## SOUTHEAST VOICE

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



June 2023

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## **South East Community League Association**

#### **SECLA Board Contacts**

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	Jill	capilano@secla.ca
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Fulton Place	Gavin	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood	Megan	holyrood@secla.ca
Idylwylde	Scott	idylwylde@secla.ca
Kenilworth	Marshall	kenilworth@secla.ca
Ottewell	Corinne	ottewell@secla.ca
Strathearn	VACANT	strathearn@secla.ca
Chair Vice Chair	Marshall John	president@secla.ca vicepresident@secla.ca
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Projects	VACANT	projects@secla.ca
SECLA SEV Liaison	Scott	SEV liaison@secla.ca

#### **Honouring Indigenous Peoples**

June is National Indigenous History Month in Canada. You can introduce your preschooler to some aspects of Indigenous culture by joining in the planting of native tree species and celebrations at Tawa Park on June 3, from 10 am to 2 pm. You can find the location on the City of Edmonton website (www.edmonton.ca/city\_government/initiatives\_innovation/root-for-trees-events).

Later in June, consider exploring the paths leading to Indigenous sculptures in Queen Elizabeth Park on June 21, National Indigenous Peoples Day. A section of the park, nw (EE-nu) River Lot 11, contains six large pieces by Indigenous artists. Two of them seem to particularly attract preschoolers. Reign by

Mary Anne Barkhouse draws them to carvings of Albertasauras and Edmontosauras, and the form of a coyote, curled up on a pedestal. Encourage your child to walk around the pedestal to discover the hare, resting behind it. Further along, visit Mamohkamatowin (Helping One Another). The two colourful mosaic tile turtles were created by artist Jerry Whitehead, with artisans and students from Amiskwaciy Academy, who learned stories about the land from elders and knowledge keepers.

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.

#### Enrich Yourself at Hazeldean's Newest Accessible & Inclusive Yoga Studio Studio & Online Group Classes Enrich Your Life Beginner Children's Classes Gentle Hatha Zumba **Monthly Memberships** Chair Pre & Post Natal Yoga Flow Fascia Rolling Memberships start at Yin Or, enjoy Therapeutic Yoga, Reiki, Chakra Restorative ENRICH Healing, Meditation & Yoga Nidra, iRest and much more! 9629 - 66 Avenue NW www.enrichyogaandwellness.com

#### Important Notice to Property Owners in the City of Edmonton

**Edmonton** 

#### 2023 Property Tax

If you own a property, you should have received your 2023 property tax notice in the mail. **Your property tax notice includes:** 

- + Municipal taxes, which help pay for civic services like police, fire rescue, public transit, libraries, recreation centres, road maintenance and more.
- + Education taxes, which go directly to the Government of Alberta to fund education.

If you have not received your notice in the mail, contact the City of Edmonton by phone at 311.

#### Taxes Due by June 30

Property taxes are due in full by June 30, 2023. Property tax bills can be paid at most financial institutions, by telephone/online banking and by mail. The City also offers a monthly payment plan; for more information on paying monthly, please contact 311 or check out edmonton.ca/taxes.

Did your taxes go up or down? Find out more about how your property taxes are calculated and how your property assessment compares to overall assessment changes at edmonton.ca/taxes.

You can also view your property tax notices online at MyProperty.edmonton.ca. Sign up for your MyProperty account using the unique access code found on your tax notice.

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

#### Call for help with child development questions

Parents, guardians and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement and hearing — can be redirected to the new Pediatric Rehabilitation Line and speak with an occupational therapist or another appropriate allied health

professional.

The new Pediatric Rehabilitation Line provides advice to parents and caregivers of infants, children and youth (birth to 18 years) who have concerns about developmental milestones in areas such as:

- Moving and playing (e.g., crawling, walking, coordination, playing with toys, using utensils).
- Talking and listening (e.g., babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality).
- Taking care of self (e.g., dressing, toileting, sleeping).
- Managing emotions (e.g., calming self, becoming overwhelmed or overstimulated).
- Difficulty eating or swallowing (e.g., coughing, gagging).
- Hearing (e.g., responding to sounds, noise, voices, words).

The Pediatric Rehabilitation Line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or have medical conditions that are affecting their development.

Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at myhealth.alberta.ca/pediatric-rehabilitation/webinars. You may also find information by searching "pediatric rehab" at together4health.albertahealthservices.ca.



#### SOUTHWOODS URBAN VILLAGE AT HAZELDEAN









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

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



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

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

### **Future Development**

Local boutique shops and cafés will complete your urban village. Just steps from your door at the 4-way stop.





