

SOUTHEAST VOICE

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

July 2023

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President's Corner – Follow us on Social Media and Welcome to King Edward Park!

As the summer gets underway, I wanted to give a brief overview of what SECLA has been up to this year, and how we are looking to move forward in the future. We have started our social media presence, and are hoping to grow our following so that we are more easily able to champion events and initiatives in southeast Edmonton communities. If you have not done so already, please follow @southeast.voice.yeg on Instagram, and search for the South East Community League Association on Facebook. I hope you were able to joining us for our Skatepark Grand re-opening event on July 24th it was great to see so many factions of our community coming together! A special thanks to the SECLA organising team, and all of the vendors who came out for the event.



Our area council is growing also as we officially welcome the community of King Edward Park to SECLA! This had been a goal of ours to fill in a geographical gap in the map of SECLA, and we are happy to have them be part of the group at long last! Welcome King Edward Park! Hope all of south east Edmonton had a glorious summer free from smoke!

Sincerely,
Marshall – President, SECLA

THANK YOU!

from the Hardisty School
Playground Expansion Committee!



The playground committee would like to thank & acknowledge some amazing supporters that have helped with our fundraising efforts.

Capilano Playschool
\$5000

SECLA \$500



**We thank you for
your continued support**

Kenilworth Community League PRESENTS

SWEET SUMMER SOUNDS

CONCERT SERIES

FOOD TRUCKS 5:30-8PM
FREE LIVE MUSIC 6:30-8PM

at the Kenilworth Community League Gazebo, 7104 87 Ave

BAND LINEUP		FOOD TRUCKS	
JULY 5	Eddie Chwill & Friends	Lemon Grass Grill	
JULY 19	AV (Anne Vriend)	Guilt Free Eats	
AUG 2	Jeremiah McDade, Shannon Johnson & Solon McDade	Dedo's	
AUG 16	John Hewitt Trio	YEG Pizza	
AUG 30	Post Script	Sheeba	
		El Mero Mero	

Kenilworth COMMUNITY LEAGUE

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SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
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Capilano	Jill	capilano@secla.ca
Cloverdale	Reg	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
Fulton Place	Gavin	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood	Megan	holyrood@secla.ca
Idylwyld	Scott	idylwyld@secla.ca
Kenilworth	Marshall	kenilworth@secla.ca
Ottewell	Corinne	ottewell@secla.ca
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Kenilworth's Sweet Summer Sounds

Sweet Summer Sounds Concert Series is back in Kenilworth!

Grab a blanket or chair and your family, friends or neighbors and come down to enjoy 5 nights of amazing music over July & August at the Kenilworth Gazebo. We have brand new local incredible artists this year and by community request we now have 2 food trucks each night! Omen Brewery will also be on site with their products and we will be holding a nightly 50/50 to help raise funds for community events like this! If you came last year you know how memorable these events are and this year is sure to be a good time. Hope to see you!

Bands & Food Trucks

July 5 - Eddie Chwill & Friends / DEDOS & YEG PIZZA

July 19 - AV (Ann Vriend) / SHEEBA & EL MERO MERO

Aug 2- Jeremiah McDade, Shannon Johnson & Solon McDade/ GILTY FREE EATS & YEG PIZZA

Aug 16 - John Hewitt Trio/ SHEEBA & DEDOS

Aug 30 - Post Script / LEMONGRASS GRILL & EL MERO MERO

Please note: Shows will be rescheduled for one week later at the same time at the same place should the scheduled night be cancelled due to bad weather.

Eating and dementia

Encouraging someone with Alzheimer's disease or another dementia to eat enough may be a challenge. Here are a few tips that may help.

- If the person resists using a spoon or fork, don't force the issue. Some people may have vision or motor problems that make using a spoon or fork difficult. Serve food that can be easily eaten, such as finger foods. Prepare foods they like and don't worry about how the food is eaten.
- Set aside enough time for meals. They may

take longer than others to eat.

- Limit choices, which can be confusing. Serve meals in courses, one food at a time.
- If they wear dentures, make sure they fit properly. Uncomfortable dentures can make eating painful and keep a person from eating enough.
- If the person is losing weight, consider adding a liquid nutrition drink such as Ensure or another brand. Ask your pharmacist or doctor for more information.

Celebrate Canada, Celebrate Art

In July, you and your preschooler can enjoy special summer festivities in the city, starting on the very first day.

-On July 1, join in the free, family activities and entertainment at the legislature grounds to celebrate Canada's birthday throughout the day, beginning at 10 am. The big birthday party includes musical and dance performances and games for children.

-From July 7 to 16, make your way to Sir Winston Churchill Square downtown to see the bright, colourful, inviting installations in The Works, Edmonton's annual art and design festival. You may be surprised at which ones your child finds most intriguing! Both of you can have fun when you return home, talking about what you saw and why you liked certain pieces.



Then, spread out paper and markers or crayons and draw your favourites. Make your very own art and design to pin up on the wall.

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

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Leisure Access Program

The City of Edmonton is accepting applications for the expanded Leisure Access Program for low-income Edmontonians to access recreational facilities and the Ride Transit Program. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program

Those who fall under the Low Income Thresholds may be eligible for a 2-year approval term. Those who apply using AISH documentation may be eligible for a 5-year approval term.



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



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AT HAZELDEAN
Future Active Adult Rentals



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9433 - 67A Avenue NW, Edmonton, AB
or phone Lynne at **780-975-2509**



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Soccer/Sports	Connor	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Marissa	programs@avonmore.org
PlaySchool	Ashley and Tracy	director2@avonmore.org

Avonmore Moves

In Avonmore, we ran a movement initiative, in support of mental Health. We know there is a definite connection between mental health and exercise.

Since the beginning of June 2021, we've encouraged Avonmore residents to track movement in kilometers. 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 have participated in a Community Challenge with 5 other surrounding communities.

We had 14 people who regularly track their

movement and send in their numbers. From the beginning of June 2021 to June 4, 2023 we moved a total of 123,226.9 KMS!

After all their hard work and COMMITMENT we surpassed our goal of going around the earth 3 times which is 120,225 Kms! AWESOME!

Our group has decided that although we motivate each other we are going to take a break and discontinue this initiative for a while. Everyone has advised that as a result of the last two-year commitment to each other they will continue to move for their mental health. I would like to thank ALL 14 people who tracked and reported their movement to me each week. You all are an amazing bunch!

Avonmore Parent, Baby and Tot Playgroup

The playgroup is located at the Avonmore Community Hall, and runs every Monday from 9:00 am - 11:00 am (not 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 Green Shack

Afternoons (2:30-5:30pm) Mon-Fri

The Green Shack Program is back this summer and is running from July to August. Get active and join in on games, sport, crafts, music, drama and special events! A complete list of activities and special events is posted on the side of Green Shacks each week. If there is a game or activity that piques your child's interest that you would like to have included in the programming, just ask the Program Leader.

