learn how to register please contact the club. Cost to join is not set yet but will be \$30-\$40/year.

To contact the Kenilworth Badminton Club: send email to:

kenilworthbadmintonclub@protonmail.com

KCL Youth Group

KCL Youth are looking for adult and youth volunteers.

To get involved or to get more information contact:

youth@kenilworthcommunity.com

Green Shack Program

July 4 to August 25 10:30 - 1:30



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SWEET SUMMER SOUNDS CONCERT SERIES

BRING A BLANKET OR CHAIR AND MEET US AT
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7104 87 AVE AT THE GAZEBO!
SUPPORTED BY THE EDMONTON ARTS COUNCIL AND
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FOR MORE INFORMATION EMAIL CONNECT@KENILWORTHCOMMUNITY.COM

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IN AUGUST & SEPTEMBER!
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AND MORE!
DIFFERENT
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EACH NIGHT!

MARTIN KERR
AMIE WEYMES DUO
LAURIERS
WAYMATEA
THE STROADS
THE FIR SURES
AND MORE....

SPECIAL SHOW BY THE KEITH REMPEL BAND ON COMMUNITY LEAGUE DAY
SUNDAY SEPT 18 FROM 12-3!



Ottewell

OTTEWELL Executive:

President – Corinne
Vice President – Tom
Secretary – Becca
Treasurer – Open

Board Members:

Big Bin – Andrew
Bingo Director – Tyler
Building Projects – Lukas
Farmers Market Manager - Corinne
Grants – Chelsea
Membership Director - Sandra
Playschool Director - Jason
SECLA Rep - Open
SEV Liaison – Bri
Social Media (FB/ Insta) Hallie
Soccer Director (In/Outdoor) - Cory/Carley
Rink Director – Tom
Website – Dillan, Sharon

OCL Media



Keep updated!

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

Monthly Ottewell Community League Meeting In-Person

Have an exciting idea? Curious about what the City of Edmonton is doing? Wonder what events are happening in Ottewell? Get involved and find out more at **6:30 PM, Tuesday, August 16** and **Tuesday, September 20** at Ottewell Community Hall.

OCL Babysitter's Registry!



Please note that OCL is an information intermediary. Screening babysitters or families is up to you.

To sign up, visit the google forms!
For babysitters: <https://forms.gle/22a6V9MyqW4bRony9>
For parents: <https://forms.gle/uS55cy1DB-4FnAB58>

OCL Farmers Market

Every Thursday from 4:00 - 7:00 PM local farmers, artisans, food trucks, pop-up shops and community connectors at Ottewell Community Hall assist you with your shopping needs. Support these vibrant entrepreneurs shop local.

Food Trucks at the market the month of August and September:

Fox Burger

El Santo Mexican Food

Winston Fish & Chips

Meat Street Pies

Drift Food Truck

Follow us on our

Facebook page -Ottewellcommunityfarmersmarket

Instagram -oclfarmersmarket

Website -ottewell.ca

To find out what is happening at your community market!

Interested in Marketing and Website Design?

Join our amazing team of volunteers all while building skills for your resume.

Love creating content for social media accounts? Interested in photography, telling stories, or connecting people to programs and events they love? Email ottewell2212@gmail.com to find out more. No website experience necessary. WordPress training provided. Commitment is 2-4 hours/per month that you can do from home with your computer.

Visit ottewell.ca/home/volunteer for more details!

Abundant Community Program

Abundant Community Edmonton is a grassroots initiative fostering neighbour to neighbour relationships. Community members in this program actively create vibrant, caring and supportive blocks, buildings and cul-de-sacs where people look out for one another, share gifts, skills, experiences and resources to play together, and collectively create an abundant neighbourhood.

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

City of Edmonton Reminder

Neighbours, City of Edmonton would like us to remind you that dogs are not allowed in the park, as per the City's dog bylaw. This includes the playground and rink areas. Thank you for your cooperation.

Watch for something exciting happening soon with your community website.

What do you want to see happening at the hall? All your comments and concerns can be provided to our new website platform.

What is pickleball?

Fun, social and friendly. The rules are simple and the game is easy to learn. If you play pickleball or would like to try it out, check out the Ottewell hockey rink. It has five pickleball courts painted on the it's concrete surface.

