

SOUTHEAST VOICE

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



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com - February 2024

Mad Science

Celebrate Science!!!
@ Forest Terrace Heights Community

Science Show Times
11:30 AM – 12:00 PM
&
1:30 PM to 2:00 PM

Activity Station Times
12:00 PM to 1:00 PM
&
2:00 PM to 3:00 PM

Hands-on Science experience for kids and families!! Learn fun ways to enjoy science all around us. Children will become the junior scientist being the part of interactive show.

When: Saturday, 9 March 2024
Time: 11:30 AM to 3:00 PM
Event: Mad Science Show & Activity Stations

Mad Science of Northern Alberta
780-628-4434 northernab.madscience.org

SPARKING IMAGINATIVE LEARNING

ASSEMBLIES AFTER-SCHOOL SPECIAL EVENTS BIRTHDAY PARTIES PRE-SCHOOL STEM CAMPS WORKSHOPS

LOOKING FOR LOCAL ARTISTS!

Want to participate in a spring community art show? Let us know!

denver@forestterrace.org

SECLA QR Facebook



SECLA QR Instagram



Upcoming Art Show & Sale
@ the Ottewell Community Hall

Muse
an inspired exhibition
May 24th, 25th & 26th



You are hereby entitled to receive one

free
market evaluation

Buyers package delivered or e-mailed for any part of Edmonton

Now is a great time to sell!

Andy Verhagen
780.907.8202
email andyv@telus.net

I love referrals they make my world go round!

RE/MAX Elite

to view my properties, visit www.andyv.ca

Kids and Kindness



This month, celebrate Random Acts of Kindness Day with your pre-schooler on February 17. Help your child see how being kind makes everyone involved feel happier.

Perhaps start with a visit to your local public library, where you and your child can borrow books like *Kind*, by Allison Green, or *When We Are Kind*, by Monique Gray Smith. Your librarian can help you find others, too.

As you read with your child, you can talk about what it means to be kind. Think of unexpected acts of kindness your child can offer to others — a warm smile to a neigh-

bour, an offer to help a friend with a task at preschool, a hello to the letter carrier or grocery store cashier.

Kindness helps children's social and emotional development. Being kind increases children's sense of wellbeing, reduces stress, and helps increase their awareness of their connection to other people.

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.

SOUTHEAST EDMONTON SENIORS ASSOCIATION (SEESA)

Upcoming Events:

February 13: Registration for Session 2 Classes/Clubs – (Program guide available February 5th.)

February 14: Valentine's Day Brunch*

March 3: Canadian Country Music Legends Concert*

March 13: SEESA AGM & Volunteer Appreciation (2024 membership required to vote at AGM)

(* Ticketed Event – purchase at SEESA's front desk or by phone)

FYI Sessions (\$3 drop-in fee – Members & Non-Members)

Register at SEESA front desk or by phone at 780-468-1985.

Feb 14 - Headache and Migraine Relief
Feb 20 - What it Means to be a Good Executor

Feb 20 - PrePlanning and Insurance Options

Feb 21 - Beyond Boundaries: Reimagining Your Life with Strong, Pain-Free Hips, Back, and Knees!



SEE you belong here

Feb 26 - Fraud Prevention for Older Adults

Feb 28 - Alternative Investing for Retirement Income

Fundraising – Raffles

SEESA is a nonprofit charitable organization that relies on community support to provide our programs. We are currently running a 50/50 Raffle. Tickets can be purchased at our Front Desk or by calling 780-468-1985. Thanks for your support!!

50/50 Raffle – Tickets \$5/each. Draw Date: April 26, 2024

Tillie's Cafee at SEESA

Tillie's Cafee is open for business serving homemade and affordable meals and snacks for breakfast and lunch. Daily Lunch Specials. Gluten free options available. Dine-in or takeout. Tillie's is open to the general public, not just SEESA members – please stop by for a visit! For further information on these and other happenings at SEESA, check out our website (www.seesa.ca); stop by our centre at 9350 82 ST NW, Edmonton; or scan our QR Code.

diabetes UNDONE

INTERACTIVE WORKSHOP

You don't have to manage diabetes or prediabetes. You can get rid of it.

\$99 PARTICIPANT KIT INCLUDES:

- ★ Inspiring wellness talks
- ★ Expert advice
- ★ Group support
- ★ Cooking demos & samples
- ★ Diabetes Undone Workbook
- ★ Diabetes Undone Cookbook
- ★ 8 Laws of Health DVD
- ★ Access to the video course (\$149 value)



JOIN US OPENING DAY, APRIL 4 AT 5:30 PM

DATES 8 SESSIONS: FROM APR. 4 THROUGH APR. 28, 2024
5:30 pm to 7:00 pm

VENUE EDMONTON SOUTH SDA CHURCH
5108 106 Ave NW, Edmonton, Alberta T6A1G2

CONTACT MILDRED LORETO
(780) 938-7733 mildred.c.loreto@gmail.com



IB World School

Business & Innovation Program

Chinese Language & Culture

OPEN HOUSE



McNally School of Business & Innovation

February 22nd

6:00-8:00 PM



Southwoods
COURT NORTH

RETIREMENT LIVING CHRISTENSON



INDEPENDENT LIVING

Experience **full independence in a vibrant community** centrally located in Hazeldean, close to many amenities, walking paths and the Millcreek Ravine. On site **social & recreation programs** and **optional meal plans** are available.



Suite Features

- Full L Shaped Kitchen
- Movable Island Cabinet
- Individual Air Conditioning
- In-suite Laundry
- Window Coverings Included
- Spacious Balconies & Patios

Building Features

- 1 Bedroom + Den
- 2 Bedroom Coach Homes
- Lounge/Dinning Area
- Guest Suite
- Exercise Room
- Safe & Secure

FOR LEASING INQUIRIES, CONTACT:

Southwoods@cdlhomes.com, or call 780-760-3400

CDLhomes.com



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	Dan	treasurer@avonmore.org
Assistant Treasurer	Ken	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Adele	grants@avonmore.org
Soccer/Sports	Connor	sports@avonmore.org
Civics	Vacant	civics@avonmore.org
Programs	Vacant	programs@avonmore.org
Playschool	Ashley and Tracy	director2@avonmore.org

Volunteers Needed!

We are looking for community members to fill the vacant board positions of Programs Director and Civics Director. If you have a passion for your community, and are interested in getting more information - please contact president@avonmore.org. Anybody can volunteer!

Farley MacKenzie Family Fun Day

Sunday February 18th 2pm-5pm

We will have the rink shack and playschool open, a giant obstacle putt course, arts & crafts, a fire barrel/pit, kicksleds, snowshoes, snow moulds and shovels, and hot chocolate!

Who is Farley MacKenzie you ask? Farley was a valued member of the communi-

ty, and president of the community league when he was tragically killed in a car accident, leaving behind a wife and two young children in 2005.

It is with pride that we honour his life. We are also reminded of the importance of taking the time to get together with family and neighbours.

Crib Nights

Third Saturday of Each Month

Next Avonmore Crib Night is Saturday, February 17th starting at 7:00 p.m. This will be a family- themed crib night in honour of Family Day weekend. Anyone 12 and up is welcome. You can always register as a single and we'll match you up with another player.

This is a great way to get to know your neighbours and sharpen your math skills.

\$6.00 per person and \$20 for a family/ group of 4 or more. Limited to 36 players

so register early. It is a round robin rotation and every pair should get at least 7 games. We draw for door prizes at the end of the evening rather than have prizes for just the winners. Refreshments include pop, coffee, chips and cookies

Register for the February Crib Night on Eventbrite <https://www.eventbrite.ca/e/avonmore-crib-night-tickets-810760425257> or by e-mail to pastpresident@avonmore.org or call Anita at 780-222-4482.