CDLhomes.com



## <u>Avonmore</u>

#### **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	**(replacement needed)**	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	**(empty)**	programs@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

#### Avonmore Community League AGM

The Avonmore AGM was hosted at the Community Hall as well as offered online on May 10. AGM. It was well attended and we had several successes. Marisa Puck was nominated and acclaimed as the new Programs Director, and Connor Morstad was nominated and acclaimed as the new Sports Director. As well 2 new Playschool Directors were nominated and acclaimed. These are

new positions on the Board that will help liaison between the Board and the Avonmore Playschool. Thanks to Ken Stadt, the Treasurer's report was presented and accepted. OUr community reviewers, Stephanie and Catherine, were appointed at the meeting and they successfully reviewed and signed the financial statements on May 17.

#### **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+qst.

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

## 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.

#### 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 this QR code.



#### **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.

#### **Hall Rental**

The Avonmore Community Hall is available for rentals and bookings! For more information contact Tanya at hallrental@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 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 Book Club**

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

#### **Avonmore Moves**

In Avonmore, we are running 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 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 participating in a Community Challenge with 5 other surrounding communities.

We have 14 people who regularly track their movement and send in their numbers. From the beginning of June 2021 to April 16, 2023 we have moved a total of 115,438.9. We are heading towards our third trip around the earth of 120,225 kms before the end of May 2023. (The circumference of the earth

is 40,075 kms). We only need an additional 4,786.1 to hit our goal of 3X around the earth. WE WILL DO IT!!!!

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 is equivalent to 1.6 kms! We would like everyone who can log their workouts, steps or biking kms to join us! Please join us the rest of Avonmore is 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!



## 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





#### **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% instore 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 instore 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.

#### **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 ward-robe 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.

#### **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 play-school@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
Tuesdays and Thursdays this summer

Tuesdays and Thursdays this summer July Dates: 4,6,11,13,18,20: cost \$50 August Dates: 8,10,15,17,22,24: cost \$50 Alberta childcare subsidy may be available.

For information or to register email Jamie: playschool@avonmore.org

#### **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 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.

#### **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 Con-

cert Series". Come join us!

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

Twitter: @AvonmoreLeague Instagram: avonmoreleague

#### Avonmore 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.

#### 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 îhour of music and dance from our wonderful music teacher Dawn Bissett. Next music class date: May 8th.



New Playground!

Coming Summer 2023

## JOIN THE FOREST Heights FAMILY!

Forest Heights offers a Regular or German Bilingual program for students from Kindergarten to Grade 6.

#### We also offer:

- a friendly, caring environment and dedicated enthusiastic staff;
- high expectations for student conduct and achievement;
- French as a Second Language instruction starting in Grade 4 (regular program);
- · excellent music, choir and handbell instruction;
- · modern, computer technology; and
- · an excellent supervised lunch program.

Die Kleine Kinderschule German bilingual playschool and YMCA before and after school care also operate at Forest Heights.

#### Join our family now!

Call 780-466-0312 for information or to register.

10304 - 81 Street NW forest@epsb.ca forestheights.epsb.ca



#### Avonmore Green Shack: PM Only (2:30-5:30pm Mon-Fri)

The Green Shack Program is back this summer and runs July and August. Get active and join in on games, sport, crafts, music, drama and special events! A list of activities and events is postedweekly on the side of Green Shacks. If there is a game or activity that interests your child that you would like included just ask the onsite Program Leader.

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

All leaders have had security clearance, 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 days, but may be cancelled during severe weather. Visit edmonton.ca/GreenShacks for more information.



#### COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395

Treasurer Jocelyn treasurer@capilanocl.ca
Secretary Laura 780 982-9876
Hall Rental Marzena 780 909-5886
Grants/Planning Allan 587 989-4031
Casino Coordinator Jean 780 863-0914

Memberships Jean memberships@capilanocl.ca 780 863-0914

 City Programs
 Kristin
 780 238-7795

 CCL Programs
 Maria
 780 984-6839

 Social Director
 Heather
 780 466-1380

 Neighborhood Watch
 Jeff
 780 469-0026

 Southeast Voice
 Jill S.
 780 718-7270

Webmaster Katie webmaster@capilanocl.ca Social Media Serena serenasvidal@gmail.com

Sign Rental Karen 780-977-5252

Building & Grounds **VACANT** Civics Director Jill H. jkhest@gmail.com Babysitting Registry 587 589-5848 Becky Capilano Playschool 780 802-9307 Maureen Tennis Daniel 780 245-1285 780 497-0395 Soccer Programs Shelley 780 908-3889 Soccer Programs Curtis rink@capilanocl.ca Ice Allocation Sam Shauna D 780 966-3205 Hardisty Gym/Preschool Soccer **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 Tennis Club

The Capilano Tennis Club (10810-54 Street) is open for the 2023 season. Camps and lessons started May 1, 2023, and as always, new members are welcome at https://capilanoten-

nis.ca/join-us/.

