

# SOUTHEAST VOICE

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

April 2023

Published by Calder Publications. To advertise please call 780-434-9732 or email [info@communityleagueneeds.com](mailto:info@communityleagueneeds.com)



## Cloverdale Seeks Board Members

The Cloverdale Community League needs members of the community to fill several vacant seats on the board. These include President, Vice President, Communications Director, and Social Director. These roles are crucial to building a vibrant community that feels welcoming, connected, and has good relationships with the City government, other neighbourhoods, and services. The Community Board runs pro-



grams, operates the Community Hall, hosts community-focused events, advocates for our unique neighbourhood needs, and shares news that impacts our area. Please consider taking an active role in your community by joining the Cloverdale Community League Board, or recommend a neighbour to do so! For more information, or to put your name forward, please email: [info@cloverdalecommunity.com](mailto:info@cloverdalecommunity.com)

## Avonmore Community Annual General Meeting (AGM)

The date for our annual general meeting has been set for May 10th @ 7:30 pm at the Avonmore Community Hall. All are welcome but please note that we will be restricting

voting to members. If you haven't purchased your membership for the year this is a great opportunity to do so! Visit [glowyogakids.com](http://glowyogakids.com) or email [info@glowyogakids.com](mailto:info@glowyogakids.com) to register.

## Capilano Community AGM

Capilano's AGM will be held on June 21, this year. Stay tuned for more details in the next issue.

## Sing, Sign, Laugh & Learn

Idylwylde (Bonnie Doon) library, in collaboration with Edmonton Early Intervention Program, is hosting an event full of songs, rhymes, and signs! The event, on April 6th, 13th, 20th, 27th and other days throughout the following months, allows parents and caregivers to interact one-on-one with their child while also learning engagement strategies to enhance communication and development. More information can be found on [EPL.ca](http://EPL.ca)

Spring is in the air and SEESA has lots of new and exciting classes, clubs and events for the older adults in our community to enjoy.

The Spring 2023 Session of Classes & Clubs begins in April and we're still accepting registrations. Check out the Program Guide available on our website for details.

Upcoming Events - Mark Your Calendars:

Spring Rummage & Reuse Sale (Saturday, April 22 & Sunday, April 21) and the Spring Book Sale (April 11 - 20 and April 22 - 23). Donations for both events accepted April 3rd - 20th.

SEESA's Accidental Drama Club invites you to "Melodies at the Manor". (April 29th & 30th). "Spring into Music" with the Melody Singers (May 7th)

Check out our website for further information (including ticket prices) for these events.

Tillie's Cafés Open

After a lengthy closure due to COVID, Tillie's Cafés now open for business.

Hours of operation: Monday - Thursday, 9:00am - 1:00pm. The cafe is open to the general public, not just SEESA members - please stop by for a visit!

## National Volunteer Appreciation Week is April 16-23

The National Volunteer Week theme for 2023, Volunteering Weaves us Together, reveals the importance of volunteering to the strength and vibrancy of our communities through the interconnected actions we take to support one another. These diverse forms of sharing our time, talent and energy strengthen the fabric of our community.

Volunteers are key to SEESA's success. We have volunteers doing a wide range of things that contribute to the many activities that SEESA has to offer. In 2022, 292 volunteers, comprised of over 200 members and almost 100 non-members, recorded over 23,786 volunteer hours with SEESA. "Thank you" to all our wonderful volunteers.

Is your old car, truck, RV, boat or motorcycle taking up space? Your junk vehicle can help SEESA!

We have partnered with Donate a Car Can-



ada to accept your car donation. When you donate your car, truck, RV, boat, or motorcycle to SEESA through Donate A Car Canada, it will either be recycled or re-sold (depending on its condition, age and location). Your vehicle may not be a junk car, and they can help with that, too! Donate a Car Canada will look after all the details to make it easy for SEESA to benefit. You will receive a tax receipt after your vehicle donation has been processed! See the link on our donation page for further details.

For further information on these and other happenings at SEESA, stop by our office or give us a call.


APRIL 26<sup>th</sup> - 7 P.M.  
**HOLYROOD**  
**AGM 2023**  
Online in your living room

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to view my properties, visit [www.andyv.ca](http://www.andyv.ca)

# South East Community L

## 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    |
| Idylwylde              | Scott          | idylwylde@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 |



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



# Ottewell Driving Range

**4205 - 102 Ave**  
(just north of Baseline off 50 St. Behind curling club)  
**tel: (780) 469-8404    ottewellcc@shaw.ca**



**Happy Hour Golf**  
**1 pm - 4 pm**  
**Monday - Friday**

**Hours of Operation**  
**11 am to Dusk**



**Get your swing into form**

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**Need a swing tune-up, new to the game. Lessons Available.**



Ottewell Curling Club & Golf Driving Range





# CHRISTENSON

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## Community League Board

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

## Glow Yoga Kids Summer Camp

Glow Yoga will be hosting a few of their week long kids yoga summer camps at the Avonmore Community League hall. The July event is full, but you can still register for the August 21-25 camp. Full day is 9am-3pm for \$280 +gst and the half day camp is 9am-11:45 am and 12:15 pm-3:00 pm for \$160+gst. Email glow

## Avonmore Welcoming Committee - Consider Volunteering!

The welcoming committee needs volunteers! Do you walk your dog around the neighbourhood every evening? Consider taking on the easy task of being a 'newcomer scout'. If you see somebody moving in, note the address, and update the google spreadsheet. It's that easy! No middle man, and no other tasks needed of you. Now, we also need brave souls who would like to be 'greeters' and physically

deliver the welcome packages to the newcomers. If you're an enthusiastic and friendly, welcoming person consider signing up! By giving people a warm welcome, we increase the chances of our newcomer friends becoming active members of the community. We hope to assemble 6-8 greeters to make this committee happen. Email president@avonmore.org to sign up as a scout or greeter.

## Programs Director Needed

We are in search of a Programs Director! Are you interested in helping with events and programs but not sure if you'd like to be the director?

You can always be part of the Programs committee, and plan an event without hav-

ing to commit to the responsibility of monthly board meetings. This goes for any of the positions, consider taking on one or two responsibilities to help this community stay vibrant and active. Reach out to president@avonmore.org if you'd like to help.

## Soccer Director Needed

We are currently looking for a new soccer director to take over as our previous Soccer Director, Boris, has been doing this for more than 15 years and is going to move on. Boris

will be available to help guide and train the new director.

All inquiries please contact sports@avonmore.org.

## Avonmore Vision is ready for everyone!



This is our community vision, so we need you to tell us what you like and what could be changed. We will share the final version at the AGM in May. You can learn more at <https://avonmore.org/vision/> or download it from the QR code below



## Avonmore Book Club

Avonmore Book Club meets every 4 -6 weeks on Sunday evenings. New members are always welcome. Contact pastpresident@avonmore.org for details.

## Hall Rental

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

## Avonmore Garden Club

The Avonmore garden club is pleased to announce it will host a landscaping workshop in partnership with Eden Landscaping ([www.landscapedmonton.ca](http://www.landscapedmonton.ca)). Eden Landscaping is a landscaping company with 25-plus years of experience in the Edmonton area, specialising in the design and installation of custom, ecologically-conscious landscapes.

For the cost of \$25 dollars participants will receive a kit including a printed-to-scale working copy of their property plot plan to use in design work, as well as an information package to help them create a first draft of their plan. An in-person workshop with Eden Landscaping will be held at the Avonmore community league hall on March 18th where participants will have limited one-on-one time with staff from Eden Landscaping

to discuss.

You do not have to redesign your entire yard to participate in this workshop. You may only have a problematic shady or dry area you want covered, or may want to create a water storm capture area for flash floods--no project is too small or too large for this workshop!

In order for Eden Landscaping to be able to accommodate everybody at the hall, we will limit the number of registrations to 30. You can register on Eventbrite. The link is: <https://www.eventbrite.com/e/eden-landscaping-design-workshop-registration-520809484187>

If you cannot find the event, you can also email gardenclub@avonmore.org and we will send you the link.

## 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 neigh-

bours 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.

## Avonmore Moves

Avonmore is running a movement initiative supporting mental health. There is a definite connection between mental health and exercise! Since June 2021, we've encouraged Avonmore residents to track movement in kilometres. Some residents use a device that tracks their movement of steps, running, biking or others calculate 20 minutes of workouts which equals 1.6 kms. Community members record their movement and send their information to me so we record the numbers for the whole neighbourhood. We are part of a Community Challenge with 5 other surrounding communities.

We have 14 people who regularly send in their numbers. From June 2021 to February 19, 2023 we have moved a total of 108,243.68 kms. We are heading towards our third trip around the earth of 120,225 kms (The circumference of the earth is 40,075 kms) and reaching 200,000 KMS. Our group is working towards getting 8,873.38 more kms for the remainder of March, April and May!!! With the warm weather coming up we are giving it our best shot. We want you to join us in tracking our movement! Anything you or your kids do that is active is eligible! Just count 20 minutes of exercise as equivalent to 1.6 kms! We would like everyone who can log their

workouts, steps, or biking kms to join us! Please join with the rest of Avonmore in this fun way to improve our physical and mental health by doing these two things:

1. Send me an email at active@Avonmore.org and get started recording your own movement.
2. Sending this same email address to everyone in your Avonmore contact list so they can join in.

If you have any questions, please email active@Avonmore.org. I look forward to hearing from you!

## Avonmore Parent/Baby/Tot Playgroup

The playgroup is located at the Avonmore Community Hall, and runs every Monday from 9:00 am - 11:00 am (no playgroup on statutory holidays). The playgroup is a special community meeting place where parents and caregivers of babies and toddlers have an opportunity to socialise and engage in unstructured play. We'd like to reach out to new moms especially, who may be looking for other new moms in the community to connect with. Join the facebook group "Avonmore Parent, Baby and Tot Group" to get real time updates.

## 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.



Do you know the signs of a stroke?

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.
- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.


Remember: FAST.

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.