Yoga Classes

Winter 2024: There is yoga at the hall every Tuesday evening. Classes at 6:00 p.m. and 7:30 p.m. \$16 for drop ins. Instructor is Shannon Shea. Shannon has her 200 and 500 hr yoga teacher trainings.

She actively teaches both Pilates and yoga and guest teaches on several yoga teacher trainings. She loves all things health and well being. For more information contact Anita pastpresident@avonmore.org

Community Coffee

1st and 3rd Wednesdays

Fight the winter blues and come out for coffee with your neighbours. Community Coffee Mornings . Community Coffee is on the 1st and 3rd Wednesdays of every month 10:00 a.m. to noon. Everyone is welcome to attend. This is a great op-

portunity 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. Contact pastpresident@avonmore.org if you have questions.

Avonmore Book Club

Avonmore Book Club meets every 4 - 6 weeks on Sunday evenings. You don't have to be from Avonmore to join and new members are always welcome. It's a great way to expand your reading list and meet new people who share a love of books. Each month

members come with a recommendation on the best book they've read that month and the list is shared after the meeting. You never have to worry about what you will read next. Contact Anita pastpresident@avonmore.org for details.

Hall Rental

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

Avonmore 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 of-

fering a 10% in-store discount on ALL their beverages. Enjoy Meat Pies? Well... Meat Street Pies (located at 7015 83 St [at the back]) is offering 10% off on all their Meat Pies in-store by showing your membership card.

Looking to purchase a membership? email membership@avonmore.org or buy 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 please visit your community leagues' website for membership information and contact.



Avonmore Parent, Baby and Tot Playgroup

The playgroup is located at the Avonmore Community Hall, and runs every Monday from 9:30 am - 11:30 am (not on statutory holidays).

The playgroup is a special community meeting place where parents and caregivers of babies and toddlers have an oppor-

tunity to socialize 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.

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

Shinny Ice Hockey

Fall/Winter hockey ice times are Fridays 10:45 pm @ Kenilworth arena. We will play from October to March 2024.

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 \$400 for all 22 sessions or \$20 drop in fee. Paying for

all sessions will guarantee you a spot every week as space is limited. 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

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.

Avonmore Community Playschool Open House

2024/25 school year

This year we are trying something new. The Avonmore Community Playschool welcomes you and your family to come visit us for a private open house on a day that works for you; to meet with our teacher, view our space and discover more about our learning through play programming. We often do this for families who miss our open house, and discovered it is much easier to answer questions and interact with the parents/children without any added stress associated with large groups of people.

Open House viewings will begin to be booked starting on March 1st. We look forward to meeting you!

For more information or to set up a visit, please contact our playschool teacher Jamie at playschool@avonmore.org and check out our video on the Avonmore Community League website.

The 2024/2025 school year begins on September 11th and finishes on June 18th, with summer classes beginning July 8th and ending August 28th (Tuesday and Thursday mornings only)

Community Music Classes

Our music classes are free for children ages 1-5 and are facilitated by our wonderful music teacher Dawn Bissett at the Avonmore community hall. Come join us at the Avonmore Community Hall for 1 hour of music, dancing and discover-

ing new instruments. Doors will be open 10 minutes prior to start. The dates for 2024 classes are February 8th, March 7th, April 4th, and May 30th. Classes are from 10:45am - 11:15am. Hope to see you there.

Community Swim

Free to Avonmore Community League Members with a valid 2023/24 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

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.

www.communityleagueneews.com



Suzuki Charter School

10720 - 54 Street NW | Capilano Neighbourhood

A public school committed to
Academic, Personal & Musical Excellence

THE SUZUKI ADVANTAGE

"Where love is deep, much
can be accomplished."

ACADEMIC
PERSONAL
MUSICAL
EXCELLENCE



ENVIRONMENT

- Small class sizes
- Strong staff-student connections
- Welcoming family community
- "Big Buddies" & multigrade interactions
- Nurturing after school programming
- Supportive parental involvement
- Beautiful contained campus

EDUCATION

- Proven academic success
- Committed academic support
- Extensive options including: STEM, Arts, Textiles, Music, Outdoor Education, Athletics and High School Credit Courses
- K-9 French Program
- Dedicated student technology

EXTRAS

- Active citizenship and community support
- Exciting performance opportunities
- Enriching collaboration with specialists & Artists in Residence
- Dynamic extra-curriculars: Soccer, Basketball, Badminton, Volleyball, Cross-Country Running, Musical Theatre, Science Olympics, Ski Trip, Quebec Exchange

FOR REGISTRATION INFORMATION
PLEASE CONTACT OUR SCHOOL OFFICE

780.468.2598



suzukischool.ca

COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Jocelyn	treasurer@capilanoocl.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@capilanoocl.ca
		780 863-0914
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather N.	new-heather@hotmail.com
Volunteer Director	VACANT	
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill S.	780 718-7270
Webmaster	Breanne	webmaster@capilanoocl.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	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Sam	rink@capilanoocl.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 @capilanooclcommunity

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 capilanoocl.ca.

Community Sandbox Program Update

This year, the City of Edmonton undertook a Community Sandbox Program Review. For more info on the changes that will be implemented, go to: https://www.edmonton.ca/transportation/on_your_streets/community-sandboxes

Capilano Community League Memberships

Memberships for September 1, 2023, to August 31, 2024 are available.

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!

Volunteer Director needed!

The volunteer director is a relationship builder responsible for recruiting and matching helpers from the community with those who need help. You identify and organize people to help run events like the Chili cookoff or Christmas party. You enlist those who are interested in sit-

ting on a committee, and keep track of this precious information. You organize a nominations committee and help find people interested in joining the board to keep it fresh and full of energy! For more information, please contact Kris at Kcramer@telus.net.

Capilano Playschool Fundraiser Raffle

Prizes include an Oilers Fan Pack (tickets to the game, a jersey, and a dinner out - \$700 value), a Ninji Creami and basket loaded with goodies (\$400 value), and pre-paid Visa Gift Cards (totalling \$900).

Please email admin@capilanoplayschool.com for tickets. Tickets are \$10.00, and the raffle will be held on February 14. We can accept e-transfer, and then we can email

you a photo of your tickets (super easy!).

Thanks so much for supporting our little school! We are a non-profit, and depend on fundraising to keep our fees low for our families!

1000 tickets printed

AGLC License #663399

Must be 18 years & an Alberta resident to purchase.

“Adopt an Event” – What are you Passionate About?

If you have a passion (sport, health, art, etc., the possibilities are endless), and would like to share it with your fellow Capilano residents, Capilano Community League would love to hear from you. This could be an opportunity for you to be a lead volunteer for a one-time event in our

community, or a longer-term program. You can make it happen with community league support. “Adopt an Event (or program)” and mentoring will be provided. Please reach out to Heather with your idea – she can be reached at 780-818-1456. Come share your passion with others!

Facilities Director wanted!

The facilities director is responsible for overseeing the maintenance of the Community League facilities and grounds. You are responsible for setting a long and short term plan for the building and grounds including improvements and on-

going maintenance. You will oversee the work of our facilities contractor who is responsible for carrying out the specific maintenance activities. For more information, please contact Kris at Kcramer@telus.net.

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

- \$25. Guaranteed 3 days.

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

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

Small business/commercial advertising

Please note: small business announcements/advertising 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!

Tuesday/Thursday Strong – Capilano

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 January 9/11 – February 27/29, 2024.