Program leaders will be hosting a variety of games, challenges and activities that are sure to get kids active and having fun!

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

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

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

Programming is still available on rainy/snowy days, but may be cancelled during severe weather. Please visit edmonton.ca/GreenShacks for more information.

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.

Visit glowyogakids.com or email info@glowyogakids.com to register.

Adele Fraser - Grants and Fundraising

Adele was born and raised in Edmonton south side. Staying close to her roots she moved to Avonmore in 2020 from Ottewell. She joined the community league as a grant writer to further her experience with fundraising. Zoe's Animal Rescue Society has been a big part of her fundraising journey. Volunteering with the two groups will help her work towards getting certified in the fundraising community.

"Working with United Way in the past has helped me to see the opportunities that are available to help other people and animals in the community by fundraising, grants are available but every group needs someone to do the work. I help by bringing together the information and the resources. It's very satisfying to know I am reaching the most amount of people and animals I can to make their day better. When I retire from my 9-5 job I will be

able to work with impacted groups such as United Way on a steady basis with a wonderful amount of experience completed within the community."

Since retirement is still 15 years away, she anticipates she will be around to help for many years to come and her time, treasure and talents will benefit everyone over the upcoming time.

"Crochet club is a wonderful chance to enjoy the hall and have some friendly conversations while working on our projects. Meeting new friends and making new projects go hand in hand! Come join us whatever your skill level, you will be sure to pick up a new stitch or two by crafting with friends!" Crochet club meets the first Thursday of every month except July, August, & September. We also have a Facebook chat you could join where we share all things crochet related!

Avonmore Welcoming Committee - Consider Volunteering!

We have finally finalised our welcoming booklet and we're ready to hit the streets handing them out to new residents. If you'd like to volunteer to help on the welcoming committee, email president@avonmore.org



Community Coffee

1st and 3rd Wednesdays

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

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

Avonmore c Club

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



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 (VIP-CODE).

Looking to purchase a membership? You can, by emailing membership@avonmore.org or by 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.



Hall Rental

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

Crochet Club

Crochet club is off for the summer, and will resume in October on the 1st Thursday of every month at the Avonmore Community Hall. The event will run from 6-9pm . For info contact 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 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.

Shinny Ice Hockey

Spring/Summer hockey ice times are Thursday's 9:45pm @ Argyll arena. We will play from April to August 2023. Shinny hockey is a group of players getting together to play hockey. Players of all genders and ages are welcome to participate. Our players vary in age from high school age to seniors and the range of abilities are beginners to ex-professionals. We choose different teams each session while still keeping the teams balanced. We play for 1.5 hours with a \$20 drop in fee or \$300 for all sessions. Paying for all sessions will guarantee you a spot every week. Full equipment is recommended, but you can wear whatever you are comfortable with. We have several players who have extra sets of equipment if you need to borrow items. There are 3 main rules we follow: Have Fun, Play to the ability of your opponent, Avoid stick work. Space is limited, if you are interested and would like to attend or would like more information please contact Boris at sports@avonmore.org

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

Community Music Classes for children 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.

Avonmore Community Playschool

If you were unable to make our open house in March, we welcome families of children ages 3-5 to come visit us, meet with the teachers, and explore our fun and inviting space. Email us at playschool@avonmore.org to set up a personal tour of the playschool or to ask our teachers any questions. All New Playschool Summer Program For children Ages 3-6 years old. This program will run Tuesdays and Thursdays during the summer of 2023 July Dates: 4, 6, 11, 13, 18, 20 August Dates: 8, 10, 15, 17, 22, 24 The cost will be \$50.00 for July and \$50.00 for August or free if you qualify for Alberta Child Care Subsidy. For more information or to register email Jamie at playschool@avonmore.org

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.

Avonmore Community Sponsors




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

Staying healthy when you travel


The best way to stay healthy on your trip is to plan ahead. Talk with your doctor several months before you travel to another country. It's important to allow enough time to get the vaccine doses that you need. For example, if you need the hepatitis A vaccine, you'll need two doses spaced at least six months apart. Also ask your doctor if there are medicines or extra safety steps that you should take. Check with your local health unit or travel health clinic for other travel tips. Get necessary vaccines • Make sure you are up to date with your routine shots. They can protect you from diseases such as polio, diphtheria, and measles. These diseases are still a problem in some developing countries. • Get other vaccines you need. Your doctor or a health clinic can tell you which ones you need for your travels. Here are some examples: o Hepatitis A vaccine, if you travel to developing countries. o Yellow fever vaccine, if you visit places in South America and Africa where the disease is active. o Typhoid fever vaccine, if you travel to Central and South America, Africa, or some areas of Asia. Bring medicines with you • If you take medicines, bring a supply that will last the length of your trip. Get a letter from your doctor that lists your medical conditions and the medicines you take. Bring prescriptions for refills if you will be gone for a long time. Also bring any medical supplies you may need, such as blood sugar testing supplies or insulin needles. • If you are going to an area where malaria is a risk, ask your doctor or health clinic for a prescription to help prevent infection. This medicine works best if you take it before, during, and after your trip. • You may want to bring medicine for traveller's diarrhea. Over-the-counter medicines include: o Bismuth subsalicylate (Pepto-Bismol). o Loperamide (Imodium). Your doctor may also prescribe an antibiotic to take with you. If so, take it as directed. This can treat diarrhea if you're going to an area where modern medical care isn't readily available. Make safer choices as you travel • Practice safer sex. Using condoms can prevent sexually transmitted infections. • In areas where mosquito-borne illnesses are found, use DEET insect repellent.

Wear long pants and long-sleeved shirts. Use mosquito netting to protect yourself from bites while you sleep. • Many developing countries don't have safe tap water. Only have drinks made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks, such as soda, beer, wine, or water, are usually safe. Don't use ice if you don't know what kind of water was used to make it. And don't use tap water to brush your teeth. • Be aware that you could be injured in cars, boats, or public transportation. Driving can be dangerous due to bad roads, poor driver training, and crowded roadways. Always wear your seat belt if available. If you hire a driver or taxi, ask the driver to slow down or drive more carefully if you feel unsafe. • Air pollution in some large cities can be a problem if you have asthma or other breathing problems. Avoid those cities when air quality is poor. Or stay indoors as much as possible. • Be careful around dogs and other animals. Dogs in developing countries are often not tame and may bite. Rabies is more common in tropical and subtropical regions. • If you're going to a place that's much higher above sea level than you're used to, ask your doctor how to avoid altitude sickness. The doctor may also prescribe medicine to help treat it.




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COMMUNITY LEAGUE BOARD



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Webmaster	Katie	webmaster@capilanocl.ca
Social Media	Serena	serenasvidal@gmail.com
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Building & Grounds	VACANT	
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
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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

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.