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

#### 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; check out our website www.capilanoplayschool.com, or find us on Facebook.

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

## Yoga at Capilano Hall Come out for Hatha style yoga!

Come out for Hatha style yoga! Day: Wednesday Time: 10:00 -11:00 a.m. Cost: \$10 per class

The 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 to email below.

All levels welcome, slower paced classes with a 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

#### **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!

#### Capilano Community League

June 21 Annual General Meeting
Join us for Capilano Community League's

When: June 21, 2023 at 7 p.m.
Where: Capilano Community League Hall

(10810-54 Street) Agenda: --Annual president's report

--Treasurer's report

--Election of officers

All Capilano Community League members are welcome!

All attendees will receive a free community league membership!

#### 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 paint-

ing 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.

#### Capilano Seniors' Afternoon Program

The Capilano Community League is bringing the SCONA 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. The cost is only \$10 (Coffee, lunch and prizes provided). Hope to see you there!

Upcoming Tuesday dates for 2023: June 20, July 18 (Tuesdays)

Next Tuesday: June 20, 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.

#### 2023 Capilano Green Shack Program

Stay Tuned for More Details!

Capilano Community Park (10810-54 St.) will have a Green Shack program again this summer! The dates and time are still being worked out – STAY TUNED for more details in the next issue.

DATES: July and August (weekdays) TIMES: To Be Determined

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



#### CAPILANO COMMUNITY BIG BIN EVENT SATURDAY JUNE 10, 2023 10AM-1PM

at the Community Hall 10810-54 St

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

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

We have partnered with FIND Edmonton (findedmonton.com) and will be accepting donations of household items. Please see our website for what kinds of items are being accepted.

IF YOU HAVE ANY QUESTIONS ABOUT THE EVENT PLEASE CONTACT MARZENA 780-909-5886 OR JEAN 780-863-0914



#### **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!

## Total Body Fitness - Capilano Hall This is a strength and cardio focused workCurre

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome! We are outside next to the hall, and the rain out location is inside the community hall.

Tuesday class at 6:45 p.m. Thursday class at 6:45 p.m.

Current session runs May 2/4 to June 20/22, 2023.

\$90 one day a week (8 classes)

Drop-in rate is \$13.

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

## Thursday Strong - Capilano Hall If you are looking for a class that focuses Cur

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.

Thursday class at 8 p.m.

Current session runs May 4 to June 22, 2023. \$90 one day a week (8 classes) Drop-in rate is \$13.

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

## Tuesday Kettlebells - Capilano Hall This class uses the full body techniques of Tuesday

This class uses the full body techniques of kettlebells- you will learn some classic kettlebell movements like the swing, snatch and many more. You do not need any kettlebell experience to join in this class- it will build onto skills from each week. I will supply the kettlebells.

\*I am a certified Agatsu kettlebell coach.

Tuesday class at 8 p.m.

Current session runs from May 2 to June 20, 2023.

\$90 one day a week (8 classes)

Drop-in rate is \$13.

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

#### **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 or text/ call 780-619-3136.

## FREE swim for Capilano community members on Sundays Bring your current, valid Capilano ComThe indoor community swim program runs

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 babysittingregis-

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

#### 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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## Cloverdale

#### **2023 Board of Directors Contact List**

Position	Name & E-mail
	Name: <b>Dave</b>
President	Email: president@cloverdalecommunity.com
	Name: Reg
Past-President	Email: pastpresident@cloverdalecommunity.com
Vice Duraident	Name: VACANT
Vice-President	Email: vicepresident@cloverdalecommunity.com
Cocycton	Name: Braden
Secretary	Email: secretary@cloverdalecommunity.com
Тиология	Name: <b>Leigh</b>
Treasurer	Email: treasurer@cloverdalecommunity.com
G: : B: :	Name: Carly
Civics Director	Email: civicsdirector@cloverdalecommunity.com
E    E	Name: Jayne
Folk Festival Liaison Director	Email: folkfest@cloverdalecommunity.com
Communications Director	Name: VACANT
Communications Director	Email: communications@cloverdalecommunity.com
Social Director	Name: VACANT
Social Director	Email: socialdirector@cloverdalecommunity.com
Program Director	Name: <b>Jennifer</b> Email: programmedirector@cloverdalecommunity.com
Program Director	Email: programmedirector@cloverdalecommunity.com
Manahayahin	Name: Marilyn
Membership	Email: membership@cloverdalecommunity.com
Co	mmittee Leads
Casino	Name: Braden
Coordinators	Email: casino@cloverdalecommunity.com
Education Chi Chile Linican	Name: <b>Kevin</b>
Edmonton Ski Club Liaison	Email: skiclub_chair@cloverdalecommunity.com
	Name: Eric
Flood Mitigation	Email:
	floodmitigation_chair@cloverdalecommunity.com
Community Cardon (CCCC) Chair	Name: Jeanette
Community Garden (CCGC) Chair	Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: VACANT Email: seniors@cloverdalecommunity.com
20.110.13	,
LRT Citizens Committee	Name: Graham
LNT CIUZEIIS COITIITIILLEE	Email: <u>lrtcommittee_cochair@cloverdalecommunity.com</u>