\$93 one day a week (8 classes)

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

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

Check the facility website or call ahead (311) as the pools occasionally close for

holidays, etc.

NOTE: Hardisty Leisure Centre will be closed for maintenance March 4 – May 5, 2024. During that time, Capilano's community swim time will be at Commonwealth Community Recreation Centre on Sundays from 1 – 3 p.m.

Hatha Yoga at Capilano Hall

Increase energy and flexibility, improve digestion, sleep, and overall wellness.

Day: Wednesday mornings

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

Cost: \$10.00 drop in per class

Join anytime – first class is free.

Contact: Nancy_conlin@hotmail.com

Also see Gold Bar Community League.

Capilano Babysitting Registry

PARENTS! Now is the time to connect with a babysitter for all of your winter events.

We also have lots of younger sitters on our registry that are eager to gain some experience - consider hiring them as a parent's helper while you get jobs done around the house.

This can be a great way to ease into using a babysitter and you may end up with a great match that will be in the neighbourhood for several years before heading off to work/university!

Contact babysittingregistry@capilanocl.ca to find a sitter or to be added to the registry as a sitter.

Karate at Capilano Hall

Looking for something new? Try Okinawan martial arts, offered at Capilano Hall.

Classes are held every Wednesday; separate karate classes for adults and youth (parents can join the youth class and work with their kids). Kids will learn the fundamentals of classical Goju-ryu karate, including functional strength training. Karate helps with focus, flexibility, discipline and so much more.

Adult classes rely heavily on function strength training as well training that focuses on the practical aspects of karate

training – awareness, confidence, conflict avoidance and self defence.

We also practice Ryukyu Kobudo for those who have experience in martial arts and want something different – or for the new student who wants to expand their martial experience. It's a workout for the mind and body.

Students of the Capilano classes are also eligible to attend training nights at all other halls at no extra cost – four nights a week!

For more information, call/ text 780-619-3136 or email kaizen.dojo@shaw.ca.

Capilano Playschool – Open House February 15

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and program! On February 15 from 6 – 7:30 p.m., we will be having an open house. We follow a "Learn Through Play" philosophy providing chil-

dren with a fun and supportive early learning environment. We are located in Hardisty School (10534-62 street). For more information or to register your 3 or 4-year-old check out www.capilanoplayschool.com, find us on Facebook or call 780-802-9307.

Total Body Fitness – Capilano

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.

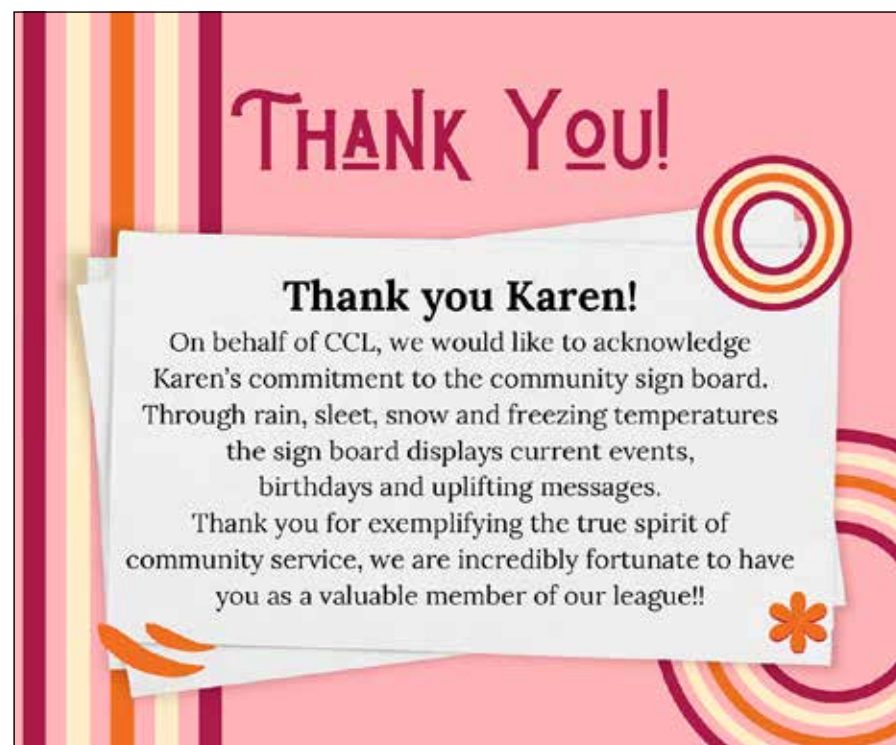
Current session runs January 9/11 –

February 27/29, 2024.

\$93 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.



Understanding Eating Disorders

Eating disorders affect people of all genders, sexual orientations, ages, socioeconomic class, abilities, race, and ethnic backgrounds. They are serious mental illnesses that can be life-threatening, regardless of body size or weight.

While people may be concerned about their body image and aware of these thoughts, serious obsessions with food, body weight and/or shape may be signs of an eating disorder. Eating disorders are illnesses that affect the brain, which influence

judgement and emotions. There are several different kinds of eating disorders, but the most well-known are anorexia nervosa, bulimia nervosa, and binge eating nervosa. All eating disorders can be associated with serious medical and psychological

complications and early detection and intervention are important. For more information about eating disorders visit the Eating Disorder Support Network of Alberta at edsna.ca.

A little school with a BIG Heart



Capilano Playschool Association

Valentine's Raffle

Draw Date February 14th, 2024

Tickets \$10.00ea

Draw to be held at Capilano Play School. For Alberta residents only

1st. Prize Edmonton Oilers Fan Pack Approx. Value \$700.00
Pair of tickets to the March 19th 2024 game against the Montreal Canadiens
Oilers Jersey
\$150.00 Gift Card to Sabor Restaurant

2nd Prize Ninja Ice-Cream Basket Approx. Value \$400.00
Ninja Creami Ice-Cream Machine
Set of 4 Pint containers, set of 4 bowls/spoons & straws
Ben & Jerry's Recipe book and all the fixings

3rd Prize \$400.00 Pre-Paid Visa Card

4th Prize \$300.00 Pre-Paid Visa Card

5th Prize \$200.00 Pre-Paid Visa Card



For tickets please email admin@capilanoplayschool.com
Number of tickets printed is 1000

AGLC Licence # 666339 Must be 18 years of age to purchase

"Just Reduced" to \$195,000.

Immediate Possession Available

"REVISED" AGE RESTRICTION COMING SOON



- * Air Conditioned
- * Heated Parking
- * Car Wash
- * Social Room
- * Workshop
- * Exercise Room
- * Library
- * Adult Living

6220 Fulton Road



2 Bedroom/2 Bathroom 1,100 sq ft.

780-233-9939

WWW.WORKING4U.CA



WWW.FULTONCONDOS.COM

"Seniors Real Estate Specialist"



Devonshire Realty



Craig Stenersen
Realtor®
SRES



2023 Awards of
EXCELLENCE
in HOUSING
FINALIST

**Make Your Home Yours
with Ackard Designed
Interior Living Spaces.**

780.414.0686 | Ackard.com



ACKARD
interiors inc.

Results You'll Love.



Reg Kontz – A Cloverdale Community League “fixture” moves on

Unparalleled Leadership

Reg served on the Executive firstly as Secretary for two years 2012/3 and 13/14, then as President for four (2014 – 2018) then as Past President for three years due to the presiding Presidents leaving the neighbourhood after their term, leaving Reg to continue to assume the Past Pres role with true dedication. That is one way of ensuring continuity.