It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit [myhealth.alberta.ca](http://myhealth.alberta.ca)



Emergency Medical Services

# Bicycle Helmet Safety



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting informed


- Wearing a helmet while cycling can prevent significant injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To assess the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride need to wear helmets;
- Parents can lead by example – always wear a helmet when cycling.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Load up on legumes for lunch

Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas and mung beans. Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, legumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron and magnesium.

If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

Meal ideas:

- Turn a side salad into a meal by adding canned beans.
- Use black beans as a topper on your chicken pizza.
- Add beans or lentils to a meat sauce.
- Try a white bean dip or hummus with raw vegetables.
- Switch from hamburgers to plant-based burgers by substituting cooked lentils for ground beef.

Or try making a chickpea salad:

1. Chop cucumbers, tomatoes and carrots. Add them to rinsed, drained canned chickpeas.
2. Toss with a dressing made of vegetable oil, vinegar or lemon juice.
3. Add a pinch of pepper to taste.

Legumes are a flavourful and low-cost food that give a good boost of nutrition. Consider adding some to your meal the next time you're in the kitchen.



Why calcium matters

Calcium keeps your bones and muscles—including your heart—healthy and strong. Your body needs vitamin D to absorb calcium. People who do not get enough calcium and vitamin D throughout life have an increased chance of having thin and brittle bones (osteoporosis) in their later years. Thin and brittle bones break easily and can lead to serious injuries. This is why it is important for you to get enough calcium and vitamin D at every age.

Your body also uses vitamin D to help your muscles absorb calcium and work well. If your muscles don't get enough calcium, then they can cramp, hurt, or feel weak. You may have long-term (chronic) muscle aches and pains.

How much calcium do you need?  
How much calcium you need each day changes as you age. Here are the recommended dietary allowances (RDAs) for calcium:

- Ages one to three years: 700 milligrams
- Ages four to eight years: 1,000 milligrams
- Ages nine to 18 years: 1,300 milligrams
- Ages 19 to 50 years: 1,000 milligrams
- Males 51 to 70 years: 1,000 milligrams
- Females 51 to 70 years: 1,200 milligrams
- Ages 71 and older: 1,200 milligrams

If you are pregnant or breastfeeding, you need the same amount of calcium as other people your age.

How can you get enough calcium?  
Calcium is in foods such as milk, cheese,



and yogurt. Vegetables such as broccoli, kale, and Chinese cabbage also contain calcium. You can also get calcium if you eat the soft edible bones in canned sardines and canned salmon. Foods with added (fortified) calcium include some cereals, juices, soy beverages, and tofu. The food label will show how much calcium was added.

You can figure out how much calcium is in a food by looking at the percent daily value section on the nutrition facts label. The food label assumes the daily value of calcium is 1,100 mg. If one serving of a food has a daily value of 20 per cent of calcium, that food has 220 mg of calcium in one serving.

Two common calcium supplements are calcium citrate and calcium carbonate. Calcium carbonate is best absorbed when it is taken with food. Calcium citrate can be absorbed well with or without food. Spreading calcium out over the course of the day can reduce stomach upset and allows your body to absorb it better. Try not to take more than 500 mg of calcium supplement at one time.

For more information, call Health Link toll-free at 811.

Preventing cervical cancer



Did you know that regular Pap tests and follow-up care can prevent about 90 per cent of cervical cancer cases? A Pap test checks the cervix for any abnormal cells that can lead to cervical cancer. When needed, these abnormal cells can be treated or carefully followed.

Almost all cases of cervical cancer are caused by the human papillomavirus (HPV). HPV infections are common and usually do not cause symptoms, so most people do not even know they have it. Even if you've been immunized for HPV, it's recommended you start having Pap tests at age 25 years, or three years after becoming sexually active, whichever is later.

Pap tests are quick and can be done at your healthcare provider's office or at a women's health clinic. Regular screening means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to attend any appointments

for follow-up testing if recommended by your healthcare provider. The earlier abnormal changes are found, the easier they are to manage and the less likely they are to develop into cancer.

For those who are unsure of when they had their last Pap Test, or are due for another, please contact your physician or call Health Link at 811.

In addition to regular Pap tests, HPV immunization is an important tool in preventing HPV-related diseases. The HPV vaccine is offered to all Grade 6 students in Alberta schools who haven't had HPV vaccine yet and works best in children and teens before they have any type of sexual contact. Some adults may also benefit from the HPV vaccine. Talk to your doctor or pharmacist to find out if it's a good idea for you.

For more information on cervical cancer screening, visit screeningfor

Edmonton Grandmothers

# fabulous fabric frenzy

## SATURDAY APRIL 29, 2023

Strathearn United Church  
8510-95 Ave, Edmonton  
9 am - 3 pm \$2 admission

Fabric, yarn, notions, craft supplies

For more information:  
EdmGrandmothersFabricFrenzy@shaw.ca

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EMAIL: INFO@SKIPTHEGYM.CO  
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INSTA: @SKIPTHEGYM.YEG



## Avonmore Community League Membership

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

Annual membership term: September 1 to August 31.

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

Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is

offering a 10% in-store discount on ALL their beverages. Enjoy Canadian Maple? Well... Biggle (located at 8526 109 St NW) is offering 15% off on all their maple products online or in-store by applying the promo code (VIPCODE).

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

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



## Shinny Ice Hockey

Fall/Winter sessions are Friday's 10:45pm @ Kenilworth arena. We will play from October to March 2023.

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.

## Next Crib Night - April 22

Our first Crib Night on March 11 was a great success. It was so successful we are holding a second Crib Night on April 22. Must pre register on Eventbrite or by calling 780 977 0402.

Thank you to Planet Fitness (Bonnie Doon) and Boston Pizza (Argyll) for door prize donations for the March 11 crib night. We encourage residents to support these two local businesses that support our community.

## 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 still include: "Avonmore Parent & Tot", "Avonmore Garden Club" and "Avonmore 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

## Music Classes ages 1-5

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

Come join us for a fun hour of music and dance from our wonderful music teacher Dawn Bissett.

Save these music class dates: April 17th, May 8th.

## Crochet Club

Come join us for the new Avonmore Crochet Club. This will be a recurring event on the 1st Thursday of every month at the Avonmore Community Hall. The next session is April 6th. The event will run from 6-9pm and

there will be limited supplies so please sign up early by contacting Adele at grants@avonmore.org. Come out and share your current work in progress and celebrate the creativity of your fellow Avonmore residents.

## Avonmore Community Playschool

Avonmore Community Playschool Open House was March 9th from 5:30-6:30pm

We welcomed families of children ages 3-5 to come visit us, meet with the teachers, and explore our fun and inviting space. If you were unable to make this date, don't fret, we wel-

come you to email us at playschool@avonmore.org to set up a personal tour of the playschool or to talk with our teachers to ask any questions. You may also check out our video on the Avonmore.org website and you can also find our new registration form here as well.

## Mill Creek Ravine Trestle Bridge Replacement

The Mill Creek Trestle Bridge (just north of 76 Ave) is expected to be replaced near the end of this year. It was originally constructed in 1902 as a rail bridge, but the rail company replaced most of the original materials before it was handed over to the City. It is still safe to use, but the timber supports have a lot of

rot and so the entire bridge will need to be replaced. The bridge is expected to be closed for about a year starting in "late 2023". During this time the trail will be detoured. More information is available on the project's webpage "edmonton.ca/projects\_plans/roads/mill-creek-ravine-trestle-bridge-replacement"

## Avonmore Community Sponsors



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



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## COMMUNITY LEAGUE BOARD



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| 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 S.  | 780 718-7270              |
| Webmaster                     | Katie    | webmaster@capilanocl.ca   |
| Social Media                  | Serena   | serenasvidal@gmail.com    |
| Sign Rental                   | Karen    | 780-977-5252              |
| Building & Grounds            | Carson   | 587-930-6977              |
| Civics Director               | Jill H.  | jkhest@gmail.com          |
| Babysitting Registry          | Becky    | 587 589-5848              |
| Capilano Playschool           | Maureen  | 780 802-9307              |
| Tennis                        | Daniel   | 780 245-1285              |
| Soccer Programs               | Shelley  | 780 497-0395              |
| Soccer Programs               | Curtis   | 780 908-3889              |
| Ice Allocation                | Sam      | rink@capilanocl.ca        |
| Hardisty Gym/Preschool Soccer | Shauna D | 780 966-3205              |
| SECLA                         | Jill H.  | jkhest@gmail.com          |
| 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 Ball Hockey (non-parented) Registration

Kids will learn to stick handle, pass, shoot, protect the ball, keep their heads up, and read the plays. Along with the basic rules, your child will learn offense and defensive strategies and tactics. Hockey skills will be improved through fun, game-based teaching methods.

Each class is a mixture of learning skills and playing ball hockey. Kids will improve their playing and become more proficient and skilled hockey players.

Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.

Dates: Saturday April 29 – June 10, 2023

Group 1: 4–6-year-olds

Time: 9 – 10 a.m.

Group 2: 7–12-year-olds

Time: 10 – 11 a.m.

Cost: \$85/child (cash or cheque payable to Gymfit)

Where: Capilano Community League Rink (10810-54 Street)

REGISTRATION: Registration online at Capilano Community League website (www.capilanocl.ca). Look for an online form under Ball Hockey.

## Yoga at Capilano Hall

Come out for Hatha style yoga!

Day: Wednesday

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

Cost: \$10 per class when attending weekly sessions, \$12.00 drop in.

First class is free for new participants.

Join in at any time and purchase the number of sessions you would like to attend. Yoga runs through to the end of June.

Payments can be cash, cheque or etransfer

## 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.

## Capilano Community Memberships

Want to be part of a conscientious, vibrant, and fun community? Want to access (at often reduced fees) community programs and facilities? Become a Capilano Community League today!

How much does it cost?

\$20/family \$10/Single \$10/Senior

Purchase a membership through the following:

--Contact Jean at 780 863 0914

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

--Edmonton Federation of Community Leagues (EFCL) (online only) Please note that through EFCL, only family memberships are available, and a \$5.00 admin fee is added.

Thank you for supporting all our partners who support our community!

WHY should I become a member?

--A community group able to address the concerns of residents and whose main priority is the well-being of the community.