#### AGM Announcement!

If you live in Cloverdale, you are invited to join your neighbours for the Cloverdale Community League Annual General Meeting, held on Monday, June 19 at 7pm at the Cloverdale Community League Hall. This event is your chance to learn about upcoming projects in your neighbourhood, hear a year recap report

from your league board, and vote for the new board! Currently, we are in need of community members for the roles of President, Vice-President, Social Director, and Communications. Please visit our News section on the website for the meeting agenda, board-committee positions, and more information.

#### **CCL Volunteer Appreciation Afternoon Party!**

the Cloverdale Community League over the last few years some appreciation, as well as visit with your neighbours! The CCL Volunteer Appreciation Afternoon will be June 10 from

Come out to show the many volunteers of 2–5 pm at the Cloverdale hall patio, with the program at 4 pm. This free event will have live music, a toonie bar, appetizers, and there will also be a local brewery tasting on site! We hope to see you on the patio!

#### **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:













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**Annual General Meeting**This year's Annual General Meeting (AGM) is set for Wednesday, June 7 from 7-9 p.m. and we invite anyone from the community to join. At the AGM, you'll get a chance to meet the board, vote for new members, hear about the progress made throughout the year, discuss important plans, and learn more about what we have in

store for the future. It's a great opportunity to connect with other community members and share your ideas and suggestions. We'll have food and drinks — just bring your lawn chair! We hope that you'll join us for this informative evening at the Forest Terrace Heights Community League Rink (10150 80 St NW).

**2023 Community Yard Sale**Get ready to shop 'til you drop at the 2023

Forest Heights Community League Yard Sale! This two-day event takes place on Saturday June 10 and Sunday June 11 from 10 a.m. to 3 p.m. at the Forest Terrace Heights Community League Rink (10150 80 St NW). Don't miss out on this chance to find great bargains and support your community. Whether you're

looking for household items, furniture, clothing, or toys for your kiddos, you're sure to find something that catches your eye. Tables are FREE for community members and \$25 for non-members. Don't forget to bring your friends and family along as well! For more information or to reserve a table, email events@ forestterrace.org.

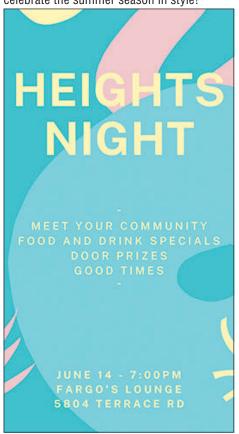
**Memberships** 

New 2023/2024 community league memberships will be available starting June 1 and be valid until August 31, 2024. With your membership, you'll get free community swims, hall rental discounts, reduced rates from local businesses and more! Memberships can be purchased on our

780-463-1613 for more information.

#### **Heights Night**

It's time for the summer edition of Heights Night! Join us on June 14 at 7 p.m. at Fargo's Lounge (5804 Terrace Road) for a casual and fun evening with your neighbours. Whether you're new to the neighbourhood or have been here for years, Heights Night is the perfect opportunity to connect with others in your area. There will be food, drinks, and music that everyone can enjoy. Join us as we celebrate the summer season in style!



website at forestterrace.org. For those who prefer cash, buy yours at Grower Direct flower shop on 101 Avenue. First memberships are always free from our membership director. Please contact Sonya at memberships@forestterrace.org or

#### Meditation Mondays are Back!

Come join this transformative journey of self-discovery and unlock the immense power of mantras in meditation. All levels are welcome, and no experience is necessary. These 45 min. classes are held at the Forest Terrace Heights Community Hall on Mondays from May 29 to June 12 at 8:15 p.m. Bring

a mat, cushions and blanket or anything that will keep you comfortable for your meditation. Members pay \$10/class and non-members pay \$12/class. Visit forestterrace.org/upcoming-events to register or please contact Sarah at programs@forestterrace.org if you have any questions.