A strong supporter of the Abundant Communities (ACE) initiative, initiator of the Snow Angels snow shovelling for seniors, promoter and participant in the Community Garden committee and force behind multiple Big Bin events, Reg's hand was everywhere. And speaking of hands, he spearheaded a “Red Green crew” which was a team of volunteer handymen to tackle the occasional maintenance item at the hall. During COVID, he also led a group of volunteers to check on the hall each day of the week during lockdown to adhere to insurance requirements. He was known beyond our community circles and he diligently attended SECLA and EFCL meetings representing Cloverdale.

His Legacy and Crowning Glory Live on

Reg took on the ‘greening’ of the community hall in earnest. After a league decision and assessment in 2016, Reg led implementation that consisted of installing Solar panels, changing windows, replacing lighting with LED, adding insulation, installing a high-efficiency furnace, and more; together with government grants and determined leadership. Reg made this project one that capped off his passion for a net zero and sustainable environment and the envy of other community



leagues throughout Edmonton. The hall was featured in the 2019 Eco Solar home tour and he presented to the EFCL's “Green Leagues” seminars. These efforts have not only saved money for the league but also generated power for the grid to earn funds for our community league.

Sadly, for Cloverdale, Reg and his wife Crispin moved this past fall to Inglewood where they built a home better suited to manage health issues. His energy and fastidiousness will be missed. It will take multiple people to fill his many roles.

Reg was presented with a photo of the hall in full fall colour splendour taken by one of our residents, an accomplished photographer, Catherine Page. This photo was presented to Reg as a reminder of his commitment to our league and the infrastructure that will forever bear his signature efforts.

Cloverdale thanks Reg for his many years of service to the neighbourhood!

Cloverdale Snow Tubing Nights at the Edmonton Ski Club

Come out and join your fellow neighbours at the Edmonton Ski Club on February 8 and 29th at 6:30 pm! This is a great activity for adults and kids alike!! \$5 per Member & \$10 per Non-member, get your ticket at: <https://cloverdale-community-league.square.site/>

The event is for the first 40 people who sign up! Please bring a helmet, or there are rentals available from the Ski Club for \$5.



2023 - 2024 Community League Memberships for Sale

Purchase your membership Membership Purchase - Edmonton Federation of Community Leagues (efcl.org) Valid until Aug 31/24 and payment ensures you received Folk Music Festival passes for this year's event Aug 8-11.

Family \$25 + processing fee for 2 adults and all household members <18

Individual \$12 + processing fee - includes adult children residing in a house-

hold

Benefits include 10% at Cafe Bloom at Muttart and the City of Edmonton Rec Centres and wellness programs, and sports registrations.

Don't wait until it's too late - EFCL stops selling current-year memberships mid-May.

Questions? membership@cloverdale-community.com

Community Garden

Although there is still snow on the ground, if you are dreaming of summer days and are interested in the Community Garden, please let us know! The Community garden is located on the north side of the Bennet Centre. We broke ground on May 2, 2015. At least one-quarter of our garden space is used to grow food for the Edmonton Food Bank. The garden has 24, 4' x 8' individual growing plots and 2 raised beds. There are several communal growing areas

where the produce planted is shared by all members. Common growing areas produce rhubarb, tomatoes, potatoes, squash, zucchini, beans, peas, herbs and more. Garden Club fees are \$30 for a single plot.

We will be getting set up over the next few months with a garden clean-up event and plot allocation in May, so please email communitygarden_chair@cloverdalecommunity.com for more information and/or to let us know you are interested!



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



Snow Angel

Calling all Snow Angels! The Forest Terrace Heights Community League wants to match residents who need help clearing their snow with angelic volunteers. If you have a shovel and a big heart and want to make a difference this winter, please visit forest-



terrace.org or email Anj at anj@forestterrace.org to sign up to be a Snow Angel today!

Clothing Swap

2024 Clothing Swap. As we bid farewell to 2023 and welcome a new year, it's the perfect time to refresh your wardrobe! From February 22 to 25, we invite you to our much-anticipated Clothing Swap. This event lets you clean out your closet and discover new pieces. It's a win-win for your wardrobe AND your wallet! The process is simple: drop off your gently used clothes at the Forest Terrace Heights Community Hall on Feb 22 and 23 between 6 and 8 p.m. Then shop on Saturday

and Sunday anytime between 10 a.m. and 3 p.m.! Please note that all clothing items should be clean, in good condition, and ready for new owners. We kindly request no footwear or undergarments and that you bring only clothes suitable for swapping. Let's embrace sustainable fashion together. We encourage you to invite friends and family — the more, the merrier! If you'd like to volunteer, please sign up on our website at forestterrace.org or email events@forestterrace.org.

Community League Memberships update

You can now download your Forest Terrace Heights Community membership to your Apple Digital Wallet or as a PDF to your phone. If you purchased your membership on the EFCL website or obtained a paper membership, you can access your

digital card from forestterrace.org under Member Login. Also, a reminder that current memberships go until Aug. 31, 2024. For any questions, email memberships@forestterrace.org or call Sonya at 780-463-1613.

Community League Hall Rentals

Do you need to rent a space for an upcoming event? The solution might be right in your backyard! The Forest Terrace Heights hall is an excellent location for children's birthday parties, family reunions, fundraisers,

meetings, fitness classes and more! The hall is at 10150-80 Street and seats up to 65 people. For more information or to make a booking, visit forestterrace.org/hall-rental or email hall@forestterrace.org.

Mad Science March 9

Celebrating Science!

Activities for kids ages 3-12. Join us on Saturday, March 9 for a spectacular Mad Science show that thrills audiences with science experiments. Jr. Scientists will witness cool scientific disappearing acts and even make some things mysteriously melt right before your eyes. This

event includes foggy dry ice storms and even mind-boggling vanishing paper! Students will be amazed by sizzling, shivering scissors, and special bubbly show-ers! There will be two show times — 11:30 a.m. and 1:30 p.m. each followed by interactive science stations. Visit forestterrace.org to get your ticket today!

Mad Science Spring Break March 25-28

Join Mad Science for a March Spring Break Camp. This camp is for kids ages 5-11 and includes four fun days of science activities: Earth Awareness, Crazy Chemists, Machine Mania, and Space Voyage. The

camp runs March 25-28, 9 a.m. to 4 p.m. Community league members pay \$190/week or \$50/day for drop-in. Non-members pay \$210/week or \$55/day for drop-in. Visit forestterrace.org to register and learn more!

Winter Fitness Programs

Yoga with Lyndsey: Mondays from 7:00 p.m. - 8:00 p.m.

Meditation: Classes are held on Mon. at 8:15 p.m.

Zumba: Move and shake on over to the Forest Terrace Heights Hall for High Fitness on Tuesdays and Zumba on Thursdays at

7:00 p.m.! These classes are guaranteed to leave you sweating and smiling.

For prices and dates and to register for any of these programs, visit forestterrace.org. If you have questions or would like more information, email programs@forestterrace.org.

Calling All Artists

Calling all talented artists in our community! The Forest Terrace Heights Community League is excited to announce our upcoming spring art show. We are looking for local artists interested in showcasing

their incredible talents. If you are passionate about art and want to share your work with the community, this is the perfect opportunity! Email denver@forestterrace.org to express your interest and learn more.



FOREST HEIGHTS SCHOOL

WE ARE HIRING!

LUNCHROOM SUPERVISORS

- Part Time or Full Time
- Excellent \$ daily rate
- The ability to bring your younger children to work

REQUIREMENTS

- Enjoy working with children
- Leadership skills
- Great communication skills
- Ability to work outdoors

Contact Forest Heights School at 780-466-0312 or forest@epsb.ca



Spaces Available at Edmonton's Top Choice Childcare Centre
10123 99 Street inside Sun Life Place

Affordability Grants **Subsidy** **Nutritious Meals & Snacks**

Educational Play-Based Preschool Program **Beautiful Private Outdoor Playspace**



TOP CHOICE AWARD • MARK OF EXCELLENCE • 2024

Kepler Academy Early Learning & Care Inc.