Wanted - Building and Grounds Director

The Building and Grounds Director is responsible for overseeing all maintenance and renovation activities for the buildings and grounds of Capilano Community League. This includes the Hall, the Rink Shack and Tennis Club as well as the parking lot. The rink is maintained by the Rink Manager. The Director is responsible for conducting a schedule of general and regular maintenance (e.g., heating systems, building security, plumbing repairs, snow removal). They are also responsible for identifying and proposing to the Community League Board renovation/repair needs such as system upgrades, roofing, flooring, or painting and where

approved, gathering quotes and overseeing contractors. The Director works in collaboration with the Hall and Facilities Managers who play a key role in and will assist with identifying maintenance and renovation needs. The time commitment for this role varies based on the needs at the time but in general is approximately 2 hours/week plus. This is a board position, so the Building and Grounds Directors is expected to attend regular board meetings (3rd Wednesday of Sept, Oct, Nov, Jan, Feb, March, April, May, and June). If interested or have questions, please contact Kris at K_cramer@telus.net or 780-720-9003.

FREE DROP-IN GREEN SHACK PROGRAM

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

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

Capilano

10810 – 54 St
2:30pm - 5:30 pm, Monday - Friday
July 4 – August 24

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

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

Capilano Community League Memberships

Upcoming new memberships September 1, 2023, to August 31, 2024, will be available July 15.

Memberships can be purchased through the following:

-Jean at 780-863-0914

-All Care Pharmacy 5016 - 106 Avenue

(Store hours only/cash)

-Edmonton Federation of Community League (EFCL) (<https://efcl.org/membership-purchase>)

Please note that through EFCL, only family memberships are available, and a \$5.00 administrative fee is added. Looking forward to a fun and busy new year!

CCL Program Director Needed!

This volunteer position is responsible for visioning and coordinating non-city community program offerings for Capilano Community League (CCL). This includes our fitness programming, seniors programming, children's programming and whatever you dream up that aligns with our league! Don't worry - while you are overseeing the programs you will work with other volunteers to implement

the programs. In this volunteer position for the league, you have the opportunity to shape the role and to have a significant voice in the programming that makes our community vibrant, active, and fun. As a bonus, you get to work with our existing and amazing community volunteers. If interested or have questions, please contact Kris at K_cramer@telus.net or 780-720-9003.

Garage Sale and Big Bin Thank you!

Thank you to Capilano Community residents who participated in our Community Garage Sale and came out to our Big Bin Event. We had great responses, and we will continue with these community events next year. And a BIG thank you to all the volunteers who organized these events and helped out!

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 camps for children 5 years and older, as well as Adult Group, Semi-Private, and Private lessons. New members are always welcome at <https://capilanotennis.ca/join-us/>.

If you have any questions, contact the club at info@capilanotennis.ca. See you on the courts!



Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

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

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

Small business/commercial advertising -

\$25. Guaranteed 3 days.

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

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

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 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 co-operative playschool, or to get a registration package, please contact Maureen at 780-802-9307 or at capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com, or find us on Facebook.

Now accepting September 2023 registrations - register now before spots fill up!

Tuesday Kettlebells/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.

Current session runs July 4/6 – August 24/29, 2023.

\$77 one day a week

7 classes - Tuesday, 7 classes - Thursdays

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

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.

Current session runs July 4/6 – August 24/29, 2023.

\$77 one day a week

7 classes - Tuesday, 7 classes - Thursdays

Drop-in rate is \$13.

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

Capilano Seniors Afternoon Program - Cancelled

It is with regret that we announce that the program that Capilano brings in with the help of SCONA Seniors Centre will be cancelled from now on.

We would like to thank Kathy, Ashley, and Melody from the SCONA Seniors centre, for bringing this program to our community.

Capilano Babysitting Registry

Babysitters needed! The Capilano Babysitting registry is looking to add babysitters to our registry. Please email [babysittingregis-](mailto:babysittingregis-try@capilano.ca)

try@capilano.ca for more details. Parents looking for a sitter can also email this address to get connected to a sitter in our area.

Podiatric foot care! 780-466-5290

Dr. Jeannette Furtak, DPM

#302 Capilano Centre

9945 – 50 Street

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*** Foot orthotics**

*** Diabetic foot care**

*** Appointments Mon - Fri**

www.greenwayspodiatric.ca

Volunteers Needed!!
Capilano's Next Casino is Coming Up On
SUNDAY AUGUST 27
&
MONDAY AUGUST 28, 2023
If you are interested in volunteering, please contact:
Marzena @ 780-909-5886 or
Jean @ 780-863-0914 OR
sign up through the link below.
www.signupgenius.com/go/60b0849a9aa2fa7f85-capilano#/

Capilano Community League would like to give a special thanks to
Maria Lyrantzis
for all her hard work and dedication over the past 6 years.

Over these years, Maria has been the hall manager, program coordinator for our fitness programs & has organized numerous community events. She has dedicated countless hours to booking rentals, maintaining the hall, making sure our fitness classes are organized, created & planned memorable events such as our Santagrams, the Easter Pancake Breakfast, Outdoor Community Movie Nights, Home Alone/ Babysitting Courses, the GUDbox, & the Folk Fest Community Concert; just to name a few!

Maria, thank you for your hard work, your vision & for your love of this community that has driven you to create such beautiful events & moments in Capilano. The community league will always be grateful for your contribution. We will miss the beautiful “gifts of service” that you have offered our community over the years.

2023 Board of Directors Contact List

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

Casino Volunteers Needed for Cloverdale

The Community League is seeking volunteers to do shifts at the Grand Villa Casino on Sunday, September 24 and Monday, September 25, 2023. The casino is an important source of revenue that helps run programs in the community, operate the Cloverdale Community League hall and support ongoing maintenance and improvements. Please consider volunteering by emailing the Cloverdale League casino liaison: casino@cloverdalecommunity.com



2023-2026
BUDGET

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works for you.

edmonton.ca/Budget

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Community Safety Data Portal

The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The Community Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>

Forest Terrace Heights

10150 - 80th Street
forestterrace.org

Annual General Meeting

Our Annual General Meeting was a great success! It was a beautiful evening where neighbours gathered to hear about the past year and what's in store for 2023. We elected new board members, discussed our finances, and dreamed about the league's future. Councillor Ashley Salvador joined us and spoke directly to one resident's concerns about the poor condition of the sidewalks by his home. If you could not attend the meeting and have questions or thoughts to share, please email Jeff at president@forestterrace.com.



Upcoming Summer Camps

Join Emma from ArtVentures for Draw. Paint. Print. a week-long art exploration at the Forest Terrace Heights Community Hall. The camp runs July 10-14 from 9 a.m. to 4 p.m. daily for kiddos ages 9-12. Community league members (from any league) pay \$315 and it's \$350 for the general public.