#### FOREST TERRACE HEIGHTS COMMUNITY CALENDAR **JUNE 2023** TUE WED Meditation Monday 14 Heights Big Bin Monday

#### **Upcoming Community Garden Tour**

Does your neighbour grow tasty tomatoes or have a fondness for flowers? We are looking for residents to share their yards for a local garden tour on Wednesday, July 26 from 6-8 p.m. You can nominate a neighbour or yourself. Don't be shy! Tell us about your front yard vegetable patch or backyard shade sanctuary. Nominations can be sent by email

to meagan@forestterrace.org or call Sonya at 780-463-1613. The tour will start at the Forest Terrace Heights Community Garden, located at the west end of the green footbridge over Wayne Gretzky Drive. You are encouraged to bring your bike to enjoy the ride through the neighbourhood together (but the tour can also be done by vehicle).

#### Want The Latest News

Want the latest on upcoming community events? Sign up for our e-newsletter by visiting forestterrace.org/newsletter. Also find us on Facebook and Instagram! Do YOU have an upcoming event, a fantastic photo from the community, or a great Forest Terrace Heights story? We want to share it! Email newsletter@forestterrace.org.



Don't miss the Annual Community Big Bin Event on June 17! The Big Bin is for household items that can't be set out for regular waste collection. Forest Heights Community League members can drop off items such as old couches, chairs, mattresses, and appliances free of charge. Member-

buy yours in advance at forestterrace. org. The event runs from 9 a.m. to 1 p.m. OR until the bin is full. Thank you to Legend Automotive Centre for letting us set up in your parking lot (7110 98 Ave NW)!





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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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(2). Spanish Oaks Split-Level on 1.3 Acres - SOLD!!

(3). Aspen Meadows condo Larkspur SOLD OVER LIST!!

(4). Legacy Park condo in Tawa - SOLD OVER LIST,

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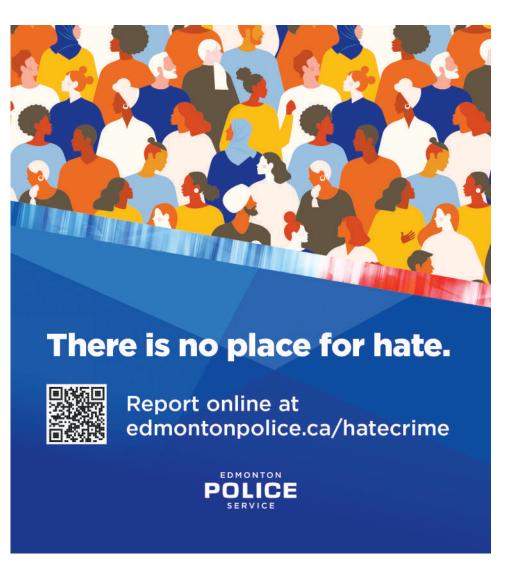
(5). Mountain View County Acreage near Sundre - BUYER PENDING to MAY 23

(6). TBA - COMING SOON!!



\*Both SELLERS & BUYERS Gain <u>DISTINCT ADVANTAGES</u> with Ultra 3D Matterport, Drone Imaging, plus Cinematic Virtual Tour Videos & Photographs ... Call My Office for an Appointment! 780-414-6100; Text Me Direct: 780-717-9290; or Email Me: SOLD@KellyGrant.ca!!





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#### **Fulton Place Board**

Mike

#### **President**

president@fultonplace.org 7808867794

Vice President Civic Affairs vpleagueaffairs@fultonplace.org 7809515253

Gavin

Vice President League Affairs vpcivicaffairs@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

#### **Join Fulton Place Root for Trees**

In partnership with the City of Edmonton, Fulton Place Community League is participating in a volunteer wildflower and tree planting initiative on Saturday, June 24th at Cloverdale Hill from 1:00 to 3:00 PM.

All ages are welcome. Volunteers are provided with shovels, gloves and plant material. As the planting is outdoors, please dress for the weather and wear closed-toed shoes. For more details or to register for the event, please email michelle@fultonplace.org Registration is required to plan for equipment needs.

#### **Green Shack Returns**

We are pleased to announce that the summer green shack program is returning, and will be running in the afternoons this summer in Fulton Place from 2:30pm until 5:30pm Monday to Friday July 4 to August 24.

#### Fulton Big Bin Event and Community Garage Sale June 10th

Date: Saturday June 10, 2023, 9 am - 2 pm Where: Fulton Place Community Hall (6115 Fulton Road), outdoor event weather permitting, garage sale will move indoors if weather is an issue.