Voted Edmonton's **Top Choice** Childcare Centre of 2024

Enroll Today
780-700-9427




WEISS-JOHNSON
HEATING, AIR CONDITIONING & PLUMBING SERVICES

OUR FAMILY HELPING YOUR FAMILY SINCE 1977 • 780-463-3096 • WEISS-JOHNSON.COM

GET A NEW FURNACE, AIR CONDITIONER OR HEAT PUMP FROM DAIKIN!

NO PAYMENTS, NO INTEREST FOR ONE FULL YEAR!



INDUSTRY LEADING 12 YEAR PARTS LIMITED WARRANTY

IS YOUR EXERCISE EQUIPMENT COLLECTING DUST?!

TRY OUR IN-HOME KINESIOLOGY SERVICES!

AT SKIP THE GYM WE OFFER...

- IN-HOME PERSONAL TRAINING
- MOBILITY WORK & MYOFASCIAL RELEASE
- INJURY REHABILITATION
- PRE-SURGERY STRENGTHENING PROGRAMS
- POST-SURGERY RECOVERY PROGRAMS

PHONE: 780 217 7420
EMAIL: INFO@SKIPTHEGYM.CO
WEB: SKIPTHEGYM.CO
INSTA: @SKIPTHEGYM.YEG





Fulton Place Board

Esther
President
president@fultonplace.org
7808867794

Miles
Vice President Civic Affairs
vpleagueaffairs@fultonplace.org
7809515253
Gavin
Vice President League Affairs
vpvcicaffairs@fultonplace.org
7805041896

Mike
Treasurer
treasurer@fultonplace.org

RaeAnne
Secretary
secretary@fultonplace.org

Justin
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
Community Garden
esther@fultonplace.org

Michelle
Director/Walking Group Coordinator
michelle@fultonplace.org

Facilities
Nathan
facilities@fultonplace.org

Fulton Place Members' Free Swim Schedule

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

September 9, 2023 - August 31, 2024

Hardisty Leisure Centre,
10535 65 Street NW
Sundays 1:15pm-2:45pm

September 10, 2023 - August 25, 2024

Clareview Community Recreation Centre, 3804 139 Ave NW

Sat. from 6pm to 8pm
Only available during

ACT Leisure Centre shutdown January 2 to March 2, 2024

Community swims do not take place on Statutory Holidays or days the facilities close early. Hardisty is scheduled for a maintenance shutdown (no swims) - March 4 - May 5, 2024. ACT Aquatic and Recreation Centre is scheduled for a maintenance shutdown (no swims) - January 2 - March 2, 2024.

Call for Rink Volunteers

We're looking for some rink shack supervisors for the 2023-2024 season. This is a volunteer position requiring no labour. All snow removal and ice maintenance is provided by contractors. Daily scrapes are generally done by players so no manual labour involved for the volunteers. The rink is usually open for the season by mid December.

Duties for rink supervi-

sors include opening and closing the rink, engaging with community members, and keeping an eye on the rinks and rink shack. Requirements to volunteer: 18 years or older (16 w/ parental oversight), and a Fulton Place community member.

If you are interested in volunteering to help supervise the rink please contact, Shawn (780) 278 5884 or rink@fultonplace.org

Sunshine Garden Needs Volunteers

The Fulton Place Sunshine Garden (Community Garden) is looking to fill key roles on our committee for the 2024 growing season. The Sunshine Garden was founded with an aim to cultivate community, fertilize environmental stewardship, pollinate educational experiences, and germinate healthy living. Please reach out to fpcgcontact@gmail.com if you are interested in joining our committee.

-Garden Coordinator -this is taking on a lead position to help the garden



maintain or adjust key focuses, and coordinating all the other roles in the committee.

-Secretary - this is taking on agenda and minutes for the committee.

-Community Liaison - this involves being a director at large on the Fulton Place Community League Board to keep communications between the committee and the League Board.

Welcome from the Fulton Place Board

For anyone new to our community, and for any residents unaware of some of our activities, the following is a list of community events we've put on in the last year or two. If we missed you during our membership drive this

summer, we want to welcome all new residents to our fabulous community, and we hope to see you around at our events! Keep an eye on our website, the sign at the 4 way stop, our e-blasts, and SEV for event details.

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.

Holidays with Hardisty Thank You

Holidays With Hardisty was a wonderful event full of festive cheer, holiday gift ideas, and spirited music. Thank you to all volunteers, sponsors, vendors, and attendees for helping make this event wonderful.

Outdoor Ice Party

Bring your family and friends to your neighbourhood skating rinks, 6115 Fulton Road, on **Family Day Monday, February 19 from 3:00 p.m. to 6:00 p.m.** as we celebrate winter, outdoors, and skating. This is a FREE event for all Fulton Place community members. There will be skating, fires, kids games, and food.

Past and current our Community Events:

- COMMUNITY BOOK CLUB (ONGOING)
- COMMUNITY SWIM DAYS AT HARDISTY
- WALKING CLUB (TWICE A WEEK)
- SUNSHINE GARDEN (AWARD WINNING COMMUNITY GARDEN)
- GARDEN TOURS
- GARDEN SWAPS (SPRING AND FALL)
- COMMUNITY HALLOWEEN STOP WITH FIRE PITS AND TREATS
- HARVEST FESTIVAL
- WINTER FESTIVAL WITH SANTA
- SKATING PARTIES
- BIG BIN EVENT WITH COMMUNITY GARAGE SALE AND TAKE-LEAVE IT
- SUMMER CONCERT SERIES
- FULTON RAVINE CLEAN UP
- COMMUNITY PINE CONE BIRD FEEDER BUILDING
- PAINT EVENTS
- WORKSHOPS: FALL BIKE TUNE UP AND LEARN TO FELT
- BLOCK PARTIES

Podiatric foot care! 780-466-5290

Dr. Jeannette Furtak, DPM
#302 Capilano Centre
9945 - 50 Street

- * Nails, callous, heel pain, toe problems
- * Foot orthotics
- * Diabetic foot care
- * Appointments Mon - Fri

www.greenwayspodiatric.ca



Visit my website www.KellyGrant.ca or Follow Me on Social Media to Download My Latest 2023-Q4 Quarterly Residential, Rural, & Commercial Real Estate Investment Guides for Greater Edmonton!!





©2024 KellyGrant.ca



• **WHY CALL ANYONE ELSE?** Obtain GREAT SELLING ADVANTAGES with my leading edge Ultra 3D Matterport, Aerial Imaging, & Cinematic Videos marketing combo for new listings. Schedule private appointment anytime: Office: 780-414-6100; Text: 780-717-9290; or Email: SOLD@KellyGrant.ca !!

HONOURABLE
MARLIN SCHMIDT
MLA EDMONTON-GOLD BAR

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

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

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

Did you review your assessment notice?

Edmonton

Help make sure you pay only your fair share of property taxes.

Property assessment notices were mailed to all Edmonton property owners in January. The assessed value of your property represents its market value as of July 1, 2023 and is used to determine your share of provincial education and municipal property taxes. Provincial education taxes are collected by the City of Edmonton on behalf of the Government of Alberta to fund public education, while municipal taxes are used to fund City programs and services such as transit, road maintenance, fire rescue services, recreation centres, libraries and more.