Calling all brainiacs! Don't miss the Mad Science Explorers Summer Camp. Campers aged 6-12 can enjoy an unforgettable week of fun-filled STEM projects and exploration. Learn how science can help us protect our planet; explore the 'nuts and bolts' of chemistry; create simple machines for launching ping pong balls; and discover the mysteries of light and optical illusions. And on the last day? Flying rockets! The camp runs July 24-



28 from 9 a.m. to 4 p.m. daily. Participants can attend the full week or drop in on individual days. The cost for community league members is \$220/week (\$47/day for drop-in) and it's \$250/week (\$52/day) for non-members.

Visit forestterrace.org/upcoming-events for a link to register for these camps!

Hosta la vista, baby

Do you have an iris-istible garden? Do you think your backyard really rose to the occasion this year? If you be-leaf you have a spectacular display, peas let us know. Show it off on our local garden tour on Wednesday, July 26 from 6-8 p.m. You can nominate a neighbour or yourself. Don't be shy! Lettuce make a big dill over your vegetable patch or tell us why you dig your neigh-



bour's bee-utiful garden. Email nominations to meagan@forestterrace.org or call Sonya at 780-463-1613. The tour will start at the Forest Terrace Heights Community Garden at the west end of the green(thumb) footbridge over Wayne Gretzky Drive. So, grab your best bud, hop on your bike and pedal through the neighbourhood's finest florals! It's party thyme.

2023/2024 Memberships Now Available

What is the best way to stay connected to your community? Why, with a membership, of course! You'll get free community swims, reduced hall rental rates, discounts on all programs/events, special rates from local businesses, and more! Enjoy everything our community offers—a family membership is

only \$30 bucks a year.

Memberships can be purchased online at forestterrace.org or from Grower Direct flower shop on 101 Avenue. Please contact Sonya at memberships@forestterrace.org with questions or Connie at hall@forestterrace.org for hall bookings.

We're Getting a New Mural and Need Your Feedback

Edmonton artist, Emily Chu, is bringing some colour to our community! We have commissioned Emily to paint a mural on the Community Hall storage shed. To ensure the mural reflects our diverse neighbourhood,

we're asking for your input through a short questionnaire. Your responses will help us create a mural that represents the values, imagery, and symbols of our community! Visit forestterrace.org to learn more.

Ice Cream Social in Forest Heights

The MP for Edmonton Strathcona, Heather McPherson, is hosting a social with free ice cream and other frozen treats on Wednesday, August 16, from 6:30 to 8:00 p.m. Come on down to Mary Finlay Park (10150 80 Street)—look for the orange tent!

FOREST TERRACE HEIGHTS COMMUNITY CALENDAR

JULY 2023

SUN	MON	TUE	WED	THU	FRI	SAT
						1
			Outdoor Yoga			
2	3	4	5	6	7	8
			Outdoor Yoga			
9	10	11	12	13	14	15
	Art Camp by ArtVentures					
			Outdoor Yoga			
16	17	18	19	20	21	22
			Outdoor Yoga			
23	24	25	26	27	28	29
	Mad Science Summer Camp					
30	31					



FOREST
TERRACE HEIGHTS
—Community League—

Calling All Ice Enthusiasts

We're seeking a New Rink Director! Must love the smell of Zambonis and have a passion for the greatest game in the world. If you're ready to lace up and take charge, this job is for you. We promise you won't need to run drills or deal with unruly parents – just keep the lights on and the ice smooth. For more information or to express interest, email president@forestterrace.org.

GRAND OPENING

FOREST HEIGHTS SCHOOL PLAYGROUND

Join us for food, music and merriment!

Celebrating our achievement and the generous support from our community and donors.

SEPTEMBER 10, 2023

(Afternoon TBA)

<https://fhsplayground.wixsite.com/play/designs>

New Playground Opening Soon

The Forest Heights School and Friends of Forest Heights Society are proud to announce that after five years of fundraising and project development, the construction of our playground begins this summer! Mark your cal-

endars for September 10, 2023, as we come together to celebrate the donors, volunteers and all those who have supported this project over the years. Swing on by and enjoy our new playground—all are welcome.

New News?

Do you have an upcoming event, exciting news, or a neighbour shout-out you want to share with your community? Then look no further—we love to share! Become a neighbourhood celebrity and email your details to newsletter@forestterrace.org.

Are you struggling with gambling?



Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.

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WE NEED YOUTH TO GET CREATIVE ABOUT ACTIVE SCHOOL TRAVEL IN EDMONTON

Want to share your ideas about walking or wheeling to school in Edmonton?

The SIRCLE Research Lab at the University of Alberta is looking for youth (7 to 18 years) living in Edmonton to participate in a short research activity on this topic.

Study participation involves:

- A drawing activity and an interview (20-30 mins) to describe the drawing you created and how it relates to active school travel

Interested in participating?
visit: www.redcap.link/activeschooltravel
or scan the QR code

Principal Investigator: Dr. Kate Storey, PhD, RD, 780-492-9609.
Research Pro#00098283. The plan for this study has been reviewed by a Research Ethics Board at the University of Alberta. If you have questions about your rights or how research should be conducted, you can call (780) 492-2615. This office is independent of the researchers.

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Fulton Place

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Fulton Place Board

Mike

President
president@fultonplace.org
7808867794

Miles

Vice President Civic Affairs
vpleagueaffairs@fultonplace.org
7809515253

Gavin

Vice President League Affairs
vpcivicaaffairs@fultonplace.org
7805041896

Jakub

Treasurer
treasurer@fultonplace.org

RaeAnne

Secretary
secretary@fultonplace.org

Lisa

Programmer
programmer@fultonplace.org

Joshua

Communications
communications@fultonplace.org

Taryn

Hall Rental
hall@fultonplace.org

Shawn

Ice Rink
rink@fultonplace.org

Miles

Seniors Liaison
info@fultonplace.org

Esther

Director/Community Garden
esther@fultonplace.org

Michelle

Director/Walking Group Coordinator
michelle@fultonplace.org

Facilities

Nathan
facilities@fultonplace.org

FPCL Membership Drive

Your Fulton Place Community League is planning to hold a membership drive this summer to sell our 2023-2024 season memberships. Membership prices will be \$5 for next year, for single/senior/family memberships. We are planning to go door to door again; if you are interested in helping us with the membership drive please contact Mike at mike@fultonplace.org

The Fulton Place Walking Club

Join us for one-hour walks every week starting from the Fulton Place Community League Hall - 6115 Fulton Road. Please email michelle@fultonplace.org for more details.

Wednesday Evenings at 7:00 PM (slower pace)

AND

Sunday Mornings at 9:00 AM

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. The inventory is located at Bellevue Community Hall, 7308 112 Avenue NW. The tool library inventory can be browsed at <http://www.edmontontoollibrary.ca>.