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

Garage Sale Table Booking: Pre-registration is required, email programmer@fultonplace. org, cost is \$5 for FPCL members or \$10 for non-members. If event moves indoors - space will be limited so only earliest registrants are quaranteed a table.

Bring your household items that are too large for regular garbage collection. We will also have the Take It Or Leave It space if you want to take an item/leave an item.

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

This year we have also partnered with the Inclusion Alberta organization again, they will once again have a truck on site to collect home goods for individuals with disabilities.

#### The Fulton Place Walking Club

Thank you for your feedback, we're starting again May 3 with One-hour walks every week in May starting from the Fulton Place Community League Hall - 6115 Fulton Road

Wednesday Evenings at 7:00 PM (slower pace)

Sunday Mornings at 9:00 AM

If you'd like to provide feedback on the date and times of walks please complete the survey here through our website. If you have any questions or are interested in hosting, please email michelle@fultonplace.org

**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.

#### 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.

#### 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

#### **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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## Gold Bar

#### **Gold Bar Executive**

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	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

#### **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

#### **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

#### Goldbar Community Memberships Available Now!

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

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

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.

#### **BINGO**

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

#### **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

This session May 1- June 26
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

#### **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.

This Session Runs May 7- June 25 Sun. 6:45-7:55 (note this is a 70min class) Contact Lisa to register or with any quesons.

Sundays \$88

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

#### GOLDBAR COMMUNITY

Is hosting our second annual, Fastest Kids Race! **JUNE 14** 

Baby crawl to age 12 years old!

Food Trucks, White Rabbit Ice Cream & Dawg Gone it, hot dogs and burgers will be

on site.

Free Glitter tattoo's and prizes!
Registration starts at 4pm. Race @5pm!
Bring the entire family for an evening of fun,
sport and great food

#### **Bin There Dump That 2023**

Big Bin Event running June 10, 2023 from 9:00 a.m. to 3:00 p.m. (or until the bins are full)

Location: Parking lot of Gold Bar Community Hall at 4620 - 105 Ave. NW

Access: One way traffic through the parking lot – enter via north entrance off of 105A Ave.

The free waste disposal event is only open to Gold Bar residents with an active GBCL membership. Please be ready to show your current membership card at the event or buy a membership at the event (cash or cheque), online through the EFCL website, at All-Care Pharmacy.

Acceptable items

- Regular household items
- Household items that are too large or voluminous for regular garbage collection

- Excess yard waste
- Electronics waste (computers, laptops, monitors, printers, cellphones, etc)

Unacceptable items

- Household hazardous waste
- Paint and other chemicals
- Items containing freon (refrigerators, A/C units)
  - Concrete, commercial waste

Community swap take it, or leave it space to leave gently used items for your neighbours to use.

Computer and electronics waste recycling by the Electronic Recycling Association. Bring all computers, phones, electronics and anything with a power cord.

Look forward to seeing everyone there!

## Holyrood

#### **Holyrood Community League Contacts**

-	
President - VACANT	president@holyroodcommunity.org
Vice President - Megan	vicepresident@holyroodcommunity.org
Treasurer - Vonn	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - VACANT	programs@holyroodcommunity.org
Sports & Fitness - Paul	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 - Carmen	carmen@holyroodcommunity.org
Development Committee - VACANT	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 - <b>VACANT</b>	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org

holyroodcommunity.org @HolyroodCL Holyrood Community League Purchase memberships through efcl.org/membership/

Complimentary Memberships are available for newcomers to Holyrood!

Contact our Membership Director at memberships@holyroodcommunity.org.

#### **YOGA WITH BARB**

Spring 2023 Yoga with Barb sessions will be focusing on feet and fall prevention. Classes are:

Thursday nights 7:00 to 8: 5 pm from April 13 to June 15 in Holyrood at St. Luke's Anglican (8424 - 95 Avenue NW)

Monday mornings 10:00 to 11:15 am from April 17 to June 12\* (except May 22) at Trinity Lutheran Church (10014 - 81 Avenue NW)

Cost: \$30 punch card for 3 classes (one pass can be used at both locations) or drop-in is \$13 per class (both locations)



Questions? Contact megan@holyroodcommunity.org or Barb at barbayogaguide@gmail. com or check Barb's website at barbaralritter.ca

#### FREEPLAY FOR KIDS

Looking for something fun and affordable to keep the kiddos occupied this summer? Check out Freeplay for Kids - there are still spaces in their summer camp programs. The summer camps are from Monday to Friday from 8:30AM-4:30 PM, always in the same location. Kids will try multiple sports as well as a great mix of arts and crafts, outside time, field trips and fun. All of the sites will have indoor and outdoor spaces to use, so they are weatherproof - no cancellations due to weather. All Camps follow their philosophy of supporting kids to Play, Belong and Grow. They believe in

the value of multi-sport plus a healthy mix of arts, crafts, free play, and field trips!