When you receive your property assessment notice:

- + **Review** the details on your assessment notice. Accurate information ensures you only pay your fair share of property taxes – no more, no less.
- + **Check** what makes up your property's assessment value and **compare** it with similar properties in your neighbourhood using the tools on edmonton.ca/assessment.
- + **Contact** the City, if you have any questions. Call 311 for one-on-one support. Our staff can answer most assessment-related questions with no formal complaint fees required.

More online tools are available at myproperty.edmonton.ca, including the assessment and tax history of your property and the ability to sign up for electronic notices. Use the individual code on your paper notice to register for your MyProperty account.

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

minsos | stewart | masson

barristers, solicitors, notaries

• Real Estate

• Wills and Estates

• Business Law

PH: (780) 466.1175

Fax: (780) 465.6717

#220, 8723 – 82 Avenue

Edmonton, Alberta T6C 0Y9

Gold Bar Executive

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

CASINO WORKERS NEEDED

Gold Bar Community League needs volunteer workers for its upcoming Casino being held Thursday, April 18 & Friday, April 19, 2024. Our casino is at Pure Casino, 7055 Argyll Rd.

This is a great way to get involved with your community league and meet some of your neighbors. If you've never worked at a casino – no worries – there is “on the job training”.

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

-click on the date you want to work.

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

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

Do not alter positions that are filled. Priority for positions will be given to Gold Bar Community League members. If you have any questions or need assistance, please contact the Casino Director at 780-905-8025 or email: bella.edm@shaw.ca. In your email, please put GBCL Casino 2024 in the Subject line.

Inaugural Gold Bar Community Crib Tournament

Gold Bar Hall 4620 105 AVE

Saturday Feb 10, 2024. Registration between 11:00AM-11:30AM, 60 Players MAX. Free to join,

games start at 12:00PM, bring friends or come as a single player. Snacks and beverages provided. Prizes for 1st, 2nd and 3rd place winners.

Goldbar Community Memberships Available Now!

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

WE NEED YOUR HELP! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU! If you're interested in helping your com-

munity 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.

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. You can join at any time but this ses-

sion runs Jan 8- Feb 26 (no class Feb 5 or 19); 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

Sunday Strong

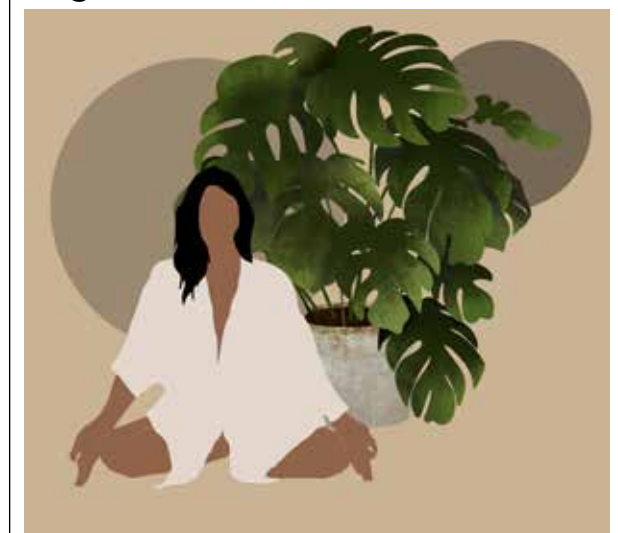
If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish. You can join at any time but this session

runs Jan 7- Feb 25 (no class Feb 18)

Sun. 6:45-7:55 (note this is a 70min class) Contact Lisa to register or with any questions.

Sundays \$66 Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Yoga at Gold Bar Hall



Hatha Yoga at Gold Bar Community Hall, increase energy and flexibility. Improve digestion, sleep and overall wellness.

Monday's 11:00 am - 12:15 pm
Wednesday's 7:30 pm -

8:45 pm

Join anytime, first class is free. \$10 per class

Drop in or register in advance, payments by cash, e transfer or cheque

Contact: Nancy_conlin@hotmail.com





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 - Wes	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	civics@holyroodcommunity.org
Holyrood Development Committee - Carmen	hdc@holyroodcommunity.org
Community Garden - VACANT	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - TBA	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org

 holyroodcommunity.org
  @HolyroodCL
  Holyrood Community League

Purchase memberships through efcl.org/membership/

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

Join The Holyrood Community League Board

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.

We are currently seeking to fill an upcoming vacancy - League Treasurer, with overlap from the current Treasurer to ensure a smooth transition. This role is instrumental in the financial operations of

the community league. Responsibilities also include updating the board on league finances, write cheques, make deposits, prepare financial reports and coordinating with the community league building operator (the after school care) on building and grounds repairs.

Other open positions are Facilities Director, Civics Director and Community Garden Chairperson. If you have time to spare to help build a vibrant Holyrood community, please email chris@holyroodcommunity.org

THINGS TO DO IN OUR COMMUNITY

COMMUNITY SWIM is FREE with a valid community league membership (don't forget to bring it with you!) With Bonnie Doon pool now open again, Sunday swim has been changed from Hardisty back to Bonnie Doon.

SATURDAYS 3:00 p.m. to 5:00 p.m.

Commonwealth Community Recreation Centre

SUNDAYS 4:15 p.m. to 5:45 p.m.

Bonnie Doon Leisure Centre

HOLYROOD COMMUNITY PLAYGROUP

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

group! Although this meeting takes place in a church, this is not a religious group.

Thurs. mornings, 9:00am - 11:00am

Where: Holyrood Community Church
9224 82 Street

YOGA WITH BARB

Join our amazing yoga instructor Barb as she moves back indoors for the fall/winter! Thursdays from 7 - 8:45 pm at St Luke's Church from September 21st until December 14th, register for three sessions for \$30 or drop in for \$15 each class. The yoga poses are gentle and accessible for everyone. You should bring a blanket, yoga mat, block and strap, and a water bottle. Email barbayogaguide@gmail.com for costs.

Subscribe To The Holyrood Community Newsletter

Learn about fun community league events and programs, get rink and community swim schedules, and become informed and involved with community issues through our 2-3 emails per month. Scan the QR code to subscribe, or go to <https://tinyletter.com/holyroodcl>



New To Holyrood? Sign Up For League Membership Online

Scan the QR code to sign up for a new resident membership and our membership coordinator will drop off your card for you. If you have any questions about the benefits of being a league member, email memberships@holyroodcommunity.org



Holyrood Community Reconciliation Initiative

We are planning our next year of reconciliation focused activities through the support of our Community Safety and Wellbeing Funding - we would love some community support! Our initiative is focused on reconciliation and Indigenous cultures and practices, and we hope to contribute to our community's well-being

by offering opportunities for connection to arts and culture, community, and spirit. If you are interested in contributing, or have an idea you would like to see in the community, please connect with coordinators Christine (christine@holyroodcommunity.org) or Nor'Ali (norali@holyroodcommunity.org)

RINK ATTENDANTS NEEDED

HOLYROOD COMMUNITY LEAGUE IS SEEKING MULTIPLE RINK ATTENDANTS FOR THE 2023-2024 RINK SEASON

FOUR HOUR SHIFTS, EVENINGS AND WEEKENDS

NO EXPERIENCE NECESSARY. TRAINING PROVIDED



INQUIRIES + FOLLOW UP VIA EMAIL
WES@HOLYROODCOMMUNITY.ORG

Babysitters Wanted For Holyrood Babysitters Registry

Are you certified? Want to offer your babysitting services to fellow community members? Holyrood Community League is looking for more babysitters - if you are a babysitter or need a babysitter, please contact communications@holyroodcommunity.org to get your name on the registry, or to find a sitter.