--City of Edmonton Community League Wellness Program (Community League Members receive discounts on City of Edmonton Passes) [https://www.edmonton.ca/activities\\_parks\\_recreation/community-league-wellness-program](https://www.edmonton.ca/activities_parks_recreation/community-league-wellness-program)

--Affiliation with Neighborhood Watch

--Discount membership at Hardisty Leisure Centre.

--Free community swim times at Hardisty Leisure Centre (at designated times)

--Use of Capilano Community skating facilities

--Access to community programs and courses

--Capilano Tennis club eligibility

--Opportunity to enroll children in area sports and recreational programs (Membership is mandatory to join)

--Capilano Hall Rental Discount

--Capilano Big Bin Event Access

## Capilano Seniors' Afternoon Program

The Capilano Community League is bringing the SCNA Seniors Centre in to facilitate a program at our community league.

If you would like to try us on for size, please call 780-433-5377 to sign up. Cost is only \$10 (Coffee, lunch and prizes provided). Hope to see you there!

Upcoming Tuesday dates for 2023: April 18, May 16, June 20, July 18

Next Tuesday: April 18, 2023

Time: 12:30 to 2:30 p.m. (If you are taking DATS, book pick up time for 2 p.m.)

Location: Capilano Community League Hall – 10810-54 Street

Cost: \$10, includes lunch/coffee/prizes

Please watch our Facebook Page for last minute updates.

## Capilano Preschool (non-parented) Soccer Registration

This thriving program has been a staple for families in the Greater Hardisty Area for 18 years! Instructors, using a play-based model of learning, lead kiddos through 45 minutes of skills and games. And our coaches get what it means to play preschool soccer as most of them started their sporting careers in this very program! Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink.

Start: Tuesday May 2 or Thursday May 4, 2023

End: Tuesday June 6 or Thursday June 8,

2023

Cost: \$85/child (cash or cheque payable to Gymfit)

Group A: Tuesdays 5:30-6:15 p.m.; Group B: Tuesdays 6:15-7 p.m.

Group C: Thursdays 5:30-6:15 p.m.; Group D: Thursdays 6:15-7 p.m.

REGISTRATION: Registration online at Capilano Community League website (www.capilanocl.ca). Look for an online registration form under Preschool Soccer. Registration is limited and first come first serve.

to email below.

All levels welcome, slower paced classes with focus on building strength and stability as well as relaxation and stress release. Every class is different and based on specific

themes.

Please bring a yoga mat and come check it out.

For more information contact: Nancy\_conlin@hotmail.com





### Total Body Fitness

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

Tuesday class at 6:45 p.m.  
 Thursday class at 6:45 p.m.  
 This session March 7 – April 25 (no classes April 6, 11, or 13). New session starts in May.

\$77 one day a week (7 classes) on Tuesdays  
 \$66 one day a week (6 classes) on Thursdays  
 Drop-in rate is \$13  
 For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or visit @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.

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

This session March 7 – April 25 (no classes April 6, 11, or 13). New session starts in May.  
 \$77 one day a week (7 classes) on Tuesdays  
 \$66 one day a week (6 classes) on Thursdays  
 For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or visit @lisashortenfitness on Facebook or Instagram.

### Capilano Playschool – Accepting Registrations

We follow a “learn through play” philosophy providing children with a fun and supportive early learning environment.

We offer a full-time program (5 mornings a week) from 8:45 to 11:15 a.m. as well as part-time options (3 days M/W/F or 2 days T/Th). We are located in Hardisty School. (10534-62 St.).

For more information on our parent cooperative playschool, or to get a registration package, please contact Maureen at 780-802-9307 or at [capilanoplayschool@hotmail.com](mailto:capilanoplayschool@hotmail.com); check out our website [www.capilanoplayschool.com](http://www.capilanoplayschool.com), or find us on Facebook.  
 Now accepting September 2023 registrations - register now before spots fill up!

### Karate at Capilano Hall!

Time to break out of your routine – get off your couch and get on our floor. Okinawan Goju ryu Karate and Ryukyu Kobudo are at Capilano Hall on Wednesday nights.

Get yourself, your kids, or the whole family active. We have family rates available. Karate is a great activity that helps calm and focus the mind, strengthen, and stretch the body, and helps you manage stress better. Plus learn

some great karate moves.  
 Why break the bank when you can train locally, support your local community, and receive quality instruction in a Karate Alberta-affiliated dojo, where you will receive top instruction from an internationally ranked instructor. All for a fraction of the cost. Find us on - [facebook.com/RyukyuKaratedoKobudo](https://facebook.com/RyukyuKaratedoKobudo) or text/ call 780-619-3136.

### Capilano Community League Sign Rental

Contact Karen at: 780-977-5252  
 Do you have a message for the community, a birthday, anniversary, graduation, or special event that you would like advertised? Advertise it on our changeable sign located at the intersection of 65 Street and 108 Avenue.  
 Sign rental fees: Community League Members - \$10 (\$15 for non-members).  
 Small business/commercial advertising -

\$25. Guaranteed 3 days.  
 Please note: small business announcements/advertising 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!



Come To

## West Edmonton World Water Park

With

### Capilano Playschool



Join us at the World Water Park on **Saturday, April 22nd from 8am to 11am**  
 An exclusive time slot with only 1000 ticket holders!  
 Enjoy the slides and pool without the crowds!

**Tickets are \$30.00!!**  
 (Regular ticket price is \$59 + tax! Save over 50%!!)

Tickets are only valid during our exclusive time slot.  
 Ticket holders will be required to exit the waterpark after 11am.

You can purchase tickets by:  
 Email: [capilanoplayschoolassociation@gmail.com](mailto:capilanoplayschoolassociation@gmail.com)  
 Or Text/Phone call: Amanda @ 780-293-7829  
 Melissa @ 587-337-8762

Tickets can be picked up in Capilano or Greater Hardisty Neighborhood.  
 Delivery can also be arranged.





# MARK YOUR CALENDARS!!

## Capilano's Community Wide Garage Sale & Big Bin are back!

**2023**

**JUN**

**Community Wide Garage Sale**  
**Saturday June 3, 2023**  
 .....  
**Big Bin Event**  
**Saturday June 10, 2023**

**WE ARE BRINGIN BACK SOME FUN IDEAS**



Capilano Playschool – Plant Sale Fundraiser!

Capilano Playschool will be selling a variety of plants this spring!  
Orders will close on April 30 so please get your orders in soon!  
Pick up will be at Capilano Playschool located in Hardisty School, on May 12 from 3:30

- 5:30 p.m. If individuals require late pick up that day, please email Amanda at fundraising@capilanoplayschool.com.  
Submit your order on the Healthy Hunger website <http://healthyhungersecurepay.ca/CLSRgBXxPk>

Capilano Tennis Club

The Capilano Tennis Club (10810-54 Street) offers great value for recreational and competitive players.  
Lessons are available to members and non-members, including after school and summer

camp for children 5 years and older, as well as Adult Group, Semi-Private, and Private lessons.  
To learn more, visit our website at [www.capilanotennis.ca](http://www.capilanotennis.ca). See you on the courts!

FREE swim for Capilano community members on Sundays

Bring your current, valid Capilano Community League membership card to swim for FREE during the following times:  
--Hardisty Leisure Centre from 1:15 to 2:45 p.m. on Sundays

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 Babysitting Registry

Babysitters needed! The Capilano Babysitting registry is looking to add babysitters to our registry. Please email [babysitting-registry@capilano.ca](mailto:babysitting-registry@capilano.ca) for more details. Parents looking for a sitter can also email this address to get connected to a sitter in our area.



**YEGarden SUITES**  
Workshop  
April 30th, 2-5pm

Rules, Regulations, & Permitting  
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Tickets: [YEGardenSuites.com](http://YEGardenSuites.com)

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# Forest Terrace Heights

10150 - 80th Street  
forestterrace.org

## WHAT A STORY!

On Sunday, March 19, 2023, as part of the Imagination Library program, we hosted a cozy story time for the community's budding book-worms. Our littlest neighbours listened to stories, enjoyed breakfast treats, and took their tiny binoculars on an animal scavenger hunt!

The Imagination Library is a free book gifting program devoted to inspiring a love of reading in the hearts of children everywhere. Operating since 1995, it currently distributes more than one million books each month to children worldwide. Visit [epl.ca](http://epl.ca) to learn more!

## UPCOMING EVENTS

### APRIL 15 - KIDS IMPROV

Exercise your imagination! Led by theatre director and actor Katie Hudson, this 1.5-hour workshop offers kids ages 7 - 18 an introduction to improvisation basics. Through short improv exercises, participants learn how to tell a story by imagining and creating scenes on the spot.

Saturday, April 15  
11:00 am - 12:00 pm | 7 - 9-year-olds  
1:00 - 2:30 pm | 9 - 14-year-olds  
3:00 - 4:30 pm | 15 - 18-year-olds  
Forest Terrace Heights Community Hall  
(10150 80 St NW)  
\$20 for Community League Members | \$22 for Non-Members

## APRIL 21 & 22: BOOK & PUZZLE SWAP

If you and your family have outgrown some of the books and jigsaw puzzles in your home, you won't want to miss the Forest Terrace Heights Book and Puzzle Swap! On April 21 and 22, bring your gently used items in exchange for some fun new books and puzzles. Everyone welcome!

Friday, April 21 | 6:00 - 8:00 pm | Drop Off  
Saturday, April 22 | 10:00 am - 3:00 pm | Swap  
Forest Terrace Heights Community Hall  
(10150 80 St NW)  
Interested in Volunteering? Visit [www.forestterrace.org](http://www.forestterrace.org) and sign up for a shift.

## APRIL 29 - FULTON RAVINE CLEAN UP

It's spring cleaning time! Join us for the Fulton Ravine Clean Up on Saturday, April 29, from 10:00 am - 12:00 pm. Sign up on [www.forestterrace.org](http://www.forestterrace.org) under Volunteer Opportunities. Or meet us at the Forest Terrace Heights Community Garden or Capilano Library on April 29 at 9:45 am to pick up your supplies. There will be fun social activities to follow! Contact Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org) or call 780-463-1613 for more information.