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

Spring Garden Swap



We were pleased to have another successful spring garden swap on May 27th. Indoor and outdoor plants, books, tools, lawn ornaments, annuals and perennials, and native plants arrived and were taken by many happy recipients. Patrons had a lot of time to chat about plants and share their knowledge with others - it was wonderful to see plant questions asked and answered immediately, we have so many knowledgeable gardens in our community. Thanks to all who attended another great event, and we're loving all the beautiful yards in our neighborhood!

Fulton Place Bin Event Summary

The Fulton Place Community League held their annual bin event on June 10th, and it was a success once again. We had over 80 people dispose of approximately 120 cu yards worth of household waste, and a lot of items went through our reuse area to new homes. We also had our community garage sale during the event and partnered with Alberta Recycling and Inclusion Alberta again; we collected 4 totes of e-waste for recycling, and had a truck on site collecting home goods for an organization that works with individuals with disabilities. Thanks to all that continue to make this event a success each year!

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.

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1. CARAMEL
2. VANILLA
3. SCOOP
4. PEANUTS
5. SPRINKLES
6. FUDGE RIPPLE
7. SUNDAE
8. FROZEN
9. SORBET
10. CONE



Gold Bar

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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	charnelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Dominique Kott	dQ.kott@gmail.com
Sign Director	Alison Boese	akcurtis23@yahoo.ca

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 class is outdoors next to the hall. You can join at any time but this session runs July 9- Aug 27

(no classes July 16, Aug 6 or 13)
Sundays 6:45-7:55 (note this is a 70min class)
Contact Lisa to register or with any questions.
Sundays \$60
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

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 or email us at goldbarpreschoolparents@gmail.com

Bingos

If anyone is interested in working bingos for our community, please contact Lorie @ 780-447-1110. Funds raised are used for community events.
Monday July 17 @ Parkway evening/late night
Sunday August 6 @ Parkway afternoon only
Thursday August 17 @ Parkway evening/ late night
For all other dates, please visit our website.

GREEN SHACK

The Green Shack Returns!

The Green Shack program will run this year from July 4th to August 24th. Weekdays from 10:30am-1:30pm. This is a free, drop-in program sponsored by the City.



Gold Bar Ice Cream Social

Please join us to meet the new Green Shack leader and visit with neighbors and friends. Bring your lunch and we will provide dessert! This event is put on by the Gold Bar

Community League, all community members are invited.

Wednesday, July 12 from 11:00am-1:00pm
Gold Bar Playground, 105Ave and 46 Street

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!

The 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 class is outdoors at the park. You can

join at any time but this session runs July 14-Aug 28 (no classes July 17, Aug 7 or 14)

Mondays from 930-1030am

Contact Lisa to register or with any questions.

Mondays \$60 or \$12 drop in

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

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Holyrood Community League Contacts

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

 holyroodcommunity.org
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 Purchase memberships through efcl.org/membership/
Complimentary memberships are available for newcomers to Holyrood!
 Contact our Membership Director at memberships@holyroodcommunity.org.

COMMUNITY SWIM/SPRAY PARK NEWS

Due to the shutdown at Commonwealth this summer, in July and August our community swim times will change to Bonnie Doon, Saturdays, from 5-7pm. Outdoor pools are now open and they still require a booking to attend (you can book up to 2 weeks in advance on the City of Edmonton's Move, Learn and Play website).

Our community spray park is now open, and we are getting a plumber in from the City to take a look at the broken pipe that is preventing the water rock in the playground from working. Hopefully that will be fixed soon, thank you to the community members who made us aware of the situation!

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 is 1-2 hours per week, plus approximately 1-2 hours per month to prepare for and attend monthly board meetings.

HOLYROOD GET ACTIVE PARADE

Come get active with Holyrood for our first ever Bike Parade! Well, this parade isn't limited to bikes, we want to see your decorated scooters, skateboards, wagons, strollers, tricycles, or even your favourite pair of shoes! Bring them down to the Holyrood Playground & Community League parking lot on July 8th from 1-3pm and parade around Holyrood Park with us. Winners will be selected and prizes will be awarded for best decorated multimodal transportation. If you plan on viewing this amazing event, get your lawn chairs parked anywhere in the park alongside the sidewalk, as our parade will be marching around the outer bounds of the entire park (from the community league parking lot, all around the ball diamonds and past the



school, back to the parking lot by the playground) check out the map below for the route. This event is open to everyone, of all ages, regardless of if you live in Holyrood or have a community league membership, everybody can join this parade!

HOLYROOD COMMUNITY LEAGUE BOARD

If you missed our AGM but would still like to volunteer in any capacity, please shoot an email over to megan@holyroodcommunity.org and we will get you connected! 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 megan@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 programs director and is not required to attend board meetings. Please contact megan@holyroodcommunity.org if you are interested or would like more information. Estimated time commitment: 3 hours a week, onsite at the playgroup.

CASINO VOLUNTEERS REQUIRED!

Our community league's upcoming casino is this September 22nd & 23rd, and we are desperate for volunteers! This casino provides us with 85% of our operating budget for the next 2 years, and without it we won't be able to offer the programs and events that our community relies on. That means no community league day event, no rink in the winter, no sports or fitness programming or community swim times. We have available shifts for the following times: Shifts - 10am-7pm; 6pm-4am; 10:30pm-3:30am. Please email megan@holyroodcommunity.org for more information.

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



Yoga with Barb

Join yoga instructor Barb on outdoors Tuesday Mornings from 9:30 - 10:45 am, for Gentle Yoga and Movement. The yoga poses are gentle and accessible for everyone. You should bring a blanket, yoga mat, block and strap, bug spray and a water bottle. The yoga sessions will take place in the pocket park on the North side of Holyrood. Email barbayogaguide@gmail.com for costs.

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

Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Wayne	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Mick	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Royden	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	Shayna	membership@idylwylde.org
Garden	Kirsten	garden@idylwylde.org
Facilities	Vacant	facilities@idylwylde.org
Social	Shayna	social@idylwylde.org
Publicity	Victoria	publicity@idylwylde.org
Grants	Vacant	grants@idylwylde.org
SECLA	Scott	seclarep@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org

 Idylwylde.org  @IdylwyldeCL  Idylwylde Community League

Get involved with our community garden

The Idylwylde Community Garden is all filled up with plants but there's always room for more gardeners. If you're interested in growing food in a communal space using organic

methods, while getting to know your Idylwylde neighbors, this is the space for you. Contact Kirsten at garden@idylwylde.org and join us in growing something good this season.

Community League Swim



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

Bonnie Doon Leisure Centre
8648 81 Street NW
Sundays, 4:15 p.m. - 5:45 p.m.