IDYLWYLDE Community League



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	Erin	membership@idylwylde.org
Garden	Kirsten	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
Social	VACANT	social@idylwylde.org
Publicity	Victoria	publicity@idylwylde.org
Grants	Scott	grants@idylwylde.org
SECLA	VACANT	seclarep@idylwylde.org
Website	Royden	web@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org

 idylwylde.org

 Idylwylde Community League

Winter Activities

-Tai Chi and Nia! Tai Chi is an ancient internal martial art and exercise that can promote physical and mental wellness. Learn to relax and meditate while building strength through a series of balanced postures and moves. Please bring clean, indoor shoes to wear during class. Classes will be held every Tuesday at 7:00pm until March 26, 2024.

Nia® is a feel-good, whole-body fitness practice that invites you to step out of your shoes and into sensation. Dance-based movement for all body types and fitness levels. Wear comfortable clothes and bring a yoga mat. For more information about Nia®, email Kirsten at fleurishmovement@gmail.com or go to fleurishmovement.com. Mondays at 7:00pm until March 25, 2024

-Family Yoga classes on Saturday, March 3 and Saturday, April 7 starting at 11 a.m. All ages and abilities are welcome to join! If possible, please bring water and a yoga mat.

Family Paint Event! Join us on Saturday, February 24 at 1:00 p.m. This will be a Paint nite style event where, with the guidance of an experienced artist, you will transform a blank canvas into your very own work of art! Come and get in touch with your

creative side! To RSVP please email programs@idylwylde.org (RSVPs are not required but will help us with planning)

All classes and events are free with a community league membership and hosted at the Idylwylde Community Hall.

-Community Ice Rink! The Idylwylde Community League has made the difficult decision not to create the ice rink this winter due to the need for more volunteers and repairs to the rink. We are looking for community members who would like to be a part of a committee to plan and manage the rink, including coordinating repairs or facilitating alternative functions for the space. If you are interested in joining this group to help revitalise our community space, please reach out to secretary@idylwylde.org

-Pub Nights! Our next Community Pub Night will be on Thursday, March 7 from 7:00 - 10:00 p.m. There will be snacks as well as alcoholic and non-alcoholic drinks for purchase. This is a fantastic way to meet your neighbours and engage with our community. Pub Nights are the first Thursday of every month. We look forward to seeing you there!

New Year, New Website!

We are excited to announce the launch of our new community website at www.idylwylde.org!

Stay up to date with the community calendar, learn about the history of Idylwylde, find information on hall rentals, and get to

know the neighbourhood furry friends with our Pets of Idylwylde page. If you want to submit your four-legged friend for the Pets page, please email a picture, their name, and a little bit about them to web@idylwylde.org.

Community League Positions

The Board of Directors is looking for volunteers for the Social Chair and SECLA Representative positions. The role of the Social Chair is to help generate ideas for social events that will bring together all members of our community, look after details necessary to run an event, including recruiting volunteers to assist with events, attend Board meetings when possible, and manage community notifications and signage.

SECLA is a group that consists of one member from each community league in South East Edmonton. Once a month SECLA representatives meet in person and work

together to share ideas, pool resources, and connect our large network of community leagues to enhance services to South East communities. This board funds and governs the Southeast Voice and recently helped spearhead the Capilano Skateboard park and its surrounding exercise equipment. The position requires approx. 2 hours a month and has very little email communication between meetings.

If you're interested in this opportunity to contribute to your community, please reach out to the Community League at league@idylwylde.org

Free Memberships and Skate Tags

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde! Now that the cooler weather is here, make sure to contact our Membership Chair at membership@idylwylde.org to get your free skate tags. This gives you access to skating at ice rinks in any Ed-

monton Community League.

Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idylwylde) will still cost the regular amount of \$10/year. Please contact our Membership Chair with proof of residency in Idylwylde to get your membership today!

Art's Birthday

Thank you to everyone who came out to help us celebrate art with us at Art's Birthday on January 20. We had an amazing time watching lots of amazing local talent perform. Thank you to all our community members who showcased their talents at the Open Mic.

Edmonton Tool Library

Idylwylde League members have access to the Edmonton tool library, which gives you free access to hundreds of tools available for loan! To set up your account:

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

Monthly Community Meetings

Want to get involved? Join us for our next meeting. Our meetings are typically the second Wednesday of the month at 7 p.m. at the Community League hall. Please note that February's meeting will take place on **Wednesday, February 21 at 7 p.m.** The March meeting will be the second Wednesday of the month on March 13. We hope to see you there!

Community League Swims

Community swims are a great opportunity for the whole family to stay active during the cooler months and enjoy the facilities at our local recreation centres. All you have to do is show your community league membership card for a free

swim.
-Bonnie Doon Leisure Centre: 8648 81 St. Sundays, 4:15 p.m. - 5:45 p.m.
-Commonwealth Community Recreation Centre: 1100 Stadium Rd. Saturdays, 3:00pm - 5:00pm

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.

Fulton Afterschool at Hardisty

Hardisty School kindergarten children can now enroll in the Fulton Afterschool at Hardisty program.

- Children will need to provide their own lunches, however an afternoon snack is provided.
- This non-profit program is run by level 3 staff.
- Kindergarten children will be eligible for the affordability grant.



Please call 780-465-4383 ext 30 to enroll your kindergarten child

Fitness. For living.

Breathe Fitness in King Edward Park offers custom-designed programming for all ages, lifestyles, and fitness levels.



BOOK YOUR FREE CONSULT TODAY!
7747 85 Street // 780-232-3478 // breathe-fitness.ca

For All Your Real Estate Needs...

Associate, REALTOR®
780.431.5600
Frank@royallepage.ca
FranklyTheBest.ca

FRANK VANDERBLEEK

Serving South Central Edmonton Since '92

CANADA'S REAL ESTATE COMPANY

ROYAL LEPAGE
Noralta Real Estate

Not intended to solicit properties already under contract.

ASHLEY SALVADOR
CITY COUNCILLOR FOR WARD MÉTIS

Connect with your City Councillor

780-496-8140
ashley.salvador@edmonton.ca

City Services | Public & Active Transit | Housing | Community Safety and Wellbeing
Local Economy | 15-Minute Communities | Climate Action

FOR ALL AGES

The Leprechaun Tigers Rugby Club is always looking for new players! With programs from U5 to seniors, it's never too early or too late to learn the basics of this fantastic sport!

Contact us today for more information or to register for the 2024 season!

WWW.LTRUGBY.COM
NO EXPERIENCE NECESSARY!

Kenilworth Community League Board

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

General inquiries & Publicity Requests (SEV & Website):
publicity@kenilworthcommunity.com
 Hall Rental requests: rentals@kenilworthcommunity.com
 Keep Current on our website, www.kenilworthcommunity.com, 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)

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

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

Kenilworth Community Outside Rink

Rink room hours are:
 4 - 9 weekdays
 11 - 9 weekends
 Accessible skating available on request.

For more information, contact the Kenilworth Community League Rink Manager at: icemanager@kenilworthcommunity.com

Fun, Outdoor Activities for all Edmontonians

It can be extremely challenging to keep active and healthy during the holiday season and winter months.

-Tobogganing Hills:

The City maintains toboggan hills at several locations with safe run-outs, safety signage and reduced hazards. For additional information, please visit: https://www.edmonton.ca/activities_parks_recreation/toboggan-hills.aspx

-Cross Country Skiing: Edmonton's River Valley is home to a large number of cross-country ski trails. These trails are

accessible, open to everyone and regularly groomed and to accommodate different levels of skiers.

For additional information, please visit: https://www.edmonton.ca/activities_parks_recreation/cross-country-skiing.aspx

-Outdoor Skating and Rinks: Skaters can use public outdoor ice skating surfaces in Major Parks or Community Leagues.