#1: Free Camp: for families currently registered in our free elementary school programs. This is hosted at the Edmonton East Soccer Centre. They ask for \$10/week to reserve a spot. #2: Start to Play Camp: this camp is for kids and families who are not part of our free elementary programs and looking for an affordable camp. This is also hosted at the Edmonton East Soccer Centre. This camp cost \$99/week. Freeplay for Kids does not make a profit from these camps.

#### **COMMUNITY SWIM UPDATES**

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. Remember that the outdoor pools will be opening over the next few

weeks, 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). All the community spray parks should be open by the end of May.



Something is popping up in Holyrood!

You may have noticed a new addition to Holyrood park - we've got twelve new popup garden beds ready to be filled!

If you are interested in growing in our new community garden, please email

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

#### LEADERSHIP OPPORTUNITY - PRESIDENT

We are desperately seeking a president for our community league board. Without one, it is very difficult for the board to operate. 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!

The HCL Board is a high-functioning, wellorganized, 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 Megan at: megan@ holyroodcommunity.org

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

#### **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.

#### Idvlwvlde Community League Board

	1	
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	Vacant	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 @ldylwyldeCL followylde Community League

#### **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.

#### **Bia Bin Event**

We are holding our annual Big Bin event on June 3 from 9:00 a.m. - 1:00 p.m. (or until the bins are full). Drop off your large or heavy household items at no charge! Don't forget your current Community League membership to gain access.

Check our Facebook page for more details and a list of acceptable items.



**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!

#### **Pub Niahts**

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, June 1 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. Pub Night to follow. Meet your neighbours and make some new friends!

#### **Annual General Meeting**

Saturday, June 17, starting at 7 p.m.

Join us at our Annual General Meeting and election of new Board members. You must be a member of the ICL to vote. Memberships are free! Contact membership@idylwylde.org to get yours.

This will be an in-person meeting with a short formal presentation by the President to

recap the past year and to lay out the plans for what we hope to accomplish in the next! Please RSVP today to league@idylwylde.org if you can make it or would like to run for a position! Several board positions will be up for election including Vice President, Civics Chair, Facilities, Grants, Publicity, Social, and Web Developer.

#### 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

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 Front-YardsinBloom.ca for more information.

#### 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 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.

#### **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.

#### Family Crafting

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.

You can pre register by emailing creartedmonton@gmail.com

#### 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!



A Family Boutique - Pregnancy to Early Childhood

6549 99 St NW

Books & Toys - Gifts - Body Care - Summer Essentials Lunch Boxes - Baby Carriers - Cloth Diapering

Bring in this ad & receive 10% off your purchase. Online use code: COMMUNITY VALID UNTIL AUG 31/23 www.folkandwhimsy.ca



## Kenilworth

7104 - 87 Avenue (780) 469 - 1711 kenilworthcommunity.com

#### **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!

#### **Hall Rental Rates**

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

KCL Hall Rental Rates: (Seating 160)

 $\begin{array}{cc} \textbf{Members} & \textbf{Non-Members} \\ \text{Weekend (Fri.pm} - \text{Sun.pm}) \\ \$450.00 & \$550.00 \end{array}$ 

Day Rate

\$300.00 \$385.00 Damage Deposit \$250/day rate \$550/day ra

\$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.

#### **Big Bin Event**

Saturday, June 10th, 9am, until bins are full or 2 pm, whichever comes first!

Need a current KCL membership to drop off items; memberships will be available for purchase onsite.

We will have a swap table for reusable items such as small furnishings, household items, and clothing. KCL members can drop off items as well as take items. Any items remaining at the end of the day will be donated to local agencies to help other Edmontonians. Keeping reusable items in circulation reduces the quantity of waste disposed of and helps to prolong the useful life of durable goods.

#### Cannot bring to Big Bin:

- household hazardous waste (i.e. paint, chemicals, batteries, or anything else that goes to the Eco Centre)
  - appliances
- mattresses/box springs

We are in need of volunteers for the day - people to direct traffic, to help unload vehicles, and to sell memberships. Youth are welcome to volunteer and there will be pizza/snacks! You can choose to work the whole shift or partial hours. Please let Maren know if you are able to volunteer. Email: secretary@kenilworthcommunity.com

#### Kenilworth Senior's Lunch and Fun

Wednesday, June 14 at 12 noon, \$10 per person. If you wish to attend, please call 780 433-5377.