Commonwealth Community Recreation Centre

** No swim times in July and August due to maintenance

Eastglen Leisure Centre
11410 68 Street
Saturdays, 3:00 p.m. - 5:00 p.m.

Free Memberships

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

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

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

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

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!

eNewsletter

Stay up to date with what's going on in the community by signing up for our email newsletter.

Visit our website at www.idylwylde.org and enter your email in the 'Subscribe to our newsletter' box.

Pub Nights

Join your neighbours at the Idylwylde Community League Hall for a pub night on the first Thursday of every month at 7 p.m.

-Thursday, July 6
-Thursday, August 3

Drinks and snacks will be available, and there are plenty of new friends to be made. You'll need your current Community League membership to attend.

Edmonton Tool Library

Idylwylde League members have access to the Edmonton tool library. To set up your account:

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

-Start borrowing tools for free!
Regular opening hours are:
Wednesdays 6:00 - 8:00 pm
Saturdays 11:00 am - 1:00 pm (11:00 am - 3:00 pm April to October)
Bellevue Community Hall (North Entrance)
7308 112 Avenue

Front Yards in Bloom

Time to uncover the gardens because Front Yards in Bloom has started again for the 2023 year! In partnership with the City of Edmonton, Edmonton Horticultural Society, Canadian Union of Postal Workers, and many other groups and individuals, this program has been encouraging Edmontonians to

beautify their yards and communities for over 20 years.

You can get involved by caring for your own gardens, nominating others' yards, or by signing up to volunteer with the various aspects of Front Yards in Bloom. Visit FrontYardsinBloom.ca for more information.



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency
office for assistance with:




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

780-495-8404

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



www.heathermcpherson.ndp.ca

Follow on   



Kenilworth Community League Board

President	Irene	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Maren	secretary@kenilworthcommunity.com
Adult/Seniors Programs	Vacant	
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Vacant	
Children's Programs	Vacant	
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	please email President for direct information
Social	Vacant	please email President for direct information

CONTACT US!

General inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com
Hall Rental requests: rentals@kenilworthcommunity.com
Keep Current on our Facebook and Instagram!

July Youth Events:

MONDAY July 3 School's Out for the Summer 2-4:00 pm @KCL
MONDAY July 17 Bike Day: meet 7-8:30 pm @KCL & bike through Kenilworth & Ottewell
All get togethers and events are free for Kenilworth Youth and youth from surrounding neighborhoods! Come join us! (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

Upcoming Events

Save the date. More information closer to each event
Golf Tournament & Steak Supper August 26
Membership Event September 17
Scrapbooking/Cardmaking Sale October 21
Classy Crafty Creative Market November 4



Hall Rental Rates

We have a beautiful facility. Please consider us for your special event. Photos are available on our website, www.kenilworthcommunity.com.

KCL Hall Rental Rates: (Seating 160)

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

	\$300.00	\$385.00
Damage Deposit		
\$250/day rate	\$550/day rate	
\$450/weekend	\$550/weekend	
**Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email rentals@kenilworthcommunity.com or phone 780-469-1711 and leave a message for Al.		

King Edward Park

KEP Board Members

-Kevin Richtscheid PRESIDENT president@kingedwardpark.org	walexander@shaw.ca
-Donald Michaud VICE PRESIDENT michaaddr@gmail.com	-Christophe Henthorne HALL RENTAL & MAINTENANCE DIRECTOR king.ed.hall@gmail.com
-Sylvia Shank TREASURER sacul@telus.net	-Rahul Deol CIVIC
-René Henthorne SECRETARY AND MEMBERSHIP DIRECTOR wishtobee@yahoo.ca	-Tod Rudge VOLUNTEER todrudge@gmail.com
-Wayne Alexander TENNIS DIRECTOR	-Brittany Hellec NEWSLETTER DIRECTOR KEPnewsletter@gmail.com
	-Kaitlyn Wall VOLUNTEER

Connect online

-Twitter: @KingEdwardPark
-Facebook: https://www.facebook.com/kingedwardpark/YEG/
-Instagram: https://www.instagram.com/kingedwardpark/

Hall Rentals

Need space for a special event? Consider using one of our halls!
-Large Hall, 7708-85 St spacious venue with a stage, projector/screen (available for rent fee), bar area, stand-up fridge, small freezer, and kitchen.
-Small Hall, by the tennis courts/ice rink 8008-81 St provides a cozy space with a stove for heating prepared food and a large sink for easy clean-up.
For more information visit our website. To book a hall, contact Christopher at 780-469-2468 or king.ed.hall@gmail.com.

Kick Boxing

Check Facebook, Instagram, or Twitter for information on our kickboxing classes! Join us for an empowering journey of strength and discipline!

Until July 13, classes are held Tues. and Thurs. 8-9pm at King Edward Parks Large Hall. Drop in is 15\$ a class. Please be sure to look out for our next session!

Tennis Club

Come join our tennis club. We are proud to have a fantastic set of tennis courts located at Duncan Innes Park, 8008 - 81 St. Our recently resurfaced courts feature Plexipave and have full lighting for evening play. The King Edward Park Tennis Club welcomes players of all levels and offers private and group

lessons. Please note that a valid community league membership is required to join.
KEP resident annual membership: \$50 family, \$25 single
Non King Edward park resident annual membership: \$75 family, \$50 single
Contact Wayne for more information! walexander@shaw.ca

Family Movie Night

Don't miss out on King Edward Park's family movie nights! Stay updated on social media or/ www.kingedwardpark.org/events. Movie nights usually take place on Fridays at the Large Hall. Doors open at

6:30 pm, movie starts at 7:00 pm. Admission is \$5 per family and includes a bag of popcorn. You're welcome to bring your own goodies. Pop/ juice available for a nominal charge. Look forward to seeing you there!

Green Shack

We have a green shack! This program is for children aged 6-12, but all children accompanied by an adult are welcomed. Each day of the week children will get active and experience a

variety of crafts, games, sports, and free play!
The green shack is located in the park at 7708 - 85 St. It runs July 4- Aug 24, Mon to Fri, 2:30pm - 5:30pm.

Community League Membership

For \$20 you can become a Community League Member. Your membership gets you:
•Free swimming during Community Swim times.
•Complimentary Edmonton Tool Library Membership.
•Free skating at our outdoor rink.
As well as many City indoor arenas.

•Free or discounted rates for community recreation (Tennis, Yoga, Parent & Tot etc.)
•10% off annual, multi-admission, continuous monthly passes at City sports and fitness facilities.
For a membership call at (780)462-7001.

Annual League BBQ:

Mark your calendars King Edward Park residents for the highlight event of the year - the King Edward Park Community League Day BBQ! Join us on the third Saturday in September (September 16th) for an afternoon of fun, food, and community celebration. This year, the event will take place from 4:00 pm to 7:00 pm at the ice rink (small hall, 8008 - 81 Street NW). Please check our website and social media for more BBQ updates.