Have questions? Contact oclrink2021@gmail.com

[gmail.com](mailto:oclrink2021@gmail.com)

Drop-In is free for OCL members (with proof of membership)

Drop-In fee of \$5 for non OCL members

Paddles, nets and balls are available for use.

Ottewell Pickleball Drop-In Schedule

Day	Time(s)	Volunteer
Monday		
Tuesday		
Wednesday		
Thursday		
Friday	9:30 am - 12 pm (Starting May 6)	Ben, Midge, Jim
Saturday		
Sunday	10 am - 12:30 pm (Starting May 22)	Gloria, John

Memberships/Drop-In Fees

OCL memberships can be purchased at Anvil Coffee House anytime or at the Farmers Market on Thursdays

Drop-In \$5 for non-members or \$10 for a Drop-In Pass

Volunteer With Us-It's Fun

Volunteering allows you to connect with your community and make it a better place. Make new friends, expand your network, and boost your social skills by donating your time. Contact ottewell2212@gmail.com.

OCL Outdoor Washrooms: This summer the OCL Outdoor Bathrooms will be open when a volunteer is on site. The only scheduled time for outdoor bathroom use is during the Farmer's Market on Thursdays from 4:00 to 7:00 PM. A Porta-Potty is available by the playground for your convenience. If you are

interested in volunteering to maintain the outdoor bathrooms, please contact ottewellsecretary@gmail.com

OCL PARK: Be a caring neighbour. The cleanup system for the community park is volunteer based. Although everyone one is welcome to host birthday parties, events and family gatherings, please leave no trace of your event. We encourage you to bring your own garbage bags and take it home, as the City of Edmonton has limited capacity to empty the garbage cans.

Free Swim Times with OCL Membership

OCL members have access to the Community Swim Program from September 2022 - August 2023.

Saturdays from 3:00 - 5:00 PM at Commonwealth Community Recreation Centre and Eastglen Leisure Centre

Sundays from 1:15 - 2:45 PM at Hardisty Leisure Centre OCL Membership Farmer Market Event: Come out on Thursday, September

15 from 4:00 to 7:00 PM. Purchase your community membership and receive \$5 in Market Bucks. Your family name will be entered into a draw for a basket filled with items from our community and market.

OUTDOOR POOLS - Looking to cool off this summer? - Attached is a link to the City's Outdoor Pools: https://www.edmonton.ca/activities_parks_recreation/outdoor-pools

OCL Park News



Did you know that our volunteers clean the garbage and pick up any debris left in the park and playground area.

Please take care of our park as we all want

to enjoy!

****Dogs are not allowed in our park****

See submission with pdf for dance school add to our page

Celebrate 100 Years @ Queen E Pool!

Aug. 22, 2022 4pm

Please join us at the oldest Outdoor Swimming Pool in Western Canada to celebrate as The Friends of the Queen E Pool Society will be unveiling a mural outlining the 100 years of history.

For more information please contact:

John Stobbe 780-988-1100 or
stobbeco@gmail.com

Shauna Graham 780-944-7730 or
shauna.graham@edmonton.ca



CYCLING MOMMAS

Fall Session

REGISTRATION OPENS
AUGUST 15

MANDATORY WELCOME/AGM
THURS. SEPTEMBER 8 9:30-10:30
AM

RIDES TUESDAYS AND THURSDAYS
TUESDAY SEPTEMBER 13 -
THURSDAY NOVEMBER 15

STARTING FROM
GRACE UNITED CHURCH
PARKING LOT
6215 104 AVENUE NW

MEET AT 9:15 AM
RIDE FROM 9:30-10:30 AM
SNACKS & COFFEE 10:30-11 AM

Looking for a supportive group of parents to ride with? Every April through June and September through November, our group rides the river valley trails twice weekly for 10 weeks.

This beloved group has been running for over 40 years, providing fitness opportunities, camaraderie, affordable childcare, and snack and coffee time after each ride.

Contact **CYCLINGMAMAS@GMAIL.COM**
or Jo-Ann at (780) 807-8374 for inquiries
or registration info.

Online registration begins August 15th.
Visit <https://tinyurl.com/ycymam4f> or
scan QR code for registration.