## NEXT BOARD MEETING

Everyone in the community is welcome to attend board meetings, held the first Wednesday of the month at 7 pm. Please get in touch

with Jeffrey at [president@forestterrace.org](mailto:president@forestterrace.org) to join. You can find the list of board members on our website.

## RINK

The Forest Terrace Heights ice rink has concluded for the season. Big thank you to Scott and our neighbourhood volunteers who took

care of the rink all winter. Remember that June is bike month and watch for Community League cycling activities as things warm up!

## HALL RENTAL

The Community Hall offers one of the city's lowest rental rates. Book it for a birthday, din-

ner party, game night, or workshop! For more information or to book, visit [forestterrace.org](http://forestterrace.org).

## FREE SWIMS

Forest Terrace Heights Community League members are eligible for weekend free swims. Show your membership card when you arrive!

Saturdays | 3:00 - 5:00 pm | Commonwealth & Eastglen  
Sundays | 1:15 - 2:45 pm | Hardisty

## NOMINATE-A-NEIGHBOUR BOUQUET

In partnership with Capilano Grower Direct, the Forest Terrace Heights Community League gives away a flower bouquet each month to a deserving resident in our community. Do you

have an amazing neighbour you would like to recognize?

Contact Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org) or call 780-463-1613.

## PARENT & BABY DROP-IN

Bring your babe, blanket and binkies and hang with other parents in your neighbourhood at our Tuesday drop-ins.

WHEN: Tuesdays from 12:45 pm to 2:15 pm

WHERE: Forest Terrace Heights Community

Hall (10150 80 St NW)

WHO: Parents and babies up to age 3 (older siblings are welcome)

COST: Free!

Questions? Contact [sarah@forestterrace.org](mailto:sarah@forestterrace.org).

## MEMBERSHIPS

You can now purchase your Forest Terrace Heights Community League memberships online!

\$30 FAMILY | \$15 INDIVIDUAL | \$10 SENIOR

With your membership, you'll get free community swims, hall rentals discounts, reduced rates from local businesses and more! Visit [www.forestterrace.org](http://www.forestterrace.org). Memberships can be

purchased at Grower Direct on 101 Ave for those who prefer cash. If you are new to the neighbourhood, your first membership is free! Please get in touch with Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org) or 780-463-1613 for more information. Current memberships are good until August 31, 2023. New memberships are coming soon!

## VOLUNTEER OPPORTUNITIES

### SOCIAL MEDIA DIRECTOR

We're on the hunt for a digital-savvy community builder. If you have a knack for writing and love engaging with people on social media, please reach out to learn more!

## SOCCER DIRECTOR

If you're already attending your kids' soccer practices and weekend games, why not make 2023 the year you support your community and lead the Forest Terrace Heights soccer initiatives? If you are interested in these positions and learning more, contact Jeffrey at [president@forestterrace.org](mailto:president@forestterrace.org).

## GOT NEWS?



Please email [newsletter@forestterrace.org](mailto:newsletter@forestterrace.org) if you have neighbourhood news to share. Follow us on Facebook, Twitter and Instagram or visit [forestterrace.org](http://forestterrace.org).

### Forest Heights School Playground Bottle Drive

May 6 - 9am to 2pm in the school parking lot  
10304 81 St. NW



New Playground Coming Summer 2023!

For more information or to contact us, please go to [fhsplayground.wixsite.com/play](https://fhsplayground.wixsite.com/play)

## Podiatric foot care! 780-466-5290

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## Children's Clothing Sale!

May 27th 10am - 3pm  
St. Luke's - 8424 95 Ave.



**\$1**

All Items

Donate clothing a child 0 - 12 would be proud to wear without mending. (no underwear please)

Drop off Donations Thurs. 12-4, Sun. 11-12 or by appointment [clothes@stlukesac.ca](mailto:clothes@stlukesac.ca)

Help create affordability for families & environmental sustainability for our clothes. Proceeds will support the St. Luke's Mission.



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## Miles Berry Acclaimed as UCP's Gold Bar Candidate

At a near capacity Edmonton-Gold Bar constituency association meeting Thursday night, the Gold Bar LCNC announced that out of 4 prospective candidates, Registered Nurse and prolific community volunteer Miles Berry was selected by acclamation as the UCP candidate for the upcoming provincial election. Miles has served as the CA president since the previous election and has volunteered on civic, provincial, and federal campaigns.

Miles has spent most of his life in the constituency, is VP Civics for his community league, sits with several foundation boards and societies, and is

Military and on various Red Cross humanitarian disaster responses at home and abroad. More recently, he has been a proponent of active living and sustainable, diverse, and inclusive urban planning with sufficient residential density to ensure local businesses thrive. He considers himself an environmental conservative; not wanting to waste heat, he built an energy efficient home, and is an avid gardener.

Miles believes a responsible legacy to leave our children requires solid, conservative fiscal management, that the social contract of participatory democracy assumes elected officials are en-

trusted with our vote to be guardians of that public trust, the public purse. "We take for granted that our democracy is secure, many don't vote, and far fewer ever get involved; I have never been a bystander. My family knows first-hand what the alternative looks like." Miles, his wife, and daughter are currently supporting a Ukrainian war immigrant. He appreciates that freedom to live at risk and autonomy of self is an unassailable right when it does not impact the safety and security of others.

He also believes that social trust should include caring for the most vulnerable in our society with education and multidisciplinary wrap-around services - a 'hand up' rather than a 'hand out' - and that care teams and teachers need the resources to ensure that safety net is available when needed. His 32-year healthcare experience reminds him that providers must also be responsible to ensure fiscal guardianship of tax dollars and be innova-

tive to ensure public health care is accountable and effectively managed. He believes that parents shoulder an awesome responsibility in raising children and are the primary moral influencers and educators of their loved ones. His father raised a family of eight working in the oil and gas sector, and still managed to have several side businesses over the years. Miles believes that education continues at home, and having learning options to reflect the mosaic of Alberta family characteristics is worth preserving.

To live safely, without fear of harm from others, to feel protected by the trusted law enforcement we need, to earn a fair and living wage, where government is there for people when needed but creates the right conditions for our economic engines to thrive. These are a few of the themes that emerged in hearing what Miles Berry wants for Edmonton-Gold Bar and Alberta as its 'servant leader' if elected MLA.

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## Can my home be sold without my knowledge?

You may have heard recent news stories out of Ontario where homes were sold without the homeowner's knowledge. Shocking, and rare as it is, all homeowners should be aware this kind of fraud can occur anywhere. Thankfully, there are things you can do to protect yourself.

### How can a home sell without the homeowner knowing?

In the Ontario cases, fraudsters used fake identification and other documents to pose as both homeowners and potential tenants.

In one case, a property management company chose tenants for their landlord client, who were later discovered to have used fake identity documents, along with bogus references. The fraudsters, originally posing as the tenants, then impersonated the homeowner to sell their home.

### Work With a Licensed Real Estate Agent

Through their education and training, real estate licensees are advised to build strong client relationships and lookout for any red flags. They are further obligated to verify their client's identification as part of providing competent service. When you work with a licensed professional to buy or sell your home, obtain a mortgage, or manage your property, it decreases the probability of fraud occurring.

### Red Flags

- incorrect or inconsistent spelling of names across multiple documents
- employment references listed for companies that could not be found online or had no website

- phone numbers for personal references which, when attempted to be verified, are the wrong number or for out-of-service numbers
- potential clients who are unwilling to meet in-person

### Check Your Land Title

It's not something most homeowners do on a regular basis, but checking your land title is a good fraud prevention tool. You likely wouldn't invest a large sum of money without checking in on how it's performing, so similarly, checking in on your land title to ensure it is still in your name is a good housekeeping measure for those who own property. Homeowners can check their land title through any registry office or directly through Alberta land titles.

### Consider Title Insurance?

Even with the best client identification procedures in place, fraud can still occur. Title insurance can offer added protection.

Title insurance is relatively inexpensive and protects the policy holder against most losses associated with title fraud and other title-related issues, including challenges against ownership. All homeowners can purchase title insurance through various insurance companies. Title insurance policies typically cover legal expenses and other costs related to restoring title. Even homeowners who did not obtain title insurance at the time of their property purchase can purchase a homeowner policy at any time.



## Ask Charles

The seller's real estate agent lied about the house I put an offer on. Will filing a complaint with the Real Estate Council of Alberta, get me out of my purchase?

Filing a complaint with the Real Estate Council of Alberta (RECA) won't help you get out of your purchase, but you are encouraged to file a complaint against the seller's agent if you believe they lied to you.

RECA's complaint-handling process is disciplinary in nature. RECA can issue discipline against industry professionals only after reviewing the complaint, collecting evidence, conducting interviews, and holding a hearing. And only if the industry professional is found

to have breached the legislation or industry standards.

Penalties issued against industry members can be significant; up to \$25,000 per breach. However, RECA's disciplinary process can't get your money back, award you any damages, or will it enable you to get out of your purchase.

The offer to purchase that you submitted, and the seller accepted, is a contract that created legal and binding obligations. RECA does not have the authority to intervene with these legal contracts.

In the event that the lie was significant enough that you believe you will be financially

or otherwise disadvantaged by continuing with the purchase, you should talk to a lawyer as soon as possible. A lawyer can advise you on potential legal action you can take after your purchase closes.

Consumers do not automatically receive compensation from this Fund as a result of filing a complaint. Rather, there is an application process which, in some cases, requires a consumer to file a lawsuit against the industry professional in question. For more information

about this Fund, check out RECA's website at [www.reca.ca](http://www.reca.ca).

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email [askcharles@reca.ca](mailto:askcharles@reca.ca).

## Getting help for varicose veins

Varicose veins are twisted, enlarged veins near the surface of the skin. They are most common in the legs and ankles. They usually aren't serious, but they can sometimes lead to other problems.

### What causes varicose veins?

Varicose veins are caused by weakened valves and veins in your legs. Normally, one-way valves in your veins keep blood flowing from your legs up toward your heart. When these valves do not work as they should, blood collects in your legs, and pressure builds up. The veins become weak, large, and twisted.

Varicose veins often run in families. Aging also increases your risk.

Being overweight or pregnant or having a job where you must stand for long periods of time increases pressure on leg veins. This can lead to varicose veins.