The Community League Day BBQ is the perfect opportunity for residents to pick up your new membership and connect with your neighbors while enjoying a delicious burger hot off the grill. Take this chance to meet the board members, learn about upcoming events, and discover ways to get involved in community initiatives. We've got exciting activities planned for the whole family to enjoy! Stay tuned!

Baby and Tot Play Group:

King Edward Park will be piloting a baby and tot play group during July and August. This is an opportunity for parents and kids to socialize and connect with others in the neighbourhood. Please feel free to drop by the Large Hall (7708 - 85 St) Wednesdays

between 10:30 and 12:00 for some quality time with your little ones. For weekly updates, please check our social media pages. Contact Kaitlyn with any questions at: kaitlynmwall@gmail.com.

Need Your Input

Do you have a great idea for your community? We want to hear about it! The King Edward Park Community league invites you to contribute your ideas;
1. Join us at a meeting to share what kind of programming you would like to see, we meet at 7 PM every second Tuesday of the month, between September

and June, at the small hall (8008 - 81 Street NW)
2. Pitch a program you would like to offer in conjunction with the community league
3. Let us know via email what type of programming you would like to see, president@kingedwardpark.org

Ottewell Community League Contacts

President: Corinne	ottewell2212@gmail.com
Vice President: Tom	oclrink2021@gmail.com
Secretary: Becca	ottewellsecretary@gmail.com
Treasurer: Jamie	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
Social Media: Hailie	ottewellmedia@gmail.com
Hall Rentals: Elaine	oclhallrentals@gmail.com
SEV Liaison: Bri	sevliaison@gmail.com
Abundant Community: Alyssa	ACEOttewell@gmail.com
Big Bin: Andrew	oclbigbin@gmail.com
Bingo Director: Tyler	oclbingo@gmail.com
Grants: Chelsea	oclgrants@gmail.com
Membership Director: Sandra	oclconcerns@gmail.com
Playschool Director: Jason	jjmclean@hotmail.com
SECLA Rep: VACANT	
Website Editor: VACANT	

Ottewell Community Memberships

You can purchase your Community Membership at:
ANVIL Coffee House at Ottewell Plaza – 6148 90 Ave
Ottewell Farmers Market – every Thursday 4 – 7pm 5920 – 93A Ave
Online at Ottewell.ca; Print off your membership from the site
Cost: \$25/ Family - \$10 single - \$5 Seniors

Benefits of a Community Membership:

Free community swims at Hardisty and Eastglen pools
Edmonton Tool Library (Tool borrowing Program)
Pickleball courts
Skating rink
Community soccer
Playschool
Ottewell's Big Bin Event
Including discounts for:
Community programs (yoga/Zumba/crafts, etc.)
Anvil Coffee House
Red Swan Pizza
Ottewell Eye Care
Piano lessons with Diane (dianecrobi@aol.com)
Photography at Lightwork Consulting
Pop Kids Marketplace & Shy Mama Designs
If you are a local business and would like to provide Ottewell Community members with a discount please email: oclconcerns@gmail.com

Interested in being a website editor?

No website experience necessary. WordPress training provided. Commitment is 2-4 hours/per month. Email ottewell2212@gmail.com to find out more.

BINGO Volunteers Needed

The OCL is hosting a Bingo Event at the Parkway Bingo Hall on Monday, July 24 and needs volunteers.

Vouchers are available. Contact Tyler at tylerpeterson2302@gmail.com or 780-271-6846 to volunteer.

Register for Ottewell Playschool Today!

There is now a waitlist for morning programming and the afternoon 12:15 - 2:45 PM spots are filling up fast. Our program runs Monday and Wednesday 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

Volunteer Positions: We Need You!

Open positions on the OCL Board:

Membership Chair This volunteer commitment is approximately 4 - 6 hours per month.

Duties include: Tracking memberships on spreadsheets, managing the electronic memberships through the OCL website, organizing the yearly membership drive, selling memberships as required, communicating bi-yearly with Edmonton Federation of Community Leagues (EFCL), attending the monthly OCL meeting and report to the Board.

Assets for this position: Good computer and spreadsheet skills, enjoys working with the public, community focused, good organization skills and enjoys working with a Board

Secretary This volunteer commitment is approximately 8 - 10 hours per month.

Duties include: Creating a monthly meeting agenda (10 meetings a year), recording minutes for 2 meetings per month (one executive meeting and one Community League meeting), emailing information to Board Members as required, and preparing a variety of required paperwork for the League (e.g Gov of Alberta, AGLC/gaming).

Assets for this position: tech savvy/ good computer systems skills/ spreadsheet knowledge, enjoys working with the public, community focused, excellent organizational skills, have innovative ideas to share, and enjoys working with a Board.

Canada Day Event

Join us for Canada Day Pancakes in the Park on July 1 from 9:00 AM - 12:00 PM at Ottewell Community Hall. Featuring a live performance from Straightline, facepainting, games, and pancakes!



Tickets:

\$2 for community league members
\$5 for non-league members
Kids under 3 are free.
Scan QR code for tickets. Buy in advance and get a gift at check in.

Volunteer for Folk Fest and get Free Tickets

It's a WIN WIN for OTTEWELL and the FOLK FEST!

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

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

Volunteer Shifts

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

Friday, Aug. 11, 9:30 PM - 1:00 AM - 10 volunteers

Saturday, Aug. 12, 9:30 PM - 1:30 AM - 10 volunteers

Sunday, Aug. 13, 9:30 PM - 12:00 AM - 10 volunteers

More instructions will be provided to those volunteers.

If you are interested please email ottewell2212@gmail.com

Ticket sales go directly back into the community league to help us bring you more cool events!

Calling all Commercial Contractors

OCL is looking for a commercial Contractor to help us plan for renovations to the Community League Hall. This would initially be a volunteer position to help get the project started. If you are a licensed contractor or know someone who is and would be interested in helping please contact oclconcerns@gmail.ca

OCL Babysitter's Registry



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

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

OCL Farmers Market

The Ottewell Community hosts an Alberta Approved Farmers Market weekly on Thursdays from 4:00 - 7:00 PM in the parking lot of the hall. We have a variety of local vendors, food trucks and buskers.

This market is 100% volunteer based, therefore the revenue received from the vendors goes directly back into community sponsored programs. In 2022, the Farmers Market generated approx \$10,000. We look forward to exceeding this goal for 2023!

If you would like to volunteer, please come see us at our community table/tent and gain some great experience and have fun!

Facebook page -Ottewellcommunityfarmer-market Instagram -oclfarmersmarket Website -ottewell.ca

Have event ideas you would like to see happen in Ottewell?

Contact Hailie at ottewellmedia@gmail.com.