\$35/ride + \$20/child in childcare.
FB group "Cycling Mommas/Grace
Gliders"



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NEW LOCATION (Aug 15) #300, 8104 - 82 Avenue



Find out more at
strathearnpsychology.com



SCL Leadership

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Rob	vicepresident@strathearncl.org
Treasurer	Robert	treasurer@strathearncl.org
Secretary	Glynnis	secretary@strathearncl.org
Membership	Jen	membership@strathearncl.org
Buildings & Grounds	Vacant	grounds@strathearncl.org
Rink	Vacant	rink@strathearncl.org
Social Director	Adam	events@strathearncl.org
Communications Directors	Pam & Evan	communications@strathearncl.org
Programs Director	Tessa	programs@strathearncl.org
Youth Director	Marina	youth@strathearncl.org
Members at Large	Jingjie & Anastasia	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
Montgomery Place Liaisons	Janette & Wendy	n/a

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

Community League Swim Program!

An excellent perk of your Strathearn Community League membership is still ongoing throughout the summer. Simply show your 2021-22 SCL membership card to gain access to both the family-friendly pool and large fitness centre at the lovely downtown Commonwealth Recreation Centre, every Sunday between 1-3pm).

As an added bonus, until the end of August, you can also check out the salt-water pool at Eastglen Leisure Centre (11410 68 Street) and enjoy community swim time at this additional facility during the same timeframe of Sundays between 1-3pm!

To find out how to obtain a membership card, please visit strathearncl.org/membership-1

Junior Tennis Society (EJTS) comes to Forest Heights!

EJTS will be running children's tennis programs at the Forest Heights public tennis courts (10104 85 St) for the first time this summer, on Sundays from July 17th-August 28 (with the exception of July 31):

- Tennis for Tots (ages 4-5) – Sundays 10:00am-11:00am
- U7 Level 1 (ages 6-7) – Sundays 11:00am-12:00pm
- U9 Level 1 (ages 8-9) – Sundays 12:00pm-1:00pm

-10+ Level 1 (ages 10-14) – Sundays 1:00pm-2:00pm

All programs are geared towards children with no tennis experience, and EJTS will provide the majority of the equipment needed for these lessons; the only thing we ask parents to provide is a junior-sized tennis racquet and non-marking athletic shoes. To learn more and to register please visit <http://edmontonjuniorstennis.com>

Calling All Art Lovers!

Strathearn Art Walk is at in again in 2022 with a 10-year anniversary celebration!

Help us celebrate by volunteering at this year's event happening on Saturday, September 10, and Sunday, September 11th. If you're interested in volunteering at this year's event, we couldn't do it without you! Visit strathearn-artwalk.com for all the details and to sign up!

ber 10, and Sunday, September 11th. If you're interested in volunteering at this year's event, we couldn't do it without you! Visit strathearn-artwalk.com for all the details and to sign up!



FREE DROP-IN GREEN SHACK PROGRAM

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

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

Strathearn
Silver Heights Park
9511 - 90 St NW
10:30 am - 1:30pm, Monday - Friday
July 4 - August 25

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

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

Summer Projects? Edmonton Tool Library

Have summer projects you want to tackle before fall comes around? Another perk of being an SCL member is free membership to the Edmonton Tool Library. As part of your membership you have access to the ETL library of over 300 tools through their reservation system.

If you are interested, they are looking for volunteers to run this amazing community resource. If you are interested in gaining valuable experience with a grassroots organization in Edmonton, email them at EdmontonToolLibrary@gmail.com to set-up a meeting time.

Want to go with our flow?

We're looking for volunteers!

- Free membership
- 3-5hrs/month
- Have fun!

Interested? Email EdmontonToolLibrary@gmail.com!

Greg Dunham

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

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Capilano: PRIME Quiet location, 3 bedrooms upstairs, 3 bathrooms including ensuite, BRIGHT open concept layout, mature landscaping, oversized double garage.



Gold Bar: Great entry level property, 3 bedrooms up, 2 full bathrooms, hardwood under carpet, fully fenced west facing yard.



Ottewell: Recently updated Kitchen, bathroom, singles house & garage, hotwater tank, has A/C. Close to schools, shopping and public transport, quick possession available.



Ekota: Millwoods Townhouse renovated top to bottom, 3 bedroom 2 bathroom unit, new kitchen, all new appliances, new flooring, new baseboards, fresh paint, updated bathrooms, fenced yard and 2 parking stalls.



Walker: Perfect south Edmonton starter home, No condo fees, 3 Bedrooms upstairs, 3 Bathrooms (ensuite), fenced yard, garage pad, quick possession available.



Forest Heights: Continue to rent up and down or redevelop with multiple options.