### What are the symptoms?

Varicose veins look dark blue, swollen, and twisted under the skin. Some people do not have any symptoms. Mild symptoms may include:

- Heaviness, burning, aching, tiredness, or pain in your legs. Symptoms may be worse after you stand or sit for long periods of time.

- Swelling in your feet and ankles.
- Itching over the vein.

More serious symptoms include:

- Leg swelling.
- Swelling and calf pain after you sit or stand for long periods of time.

- Skin changes, such as:

- Colour changes.
- Dry, thinned skin.
- Inflammation.

### Scaling.

- Open sores, or bleeding after a minor injury.

Varicose veins are common and usually aren't a sign of a serious problem. But in some cases, varicose veins can be a sign of a blockage in the deeper veins called deep vein thrombosis. If a physician identifies this as a problem, you may need treatment for it.

### How are varicose veins diagnosed?

Your doctor will look at your legs and feet. Varicose veins are easy to see, especially when you stand up. Your doctor will check your legs for tender areas, swelling, skin colour changes, sores, and other signs of skin breakdown.

You might need further tests if you plan to have treatment or if you have signs of a deep vein problem.

### How are they treated?

Home treatment may be all you need to ease your symptoms and keep the varicose veins from getting worse. You can:

- Wear compression stockings.
- Prop up (elevate) your legs.
- Avoid long periods of sitting or standing.
- Get plenty of exercise.

If you need treatment or you are concerned about how the veins look, your options may include:

- Sclerotherapy to close off the vein.
- Laser treatment to close off the vein.
- Radiofrequency treatment to close off the vein.
- Phlebectomy, or stab avulsion, to remove the vein.
- Ligation and stripping to tie off and remove the vein.



# SPRING IS HERE



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## Fundraising Dinner & Silent Auction

Join us to celebrate  
60 years of Scouting in our community!

Proceeds go to supporting youth at the  
World Jamboree in Korea

April 15th @ 6pm  
Forest Heights Community Hall  
Call Adam for more information:  
780-554-5835



**Welcoming back customers for April 2023. Reserve your spot today!**

You can ask for the full package or choose from the following a la carte services:

Power Rake, Aeration, Garden Bed/Hedge Blow out, First Mow & Trim

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Respect your neighbourhood. SEESA affiliated, in good standing with good recommendations.



## BOARD

**Mike**  
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president@fultonplace.org  
7808867794

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vpleagueaffairs@fultonplace.org  
7809515253

**Gavin**  
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esther@fultonplace.org

**Michelle**  
Director/Walking Group Coordinator  
michelle@fultonplace.org

**Facilities**  
Nathan  
facilities@fultonplace.org

## Skating Rink

Our rinks are closed for the season. Thank you to all our volunteers for keeping the rinks fun and safe to skate.

## Big Bin Event

Save the Date for our annual spring cleaning event on Saturday June 10 from 9:00 a.m. to 2:00 p.m. at Fulton Place Hall. Community League memberships are required to participate in the Big Bin Event and will be available for sale for \$5 on site.

## Volunteer To Clean The Ravine

Our Annual Clean The Ravine event will be Saturday April 29 from 10:00 a.m. until 12:00 p.m. All equipment will be provided. Join our friends from ForestTerrace Heights and meet us at 6336 Fulton Drive where we'll kick off our spring cleaning.

## Gardener's Swap & Sale

Join us for our Spring Gardener's Swap & Sale on Saturday, May 27 2023, 9:00 a.m. to 12:00 p.m. at the Fulton Place Community League Hall. Bring any plants (indoor or outdoor), seedlings, perennials, tools, magazines, books, etc. Bring your extras and take away new treasures. Whether this is your 1st

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

## Community Events

Do you want to plan an event for our community, and need some support? Maybe you want to try some type of one off or recurring community event, and need some people to help plan, or you need some financial support, or the use of the hall. We can help! Email mike@fultonplace.org with your thoughts or inquiries.

## Hall Rental

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

## Walking Club

The Fulton Place Community League has a walking club to get out and enjoy the warmer weather, explore the community, and meet our neighbours. We are looking at starting up again in May and we want your feedback. To better

serve our community members, we are asking for feedback on the date, time, and frequency of our walks with a survey on our website. If you have any questions or are interested in hosting a walk, please visit fultonplace.org/walking-club

## 8th Annual Garden Tour

Planning for the 8th Annual Fulton Place Garden Tour is underway and we are looking for potential gardens to add to the tour. Do you have an amazing or unique garden OR know a neighbour that has an extraordinary garden space? If you would like to be considered, or if you would like to nominate a garden, please

email programmer@fultonplace.org.

Include your name and address and the name and address of any nominees. Nominees will be contacted for more information and to arrange a visit. Finalized tour dates are to be confirmed but will fall around the summer solstice in June.



## Root for Trees



Fulton Place is organizing a Root for Trees Registered Tree Planting Event. Root for Trees is the City's volunteer tree-planting initiative helping to expand Edmonton's urban forest by planting native trees, shrubs, and wildflowers adding biodiversity to our urban forest. Registered Tree Plantings are two hours in length and are facilitated by Root for Trees Program Technicians who guide the planting demonstration, deliver a safety talk, and provide interesting facts about Edmonton's urban forest. All ages are welcome. Volunteers are provided with shovels, gloves and plant material. Please email michelle@fultonplace.ca if you are interested in volunteering. A minimum group size of 10 people is required.

## Community Swim

Our Community Swim is Saturdays from 2:00 p.m. to 4:00 p.m. at ACT Aquatic and Recreation Centre and on Sundays, 1:15 p.m. to 2:45 p.m., at Hardisty Fitness and Leisure Centre and both are FREE for Fulton Place Community League members. The 2022-2023 community swim season runs until June 18, 2023. Community swims do not take place on Statutory Holidays or days the facilities close early such as Easter Sunday.

## Sunshine Garden

Fulton Place Community Sunshine Garden is looking for volunteers to fill committee positions.

**Church Representative** – liaison between Garden Committee and St. Augustine's Anglican Church as landowner

**Volunteer Coordinator** - helping all volunteers keep track of hours and meeting contract commitments, helping all members understand which tasks are needed and when to keep our garden looking superb!

**Social Co-Coordinator** – working with the Social Coordinator plan social events for members (e.g., Spring opening celebration, Year-end harvest party, and any other fun events!)

You must be a member of the garden (Friend of the garden level or box renter), but you do not need to live Fulton Place. If you like to garden or talk about plants with other enthusiasts, you'll fit right in. Our garden has won awards from Edmonton Horticulture Society, Communities in Bloom, and Sustainable Foods Edmonton, and we focus on continuing to have a blend of permaculture plantings and bed rentals for annual plantings, and have on site water capture and on site composting. We have a focus on cultivating community, supporting environmental stewardship, providing educational opportunities, and encouraging healthy living for our communities. Committee meetings are every third Thursday of the month 7-8 pm at St. Augustine's (6110 Fulton Road). The AGM and elections will be held on April 20, 2023, from 7-8 pm. If you are interested in these positions, please email fpcgcontact@gmail.com and attend the AGM.

## FPCL Membership Benefits

Enjoy membership benefits from local businesses in the area with your Fulton Place Community League membership. You can find a current list of our membership benefits on our website (www.fultonplace.org), under the 'Become a Member' dropdown.

## Tool Library

The Fulton Place Community League has a membership with the Edmonton Tool Library. With your Community League Membership card or number you get year-round access to their inventory of tools and you can borrow up to 8 tools at a time for a one-week rental period. Located at Bellevue Community Hall, 7308 112 Avenue NW. The tool library inventory can be browsed at <http://www.edmontontoolibrary.ca>.



## 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   | Kerry            | bravoisis@hotmail.com        |
| Bingo Director - Parkway     | Charlene Lazenby | charlenelazenby@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 VOLUNTEER TO SELL TO A ROUTE NEAR YOU ! If you're interested in helping your community by selling memberships, we have short and long routes available.

With your membership you have FREE access to the Edmonton Tool Library, and the

Community Swim at Hardisty Pool from 1:15-2:45 Sundays.

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

## 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.

This session March 6- April 24 (no class

April 10) New session starts in May

Mondays from 930-1030am

Contact Lisa to register or with any questions.

Mondays \$70 or \$12 drop in

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

## Yoga at Gold Bar Community Hall

Hatha style yoga

Monday's 11:00 am - 12:15 pm

Wednesday's 7:30 pm - 8:45 pm

\$10.00 per class with attending weekly sessions

\$12.00 drop in 1st class is free for new participant's

Join in anytime and purchase the number of sessions you would like to attend. Yoga runs through to the end of June.

Payments can be cash, cheque or etransfer to email below

All levels welcome, slower paced classes with focus on building strength and stability as well as relaxation and stress release. Every class is different and is based on specific themes.

Bring a yoga mat, come check it out

For more information contact: Nancy\_conlin@hotmail.com

Hold the Date

May 13 2023

5-8 PM spring fling family dance

Goldbar Hall

Music Meal and Glitter tattoos



**GOLD BAR**  
**COMMUNITY LEAGUE'S**  
**SPRING**  
*Market*  
**April 29th 2023**  
**10AM - 3PM**  
**Local Handmade and**  
**Commercial Goods from**  
**Over 20 Vendors**  
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**Gold Bar Preschool**  
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**Bhagvans Ice Cream Truck**  
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**Gold Bar Community Hall**  
**4620 - 105 Avenue,**  
**Edmonton**

## Gold Bar Preschool

Gold Bar Preschool is now accepting registrations for the 2023/2024 school year! We offer a unique, play-based, outdoor focused preschool program for 3- 4 year olds. We provide a welcoming, inclusive environment for our students to explore the world around them through play-based experiences and outdoor exploration.

We will be running a morning class three

days per week as well as an afternoon class two days per week. Space is limited. We are located in the Gold Bar Elementary School (10524 46 Street)

For more information on our parent cooperative program or to register, please visit our website [www.goldbarpreschool.com](http://www.goldbarpreschool.com) or email us at [goldbarpreschoolparents@gmail.com](mailto:goldbarpreschoolparents@gmail.com)

## BINGOS

If anyone is interested in working these events, please call Lorie@ 780-447-1110. Funds raised are used for community events.