Pickleball Season is Here

Fun, social and friendly. If you play pickleball or would like to try it out, Ottewell rink has five pickleball courts painted on the it's concrete surface. We also have all the equipment you need to try it out including nets, rackets and balls. Our drop-in schedule is totally dependent on volunteers and will be posted on our web-site under "Community Programs."

Contact Tom for more information or to volunteer at oclrink2021@gmail.com

ACE 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 to reach a Block Connector near you or visit ottewell.ca to find out more.

Are you a female entrepreneur looking for commercial kitchen space?

Contact Elaine at oclhallrentals@gmail.com

Many hands make a light load

The Ottewell Community League Hall is maintained and run by volunteers, which includes washrooms, rink, park area. Ottewell is very fortunate to have people that pick up garbage on their morning stroll, just to ensure that our park is safe and free of debris for our kids to play. The parking lot of the community hall is the leagues responsibility to maintain.

Due to high use of the park, volunteers are picking up debris and garbage left by the park attendees. Please be mindful and pick up after yourselves so it remains a nice place for all to enjoy.

Free Swim Times

OCL members have access to the Community Swim Program from September - August 2023. Saturdays from 3:00 - 5:00 PM at Eastglen Leisure Centre and Sundays from 1:15 - 2:45 PM at Hardisty Leisure Centre.

Please Note: Commonwealth Community Recreation Centre is currently shutdown for maintenance.



Tool Library



The Ottewell 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.edmontontoollibrary.ca>

OCL Social Media

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

For All Your Real Estate Needs...



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780.431.5600
Frank@royallepage.ca
FranklyTheBest.ca



FRANK VANDERBLEEK



Noralta Real Estate

Serving South Central Edmonton Since '92



CANADA'S
REAL ESTATE COMPANY

Not intended to solicit properties already under contract.



KIDS CORNER WORD SCRAMBLE ICE CREAM

- 1. **CLAAREM** _____
- 2. **ANLVAIL** _____
- 3. **OSCP0** _____
- 4. **NSAUEPT** _____
- 5. **PRESLNSIK** _____
- 6. **UGFED PLPREI** _____
- 7. **ADNSEU** _____
- 8. **EZOFNR** _____
- 9. **TOBRSE** _____
- 10. **NOCE** _____



Answers page 12

SCL Leadership

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Marina	vicepresident@strathearncl.org
Treasurer	Robert	treasurer@strathearncl.org
Secretary	Glynnis	secretary@strathearncl.org
Membership	Jen	membership@strathearncl.org
Buildings & Grounds	Evan	grounds@strathearncl.org
Rink	Vacant	rink@strathearncl.org
Social Director	Pam	events@strathearncl.org
Communications Directors	Jingjie	communications@strathearncl.org
Programs Director	Tessa	programs@strathearncl.org
Garden Director	Marina	strathearnngarden@gmail.com
Members at Large	Anastasia & Vacant	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!

YEAR IN REVIEW - PRESIDENT'S REPORT FROM OUR AGM JUNE 19, 2023

Hello everyone, I'm pleased to report on the Community League's activities over the past year. We have had another outstanding year of events and programs in Strathearn, including yoga, zumba, barre, our first clothing swap event, community trivia nights, craft nights, growing our community garden, a great Halloween event, and lots more!

Of course, we also experienced lots of change in the neighborhood in the past year since our last AGM. We said goodbye to our dear friends in the Strathearn Centre (Strip Mall) with an epic goodbye celebration, which had free food, music, and lots of activities for families.

This coming year, we are saying goodbye to a great partnership that we've had with the Holyrood Cooperative Playschool Society, who will be leaving this space at the end of this school year. The HCPS group has been a fixture of the Community for the past two years, when we took them in as they lost their original space. We've enjoyed working with their Board and having children roam this community hall space.

Our financial situation is extremely strong. We just completed our Community League casino in April. We expect to receive the funding from that casino in early July, which will allow us to nearly eliminate the outstanding loan balance that we owe to the Social Enterprise Fund. This compares to the original loan amount of approximately \$300,000 when we first entered the loan agreement in 2018.

We have a series of great community events coming up. Just next week, on Sunday, June 25th, we will be having our "Beats,



Baskets, BBQ" event as a free, all-ages event at the Hall. Be sure to Come and check it out! We will also be hosting the Kompany Family Theatre summer drama camp on August 14-18, for ages 6-12.

Thank you for coming today. To those of you not already on the Board, I hope you'll consider joining us when we get to the nominations section of the meeting. There is always room on the Board for people who have a passion for community and ideas that they'd like to bring to life. Dream big!

Chris Samuel, SCL President

WISHING YOU A SAFE AND AMAZING SUMMER, FROM YOUR FRIENDS IN STRATHEARN!

GREEN SHACK IS BACK THIS SUMMER!

Strathearn's Green Shack, nestled in the northeast corner of the Silver Heights Park, will be running daily on weekdays from 10:30am-1:30pm from Tuesday, July 4th through Thursday, August 24th (maybe be cancelled in the event of severe weather). Program leaders

will be hosting a variety of games, challenges and activities that are sure to get kids active and having fun! Green shack programming is FREE and designed for kids aged 6-12, but younger ones can join in as long as an adult sticks around to supervise.

Plays 'n' Play SUMMER DRAMA CAMPS

6 to 12 yr olds

Jul. 17 to 21, 2023
Ritchie Hall

Aug. 14 - 18, 2023
Strathearn Hall

FOR KIDS who are wild about plays and playing!
Camp includes drama games, theatre crafts, story creation, acting, a show off performance and plenty of playground fun.

TIMES 9 a.m. to 4p.m. (Early drop off & late pick up available)

CAMP FEES \$275.00/child (Strathearn & Ritchie Community League Members \$225.00)

Register
www.kompanyfamilytheatre.com/plays-n-play
kompanyfamilytheatre@gmail.com

Kompany Family Theatre is a not for profit organization dedicated to providing quality professional theatre for children and families as well as the creation and development of new works.
<http://www.kompanyfamilytheatre.com/>

We are grateful for the support from:

FREE DROP-IN

GREEN SHACK PROGRAM

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

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

Strathearn

Silver Heights Park

9511 - 90 St NW

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

July 4 - August 25



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

Get in touch with us:

Email: greenshack@edmonton.ca

For more information, call 311 or visit:

edmonton.ca/Greenshacks

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
Edmonton
- Investment
Properties



Holyrood: Quiet street. 16.4 M frontage. 745 M² lot. Sunny west backyard. Newer 24' x 24' garage with spacious parking pad. Updated bathroom and kitchen.



Dunluce: North Park Village. 3 Bedrooms, 3 Bathrooms, fenced yard, separate party room. Close to trails, rec centre, schools, playgrounds and splash park.



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, ensuite laundry, underground parking w/storage, concrete & steel construction, pet friendly complex.