#### **June - July Youth Events:**

MONDAY June 5 Outdoor Fun Day 7-8:30 pm @KCL (weather permitting) MONDAY June 19 Outdoor Yoga 7-8:30 pm @KCL (weather permitting) 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



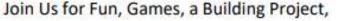


## FATHER'S DAY FUN DAY EVENT

Saturday June 17th 11:00am to 3:00 pm



Celebrating: Fathers, Grandfathers, Children and Grandchildren





BBQ Hot Dogs, Drinks and Donuts

Brought to you by: Southeast YEG Men's Shed & Kenilworth Community League

7104-87 Avenue NW Edmonton



#### Father's Day Fun Day Event



Saturday June 17th 11:00 am to 3:00 pm

Celebrating: Fathers, Grandfathers, Children, and Grandchildren Brought to you by:

Southeast YEG Men's Shed & Kenilworth Community League 7104-87 Avenue NW Edmonton

Join Us for Fun, Games, and a Building Project,

BBQ Hot Dogs, Drinks, and Donuts

Volunteers are needed for the event. Please see attached and contact Morris, if you are able to help out: mreid2057@gmail.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



#### **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	

AGM Ottewell Community League Meeting

Ottewell's Annual General Meeting is Tuesday, June 20th at Ottewell Hall 6:30 PM. Come out to see what your community has to offer.

#### **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

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 & amp; 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

#### **OCL Farmers Market**

Every Thursday, visit the hall from 4:00 - 7:00 PM and support local farmers, artisans, popup 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 -Ottewellcommunityfarmersmarket

Instagram -oclfarmersmarket Website -ottewell.ca

Have event ideas you would like to see happen in Ottewell? Contact Hailie at ottewellmedia@gmail.com.

#### 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

#### OCL Babysitter's Registry

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

Sign-up for parents: https://forms.gle/uS-

#### 55cy1DB4FnNAB58

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.

#### **OCL Social Media**

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

#### Pickleball Season is Here

Our drop-in schedule is totally dependent on volunteers and will be posted on our website under "Community Programs."

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

#### Are you a female entrepreneur looking for commercial kitchen space?

Contact Elaine at oclhallrentals@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.

#### **PLANNING SOME RENOVATIONS?**

**Tool Library** 

The Ottewell Community League has a membership with the Edmonton Tool

Library. With your Community League Membership card or number, you get yearround 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



#### Get Involved! Join Ottewell's Volunteer Team

Did you know Ottewell Community League, like all Community Leagues in Edmonton, is run solely by community volunteers? The City of Edmonton does not pay for any positions or provide any funds to maintain the Community Hall building or rink maintenance/ice making. Community events and programs are supported by the Community League and its volunteers.

All the members that hold Board positions give countless volunteer hours to make our community a vibrant place to live.

If you would like to get involved with the Ottewell Community League either in a small way or a big way, we encourage you to join us at our monthly Community League meeting held the third Tuesday of the month 6:30 pm at the Community Hall.

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

#### **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 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.



## **Get Comfortable With Big Savings!**

Bundle and Save On A New Lennox Furnace and Air Conditioning System



Receive up to \$1,900 in rebates when you purchase the Lennox Ultimate Comfort System

AND **Do Not Pay for Up to 9 Months!** 









## Strathearn

#### **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	Vacant	events@strathearncl.org
Com. Directors	Pam & Evan	communications@strathearncl.org
Programs Director	Tessa	programs@strathearncl.org
Garden Director	Marina	strathearngarden@gmail.com
Members at Large	Jingjie & Anastasia	n/a
Hall Rental Coordina-	Darrah	hall@strathearncl.org
tor		•
Soccer Director	David	rec@strathearncl.org

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

#### STRATHEARN AGM COMING SOON

The Strathearn Community League's Annual General Meeting will be held on Monday, June 19 at 7pm at the Hall. All Strathearners are welcome to come out and meet your neighbours, hear about the year in review and our financial standing, and learn more about several board positions coming up for election. Hope to see you there!

#### **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.

#### Save the Date - B-Ball Event on June 25th

Mark your calendars from 3-9pm on Sunday, June 25th when the basketball courts behind Strathearn Hall will come alive with activity and excitement, including live DJs, 3-on-3, spray art demos and more! Watch our socials for all the details once available.

#### Spots still available at Holyrood Cooperative Playschool

Registrations for the 2023-24 school year are actively being accepted. Playschool is held Monday, Wednesday and Friday mornings at the Strathearn Community Hall - 9511 90 Street. Email Playschoolholyrood@gmail.com for more info!







## **Greg Dunham**

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

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

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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.