Parkway Bingo:

Sunday April 9 evening/ late night

Monday May 15 evening/ late night

Saturday May 27 afternoon only

Saturday June 17 afternoon only

Fort Road:

Tuesday June 6 afternoon/ evening

## 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.

This Session Runs March 5- April 30 (No

class April 9) New session starts in May

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




Contact Lisa to register or with any questions.

Sundays \$88

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

## 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 - Paul                        | sports@holyroodcommunity.org         |
| Memberships - Nor'Ali                          | memberships@holyroodcommunity.org    |
| Facilities & Grounds - <b>Vacant</b>           | facilities@holyroodcommunity.org     |
| Communications - Jana                          | communications@holyroodcommunity.org |
| Events - Elisa                                 | social@holyroodcommunity.org         |
| Civics - Carlos                                | civics@holyroodcommunity.org         |
| Holyrood Development Committee - <b>Vacant</b> | hdc@holyroodcommunity.org            |
| Community Garden - Geordan                     | garden@holyroodcommunity.org         |
| Soccer - Richard                               | soccer@holyroodcommunity.org         |
| Playschool - Laurence                          | playschool@holyroodcommunity.org     |
| Playgroup - <b>Vacant</b>                      | playgroup@holyroodcommunity.org      |
| Casino - <b>Vacant</b>                         | casino@holyroodcommunity.org         |
| Engagement - Christine                         | christine@holyroodcommunity.org      |

 holyroodcommunity.org 
  @HolyroodCL 
  Holyrood Community League  
 Purchase memberships through [efcl.org/membership/](https://efcl.org/membership/)  
**Complimentary Memberships are available for newcomers to Holyrood!**  
 Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

## HOLYROOD COMMUNITY LEAGUE BOARD

Please join us for our Annual General Meeting on April 26th, at 7pm. Learn about what we've been up to this past year, step up to volunteer for a position on our board, and meet all the volunteers that make this community a bit more fun to live in! There will be more information about the AGM on our website and social media channels, in April.

We're looking for a new president. This

role is vital to our Community League Board of Directors, we can't function without one! I've included a job description below for those interested in the position. We are hoping to begin onboarding as soon as possible, so if you think this position is a good fit for you, and you would like to lead our great volunteer board, please reach out to [President@holyroodcommunity.org](mailto:President@holyroodcommunity.org)

## OTHER OPEN BOARD POSITIONS

We have a few other key positions we are looking to fill prior to, or at, this year's AGM. Come join our fun and friendly team in making Holyrood a fantastic place to live! Commitments include attending monthly meetings, which are an hour long, in addition to a small

monthly time commitment, which is dependent on the role and could be anywhere from 1-4 hours a week.

If you are interested in any of the following positions, please email [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org)

## HOLYROOD DEVELOPMENT COMMITTEE CHAIR

This position reports to the civics director and is not required to attend board meetings, although there is a requirement to work with the civics director to create a monthly report with updates for the board. The HDC Chair will be joining our development committee, which is a very dedicated group that reviews the development proposals for upcoming developments in Holyrood. Some public speaking experience is required, as this individual may be asked to speak with reporters, the public, and in worst case scenarios, present

to City Hall during a city council meeting.

Responsibilities include:

Monitors land use, transportation issues and other civic concerns

Reports to the civics director on matters relating to the neighbourhood

Coordinates submissions and inquiries to government and other organisations

Work with the Civics Director to prepare monthly reports and an annual report

Orientation of new committee members

## MISPRINT

The date for the Holyrood Spring Event is April 8th, not 9th - apologies for the misprint

## CASINO COORDINATOR

This role is vital to our board as this year is a casino year. The casinos are the lifeblood of a non-profit organisation and constitute the majority of their operating budget. Our casino dates are September 21 & 22, 2023. We will be doing a call out for volunteers for the casino later on this year, but we absolutely need a casino coordinator to get us ready for this very important event.

Responsibilities include:

Maintains financial records.

On behalf of the board and with board approval:

applies for gaming licence

applies for grants and permits

Prepares written reports on gaming events

Works with Volunteer and/or Membership directors and recruits volunteer workers

Liaises with AGLC



receives all casino paperwork  
receives the casino licence to operate  
brings all paperwork on the first day to the casino

Hires the independent casino advisors, signs their contracts and returns it to them (we already have an independent casino advisor that works with us, so liaising with them will fall to the casino coordinator).

Schedules volunteers to five (5) specific casino positions - total of 48 spots over the two days.

Notifies volunteers of their position and the times of their shift by e-mail.

At the end of the casino, fill in the application for the next casino event.

Receives notification by mail from AGLC of new casino quarter

## FACILITIES DIRECTOR

The Facilities Director oversees the physical operation of the Holyrood Community Hall and Rink Building. The league is currently moving to a model of paid facility management, so the Facility Director will have a significantly different role from past years. The volunteer Director will act as the board's liaison with our paid facility management contractor, who will be responsible for ongoing maintenance, repairs and upgrades to our buildings.

Because of the reduction in duties, the Facility Director will also oversee maintenance and upgrades to the league's outdoor assets, including our skating rink, parking lot and the grounds immediately surrounding our buildings (our "licensed area").

Estimated time commitment: 1-2 hours per week, plus approximately 2-4 hours per month to prepare for and attend monthly board meetings.

## Gentle Movement Yoga at Trinity Lutheran

Move and stretch through gentle and accessible yoga poses while also learning calming techniques to live with more ease and joy.

When: Mondays 10:00 to 11:15 am until April 3, 2023 (except February 20th)

Cost: \$30 punch card for 3 class or drop-in at \$13/class

Where: Trinity Lutheran Church (10014 81 Ave NW)

## LEADERSHIP OPPORTUNITY - PRESIDENT

Would you like to make a significant contribution to your neighbourhood? Do you want to build board leadership skills? Are you keen to work with a team of like-minded individuals who care about our fabulous Holyrood community? Can you commit to an hour-long meeting online, once a month?

If so, you might be the next President of the Holyrood Community League!

Current president Larissa will not be seeking re-election at our April 25th AGM. She's been president for over five years, and she is looking forward to spending more time with her family. She will provide support for the new president and make sure you are comfortable and confident in your new role.

The HCL Board is a high-functioning, well-organized, fun group of volunteers who are keen to welcome and support a new leader. If you think you might have the time, interest and skills to be a community league president,

please consider this opportunity!

Some of the responsibilities of the President role include:

Providing leadership to the board by:  
focusing the board's activities on the league's mission

ensuring good governance  
leading in strategic/annual planning

leading in policy development and review  
encouraging board members to participate

in meetings, activities and initiatives  
Recruit and orient new board directors and coordinators.

Submit a brief report for monthly board meetings.

Approve the budget and other financial matters.

Develop, approve, monitor and review league policies.

Contact Larissa at: [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org)



PLAYGROUP COORDINATOR

Holyrood Drop in Playgroup is still in need of a volunteer playgroup coordinator to help once per week to keep our playgroup running! This is a great opportunity to get involved and meet other caregivers of young children in the community. This position liaises with the pro-

grams director and is not required to attend board meetings. Please contact programs@holyroodcommunity.org if you are interested or would like more information. Estimated time commitment: 3 hours a week, onsite at the playgroup.

YOGA WITH BARB

Prioritise wellness and mindful movement this year with Barb! Check out the details below and contact programs@holyroodcommunity.org or bar-

bayogaguide@gmail.com if you have questions. Punch passes or drop-in are available. NOTE: The \$30 punch card can be used at both locations.

Yoga in Holyrood at St. Luke's

Yoga is about increasing ease, stability and joy. Experience how yoga can be beneficial without being hard. Plus learn cool calming techniques. When: Thursday Evenings 7:00 to 8:15 pm until March 30, 2023 Cost: \$30 punch card for 3 class or drop-in at \$13/class Where: St. Luke's Anglican Church (8424 95 Ave NW)



HOLYROOD COMMUNITY PLAYGROUP

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

Although this meeting takes place in a church, this is not a religious group. When: Thursday mornings, 9:00am – 11:00am Where: Holyrood Community Church 9224 82 Street

**TLC Health and Wellness Fair**  
Age Well, Live Fully  
**June 7, 2023**  
8 AM – 4 PM

Registration Opens April 1, 2023

Join us for our first annual TLC Health and Wellness Fair

Keynote Speaker  
**Gord Steinke**

Choose 3 Sessions to Attend. Topics Include:

- Caregiving • Health • Travel
- Finance • Wellness • Arts & Culture

- ★ Tradeshaw featuring 40 local vendors
- ★ Opportunity to connect with others
- ★ Coffee Breaks and Lunch provided
- ★ Goodie Bags and Prizes
- ★ Free parking on site

CentralLions.org | 780-496-7369  
11113 113 Street NW

**Central Lions**  
Seniors Association

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**1 IN 4 CANCER RELATED DEATHS IN NORTH AMERICA ARE FROM LUNG CANCER.**

WHAT RADIOACTIVE ODOURLESS, COLOURLESS GAS IS THE LEADING CAUSE OF LUNG CANCER IN NON-SMOKERS?

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TO LEARN MORE ABOUT RADON AND HOW TO TEST AT [HTTPS://ABLUNG.CA/LUNG-HEALTH/RADON/](https://ablung.ca/lung-health/radon/)



## 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         | Mick         | secretary@idylwylde.org     |
| Casino            | Michelle     | casino@idylwylde.org        |
| Civics            | Lee          | civics@idylwylde.org        |
| Programming       | Corrina      | programs@idylwylde.org      |
| Membership        | Fran         | membership@idylwylde.org    |
| Garden            | Kirsten      | 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      |
| Hall Rentals      | Chris        | rental@idylwylde.org        |
| General Inquiries | 780-466-7383 | league@idylwylde.org        |

[Idylwylde.org](https://www.idylwylde.org) [@IdylwyldeCL](https://twitter.com/IdylwyldeCL) [Idylwylde Community League](https://www.facebook.com/IdylwyldeCommunityLeague)

## eNewsletter

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

## Open Mic Night a Success!

Thanks to the generous support of Pharma-save Holyrood Pharmacy, and Holyrood Barber Shop, we were able to have a live band to host the first Idylwylde Open Mic night of 2023. A huge thanks to the 9 performers from the area, and to host musicians Jessica Heine and Keith Rempel for providing quality entertainment. A special thanks to our volunteers Lee, Kate and Mick who kept things smooth behind the bar,

and Chris for keeping the audio levels in check. We hope to do more events like this in the future. If you have any ideas for pub night events, or community league events in general reach out to [social@idylwylde.org](mailto:social@idylwylde.org). Did you miss this Open Mic but wanted to play? We are keeping a list of performers. Email [seclarep@idylwylde.org](mailto:seclarep@idylwylde.org) and we will let you know when a similar event is coming up. See you then!

## Monthly Community Meetings

Want to get involved? Join us for our next meeting. Our meetings are the second Wednesday of the month at 7 p.m. at the Community League hall. Hope to see you there!

## Big Bin Event

Spring cleaning? Got some large items to get rid of? Idylwylde's Big Bin event is going to be held on Saturday, June 3. Time of event still TBD. Check our social media or eNewsletter for more details.

## Get involved with our community garden

Want to grow something good this season? Join the Idylwylde Community Garden and get to know your neighbors while you get your hands dirty. Whether you're an experienced

gardener or an absolute beginner, there's a place for you.

Contact Kirsten, the Garden Chair at [garden@idylwylde.org](mailto:garden@idylwylde.org).

## 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 memberships (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!

## Fitness Classes



Free with Community League membership (please contact [membership@idylwylde.org](mailto:membership@idylwylde.org) for your membership)

### Family Yoga

Dates: Sunday, April 16

Time: 10:00 am - 11:00 am

Location: Idylwylde Community Hall

Come stretch, laugh, breathe, relax, be silly, connect and have fun with your family and community! Bring the whole family because yoga is better together! Class is focused on kids ages 3-12 but all ages are welcome. Please bring water, at least one yoga mat per family and dress in comfortable clothing.

### Painting and Crafting

Sunday, May 7, 1 - 3 p.m.

Feeling inspired by the spring weather? Join us at the community league hall for a painting class with a spring theme for both adults and children alike.

Saturday June 3, 11 a.m. - 2 p.m.

Join us for a family crafting afternoon! Learn to bead a keychain or lanyard in a basic or more advanced style. Come solo or with the family.

### Community League Swim

Show your community league membership card for a free swim. To get a free community league membership contact [membership@idylwylde.org](mailto:membership@idylwylde.org)

Bonnie Doon Leisure Centre

8648 81 Street NW

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

### Commonwealth Community Recreation Centre

11000 Stadium Road

Ends Saturday, June 24, 2023

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

Eastglen Leisure Centre

11410 68 Street

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

## Facility Chair Vacant

The Idylwylde Community League is looking for a new Facility chair. The major duties of this position are looking after the Community League Hall. Tasks include completing regular and seasonal maintenance to helping coordinate larger projects such as re-finishing the roof. Training and support will be provided.

Volunteering on the Board of Idylwylde

Community League gives you the opportunity to meet other people in our neighbourhood, whether you're a longtime resident or a relatively new resident. Volunteering can give you a sense of belonging to a wider community, a sense of empowerment by being able to have your voice heard, and a sense of well being by being able to contribute back to society.

## Spaces Available This September



**Fulton Child Care Association** has spaces available and is now accepting registrations for children entering Kindergarten in September 2023



Please call 780-465-4383 extension 30 or 31 for more information or to register. You can also visit our website: <http://www.fultonchildcare.org>



## CONTACT US!

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

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

## Hall Rental Rates

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

### KCL Hall Rental Rates: (Seating 160)

|                             | Members  | Non-Members |
|-----------------------------|----------|-------------|
| - Weekend (Fri.pm – Sun.pm) | \$450.00 | \$550.00    |
| - Day Rate                  | \$300.00 | \$385.00    |

- Damage Deposit  
\$250/day rate \$550/day rate  
\$450/weekend \$550/weekend

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

## KCL Youth - April

Monday April 3, 7:00-8:30 pm Spread seeds of kindness project @Kenilworth Hall

Monday April 17, 7:00-8:30 pm Pizza & door deliver seeds of kindness project @ Kenilworth Hall

ALL GET TOGETHERS AND EVENTS ARE FREE FOR KENILWORTH YOUTH AND YOUTH

FROM SURROUNDING NEIGHBORHOODS!  
(Parents & other family members are welcome to join.

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

FOR MORE INFORMATION PLEASE EMAIL: [YOUTH@KENILWORTHCOMMUNITY.COM](mailto:YOUTH@KENILWORTHCOMMUNITY.COM)

## Kenilworth Community Memberships

Are you a member? 2022-2023 memberships are on sale and valid until August 31, 2023. Please reach out to Rebecca S. at [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com) for more information!

2022-2023 Membership Fees

Family-\$20

Single Adult-\$10

Senior-\$5

2022-2023 Membership Purchase Options

1) Online- Renew online to instantaneously have a renewed membership.

Online Renewal Link: <https://efcl.org/membership-purchase/>

2) Anvil Coffee- Purchase a membership at Anvil Coffee House (6148 90 Ave NW).

3) Mailbox Drop- We will request your contact information and arrange a day to swap a new membership card and payment using your mailbox.

## Spot the Letter Contest

Contest will start on April 8th.

Each day a clue will be posted as to the location of the home that has a letter in their

window. At the end, we spell the word KENILWORTH. Keep track of the house addresses with letters!

## Highlands Lawn Bowling Club

Try lawn bowling. Highlands Lawn Bowling Club, open house May 13 from 10 a.m. to 2 p.m. at 6112 113 Ave., wear flat shoes.

## Sweet Summer Sounds Concert Series

### Volunteer Expressions of Interest

Kenilworth Community League is excited to announce that we will be working together as a community to host another Sweet Summer Sounds outdoor concert series again this July and August. We cannot do this without the help of community members and are in the important planning stages right now. Please fill out this form if you are able and willing to help

out with this year's events either as part of our planning committee and/or boots on the ground helping with logistics, set up, clean up, etc... Events will run every two weeks for July and August for a total of 5 concerts. All concerts will run Wednesday evenings and will be family friendly! Please follow this link to express your interest in helping with this year's events! <https://forms.gle/qfyQVYCibHbaLEWP9>

## KCL Community Garage Sale

Saturday May 6, 2023 from 9:30 A.M. – 3:30 P.M.

This event is open to crafters, non-profits, or anyone who is downsizing. Tables are 8 ft. x 30 inches.

As tables are limited, reserve now: \$20.00 Street parking is available. Concession on site.

A perfect time to declutter - empty closets, basements, storage areas, etc. Your clutter



could be someone's treasure!

Email: [garagesale@kenilworthcommunity.com](mailto:garagesale@kenilworthcommunity.com)  
Phone: 780 469-1711

## KCL Adult Spring BBQ

Come and enjoy our very popular and delicious Adult Steak BBQ!

May 13, 2023

Cocktails 5:00 p.m.

Dinner 6:00 p.m.

Entertainment 7:30 p.m.

\$25 per person

Tickets:

Call Alma @ 780 469-2019 or email: [akesel@shaw.ca](mailto:akesel@shaw.ca)

Tickets can be purchased on April 12 at 7:00 - 8:00 pm. at Kenilworth Hall.

\*Please bring exact \$\$\$.

Limited number of tickets: first come first served! Sold out every year!

## Board Member Vacancies

AGM - Monday, May 8, 2023. Positions up for election:

1. Vice President
2. Treasurer
3. Casino
4. Bingo

5. Buildings and Grounds
6. Ice
7. Newsletter
8. Publicity
9. Senior Programs
10. Social

## Upcoming Events

Save the date.

More information closer to each event

Community Garage Sale May 6

Adult Steak & Shrimp BBQ May 13

Big Bin June 10

Golf Tournament & Steak Supper August 26

Membership Event September 17

# GRACE UNITED CHURCH ANNUAL GARAGE SALE

6215 - 104 Ave.

Friday May 5, 4:00 – 7:00

Saturday May 6, 10:00 – 2:00



# Ottewell

## Executive:

President: Corinne  
ottewell2212@gmail.com  
Vice President: Tom  
Secretary: Becca  
ottewellsecretary@gmail.com  
Treasurer: Jamie  
ottewell.finance@gmail.com  
Board Members:  
Farmers Market Manager:  
oclfarmersmarket@gmail.com  
Social Media: Hailie  
ottewellmedia@gmail.com  
Hall Rentals: Elaine  
ocllhallrentals@gmail.com  
SEV Liaison: Bri  
sevliaison@gmail.com  
Rink Director: Tom  
oclrink2021@gmail.com  
Abundant Community: Alyssa  
ACEOttewell@gmail.com  
Big Bin: Andrew  
oclbigin@gmail.com  
Bingo Director: Tyler  
oclbigo@gmail.com  
Grants: Chelsea  
oclgrants@gmail.com  
Membership Director:  
Sandra - oclconcerns@gmail.com  
Playschool Director: Jason  
SECLA Rep: Open  
Website Editor: Open

## OCL Babysitter's Registry

Sign-up for babysitters: <https://forms.gle/22a6V9MyqW4bRony9>

Sign-up for parents: <https://forms.gle/uS-55cy1DB4FnNAB58>

Are you a female entrepreneur looking for commercial kitchen space? Contact Elaine at [ocllhallrentals@gmail.com](mailto:ocllhallrentals@gmail.com)

Interested in being a website editor?

No website experience necessary. Word-Press training provided. Commitment is 2-4 hours/per month. Email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) to find out more.

## OCL Farmers Market

We are back every Thursday starting April 6th. Come to the hall from 4:00 - 7:00 PM and support local farmers, artisans, pop-up shops and community connectors. Ottewell Community Hall assists you with your shopping needs. Support these vibrant entrepreneurs shop local.

Follow us on social media to find out what is happening at your community market.

Facebook page -Ottewellcommunityfarm-

ersmarket

Instagram -oclfarmersmarket

Website -ottewell.ca

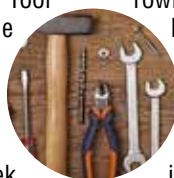
Have event ideas you would like to see happen in Ottewell? Contact Hailie at [ottewellmedia@gmail.com](mailto:ottewellmedia@gmail.com).

A heartfelt thank you to all our casino volunteers. Together you helped raise funds that will continue to support events and programming for our community.

## PLANNING SOME RENOVATIONS?

Don't forget if you are a community member you have access to The Tool Library!

Ottewell Community League has opted to become a supporter of The Edmonton Tool Library which means all members of the community league can now claim an individual annual membership which will allow you to borrow up to eight items from the large inventory of hand, power, and yard tools for a week at a time. To claim your membership please visit our location at the Bellevue Community Hall (7308 112 Avenue NW Edmonton) and bring photo identification and your Ottewell community league membership card. To



make the process faster you can complete a tool library membership application and review the release of liability waiver and borrowing policy. If you are not yet a member of your community league you can join online, check out our website for the easy process to obtain your membership.

The Edmonton Tool Library Society is a not-for-profit organization based in Edmonton, Alberta, Canada. Email us at [EdmontonToolLibrary@gmail.com](mailto:EdmontonToolLibrary@gmail.com). We're open every second Wednesday and Saturday. Check our website for specific dates <http://www.edmontontoollibrary.ca/>

## Abundant Community Program

Abundant Community Edmonton (ACE) 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](mailto:ACEOttewell@gmail.com) to reach a Block Connector near you or visit [ottewell.ca](http://ottewell.ca) to find out more.

## Monthly Ottewell Community League Meeting ONLINE

Have an exciting idea? Curious about what the City of Edmonton is doing in our community? Get involved and find out more at 6:30 PM, April 18th on ZOOM. All are welcome. Contact Tom at [oclrink2021@gmail.com](mailto:oclrink2021@gmail.com) to get the meeting link.

## Register for Ottewell Playschool Today!

OCLP has operated within the community for over 50 years. Our program runs Monday, Wednesday mornings with an optional Thursday morning, from September to June. The program offers play time, stories, crafts, songs, field trips, visitors, and so much more. Please go to our website <https://www.ottewell.ca/community/oclplayschool/> for more information or talk to our director Jason at 780-993-5118 or email him at [jjmclean@hotmail.com](mailto:jjmclean@hotmail.com)

## Zumba is Back at Ottewell

Zumba class with Ken every Monday night from March 6 - April 24th from 7:00-8:00 PM.

All fitness levels are welcome!

Each Zumba® class is designed to bring people together to sweat it on.

Sign up by emailing Ken at [kenneth.mckenny21@gmail.com](mailto:kenneth.mckenny21@gmail.com).

## Free Swim Times with OCL Membership

OCL members have access to the Community Swim Program from September - 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 Social Media

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

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at [Ottewell.ca](http://Ottewell.ca)

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**Tree pruning**

**Tree removal**

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

**Ottewell Community League**

**invites you to the annual**

**hello spring market**

**Saturday, April 29**

**10am - 3pm**

**OCL Hall**

**5920 93a Ave**

**Edmonton, AB**

**Showcasing**

**local artisans**

**& makers!**



## SCL Leadership

| Position                 | Name                | Email                           |
|--------------------------|---------------------|---------------------------------|
| President                | Chris               | president@strathearncl.org      |
| Vice President           | Vacant              | 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            |

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

## DESPERATELY SEEKING CASINO VOLUNTEERS!



Strathearn Community League has been granted a Casino, coming up April 21-22, 2023 (a coveted Friday/Saturday timeslot!) at the Grand Villa downtown.

We only need a few more spots filled!

WITH YOUR HELP, THIS SHOULD BE THE FINAL BOOST WE NEED TO FINISH PAYING OFF OUR COMMUNITY HALL!

Sign up today at <https://signup.com/go/aE-ghqJe>

## NEW TITLES FOR THE NEXT ROCK & ROLL BOOKCLUB

Dig into the following reads and then join us at the Hall on Monday, May 1st at 8pm to discuss:

High School by Tegan & Sara Quin

Bedroom Rapper by Rollie Pemberton

Absolutely on Music: Conversations with Seiji Ozawa by Haruki Murakami

Everyone 18+ is welcome!

## RENT THE HALL FOR YOUR SPECIAL EVENT THIS SUMMER!

Family reunion? Birthday party? Wedding shower? Small concert? Strathearn Community Hall is the perfect venue for your next event of up to 75 guests (seated) or 120 (standing). Email [hall@strathearncl.org](mailto:hall@strathearncl.org) for more information and to book. Did you know we offer deep discounts for SCL members? [strathearncl.org/new-community-hall](http://strathearncl.org/new-community-hall)

## SKATE WHILE YOU STILL CAN!

Thanks to the hard work of many local volunteers and up until the impending spring thaw, the Strathearn Outdoor Rink is open for business (weather/ice condition-permitting) on a self-serve basis, daily from dawn until dusk. Sticks and pucks are allowed at any time. We are always looking for more folks to help maintain the rink, occasionally helping with flooding and clearing off the snow. Please contact [communications@strathearncl.org](mailto:communications@strathearncl.org) to be added to the volunteer roster!

## The Perks of SCL Membership!

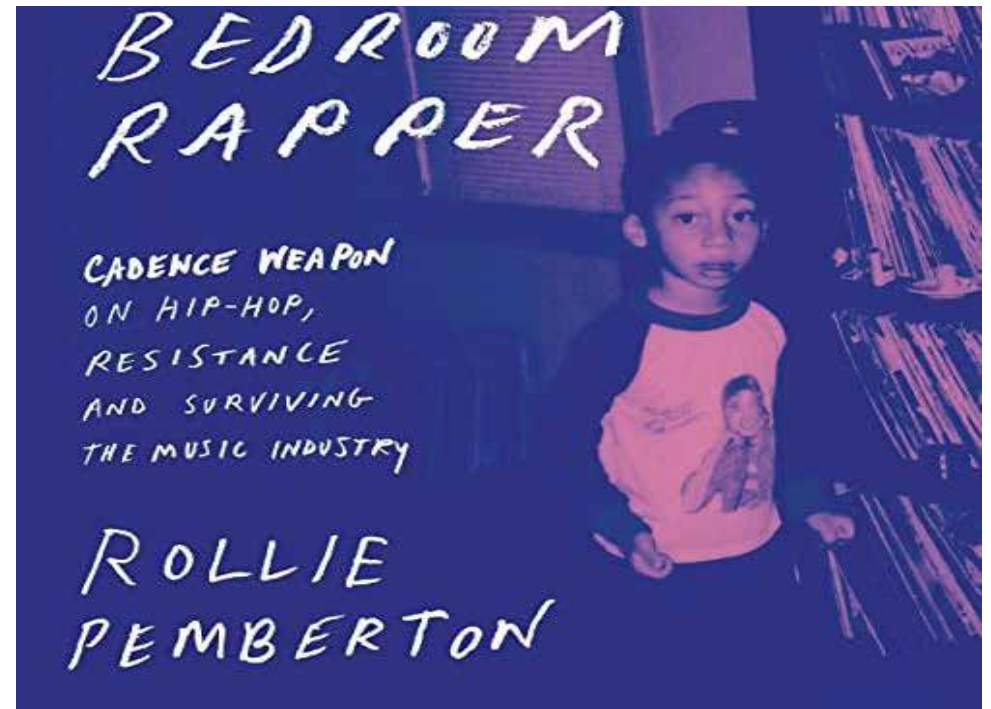


2022/2023 memberships are now available! Strathearn Community League memberships are available online at <https://strathearncl.org/>.

Did You Know? Community league membership gives you substantial discounts at any City of Edmonton recreation facility. As a community league membership holder you can save 20% on Adult, Family, Child, and Youth/Senior Annual Memberships, 15% on the already discounted multi admission pass (5+ visits), and 20% off an on-going monthly membership.

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. For more information visit [www.edmontontoollibrary.ca](http://www.edmontontoollibrary.ca)

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. Check it out at: <http://www.edmontontoollibrary.ca>



## Heather McPherson

Member of Parliament  
Edmonton Strathcona

### Contact my constituency office for assistance with:

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

780-495-8404

[heather.mcpherson@parl.gc.ca](mailto:heather.mcpherson@parl.gc.ca)  
10045 81 Avenue T6E 1W7



[www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)

Follow on [Twitter](#) [Facebook](#) [Instagram](#)



## Holyrood Cooperative Playschool Registration

Guess what? There is still space in the Holyrood Cooperative Playschool for the rest of this year!!

Mondays, Wednesdays and Fridays from 8:55am to 11:15am at the Strathearn Community Hall - 9511 90 St.

Ages: 3-5 years old

Website: <https://www.holyroodplayschool.ca>

Email: [Playschoolholyrood@gmail.com](mailto:Playschoolholyrood@gmail.com)

They also still have space for the 2023-2024 school year and are actively accepting registrations!



# Greg Dunham

780-964-1469 (cell)

gdunham@telus.net

**Call  
The Dunham  
Team Today  
780-466-0418**  
(Office)

- **FREE**  
Market evaluation
- Specializing in  
South East  
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- Investment  
Properties



**Fulton Place:** Prime location, 1200 sqft Bungalow, Large primary Bedroom with walk-in closet & ensuite, fenced yard, OVERSIZED Garage.



**Boonie Doon:** 1250 sqft Bungalow, 3 Bedrooms, 3 Bathrooms, ensuite, great starter home.



**University Condo:** Impressive 1200 sq ft 3rd floor unit, 2 Bedrooms, 2 Bathrooms, insuite laundry, underground parking w/ storage, concrete & steel construction, pet friendly complex.



**Queen Mary Park:** Spotless 3 Bedroom Bungalow, 2 modern Bathrooms, second kitchen with self contained living space downstairs, 785 meter lot.



**Millwoods:** 2 Storey Townhouse, 3 Bedrooms, 3 Bathrooms, ensuite, Double attached garage.

**Time to list is now!**  
**Spring market**  
**is here!**  
**Call**  
**Greg Dunham**  
**Today!**  
**780-964-1469**