For additional information, please visit: https://www.edmonton.ca/activities_parks_recreation/outdoor-ice-rinks.aspx

Kenilworth Casino

Kenilworth has a casino coming up and is looking for volunteers. Our community league receives approximately \$75,000 from this casino which is used for our community league expenses. Without volunteers for the casino, we would not be receiving these funds. Our casino is scheduled for June 9 and 10th, 2024 at Casino Edmonton (Argyll).

Positions include cashier, chip runner, general manager, banker, and count room.



We have day and night positions, with most night positions running until 3:45 am.

For more information on positions or to sign up to work one or more of these shifts, please contact Bonnie Goulet at: BonnieIlg@telus.net

Kenilworth Crib Club

The KCL Crib Club has been very successful this year with 44 players.

Our season will end on May 4th. We play every Wednesday evening from 7 – 9:30 PM. We will start up again on October 2nd. To join, you should have a community league membership and the cost to join the club is only \$5.00 for the whole season.

If you are a crib player and have the time, you are most welcomed to join. We

are also in need of subs, so, if you do not want to commit to full time playing, you can join our sub list.

Our next Kenilworth Membership Event will be on Sunday, September 15th. from noon to 3:00 pm.

You can purchase your Kenilworth Community membership as well as register for the Crib Club.

For more information call Liz: 780-465-5188; or Lucy: 780-466-9149

Scrapbooking/ Card Making Sale

Scrapbooking/Cardmaking Sale will be held at the Kenilworth Community Hall, 7104 87 Avenue, on Saturday, March 9th; 9:30 AM to 1:00 PM. This sale is your opportunity to purchase scrapbooking and cardmaking supplies at a bargain price. Items sold will be cardstock, designer paper, stamps,

embossing folders, die cuts, punches, accents, embellishments, and much more. There will be many great bargains to choose from to craft your own projects. Concession on site. For more information email: scrapbooking@kenilworthcommunity.com or phone: 780-469-1711

Kenilworth Community Memberships

Are you a member? 2023-2024 memberships are on sale and valid until August 31, 2024. Please contact Rebecca S. at membership@kenilworthcommunity.com for more information!

2023-2024 Membership Fees

Family-\$20
 Single Adult-\$10
 Senior-\$5

2023-2024 Membership Purchase Options

1) Online- Renew online to instantly have a renewed membership. Online Renewal Link: <https://kenilworthcommunity.getcommunal.com/memberships>

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

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

Upcoming Events

May 4 Community Garage Sale
 May 11 Adult Steak BBQ
 June 8 Big Bin
 July 23 Christmas in July
 August 24 Golf Tournament & Steak Supper





KEP Board Members

President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michaudr@gmail.com
Treasurer	Sylvia Shank	sacul@telus.net
Secretary	René Henthorne	wish2bee@yahoo.ca
Tennis Director and Membership Director	Wayne Alexander	walexander@shaw.ca
Hall rental & Maintenance Director	—	king.ed.hall@gmail.com
Civic	Rahul Deol	
Volunteer	Tod Rudge	todrudge@gmail.com
Volunteer	Kaitlyn Wall	
Connect with us online:		
Twitter	@KingEdwardPark	
Facebook	https://www.facebook.com/kingedwardparkYEG/	
Instagram	https://www.instagram.com/kingedwardpark/	
Website	https://www.kingedwardpark.org/	

Hall Rentals

In need of a space for a special event? Consider using one of King Edward Park's two halls for your functions!

The Large Hall, located at 7708 - 85 Street NW, offers a spacious venue with a stage, projector and screen (available for an additional fee), bar area with a stand-up fridge and small freezer, downstairs space, and kitchen facility.

The Small Hall, situated near the tennis courts and ice rink at 8008 - 81 Street NW, provides a cozy space with a stove for heating prepared food and a large sink for easy clean-up.

For more information on hall capacity and availability, please visit our website. To book a hall, contact king.ed.hall@gmail.com.

Community League Membership

For just \$20 you can become a Community League Member. Your membership gets you:

- Free access to select pools during Community Swim times.

- Complimentary Edmonton Tool Library Membership (with proof of KEP League membership).

- Free skating at our outdoor rink on the corner of 81 Street and 81 Avenue. As well as many additional City of Edmonton indoor arenas.

- Free or discounted rates for community recreation (Tennis, Yoga, Parent & Tot etc.)
- 10% off new annual, multi-admission, and continuous monthly passes at any City of Edmonton sports and fitness facility.

- Additional Benefits can be found at the Edmonton Community Leagues website.

Memberships are available at our Board meetings. Otherwise, feel free to give our Membership Director, Wayne, for more information! walexander@shaw.ca

King Edward Park 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 Street NW.

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

Volunteer With Us

If you're interested in helping our community league out, drop by one of our board meetings and see what we're all about or contact us at <https://www.kingedwardpark.org/contact>.

Call for KEP Programing Input

Do you have a great idea for your community? Are you a skilled instructor that wants to start a program? We want to hear all about it and help to get it off the ground! The King Edward Park Community league invites you to contribute your ideas for

programming.

Contact us by joining us at a meeting to share what kind of programming you would like to see or let us know via email what type of programming you would like to see, president@kingedwardpark.org.

Family Movie Night

Don't miss out on King Edward Park's family movie nights! Stay updated on our social media or website (<https://www.kingedwardpark.org/events>) to find out about the next event. We show older and newer movies: September's movie was new release Spiderman:

Across the Spider-Verse!!! Admission is \$5 per family and includes popcorn at the concession.



Contact us

We would love to hear from you! Whether you're a long-time resident or new to King Edward Park, we warmly welcome all community members to attend these meetings and actively participate in

shaping the future of our neighborhood. You can get in touch by coming to one of our monthly meetings or online at <https://www.kingedwardpark.org/contact>



Some apartment and condo residents will soon be sorting their waste into food scraps, recycling and garbage.

Find out when this change is coming to your neighbourhood. Check out the rollout map at edmonton.ca/ApartmentAndCondoCollection.



Ottewell Community League Board

President: Corinne	ottewell2212@gmail.com
Vice President: Tom	oclcrink2021@gmail.com
Secretary: Monica	oclsecretary1@gmail.com
Treasurer: Jamie	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
Social Media: Sarah	ottewellmedia@gmail.com
Engagement: Julie	oclengage@gmail.com
SEV Liaison: Bri	sevliaison@gmail.com
Big Bin: Andrew	oclbigin@gmail.com
Bingo Director: Tyler	oclbigo@gmail.com
Grants: Chelsea	oclgrants@gmail.com
Membership Director: Sandra	oclconcerns@gmail.com
Playschool Director: Jason	jjmclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor: Craig	oclwebpage@gmail.com

Ottewell 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

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

Holding a current membership card has its perks:

-Carol's Ottewell NO FRILLS Grocery Store - will be giving away a \$25 gift every month until July 2024. A random draw of the current members will be held every 2nd Thursday of the month.



-Red Swan Pizza - Capilano - 5% discount for current Ottewell membership card holders. 4964 98 Ave 780-250-7926

-Planet

Fitness

Bonnie Doon

82 Ave and

83 St. has

an offer

for Ottewell Community

League card holding members call 780-809-7858 for details.



-Anvil Coffee House - LOCATED in Ottewell Plaza 6148 - 90 Ave Edmonton - is offering 5% discount for current Ottewell membership card holders.



Yoga at Ottewell Hall

Join us Tuesdays, as we...

*Unwind the mind and body from daily stresses

*Gain both mobility and strength

*Practice conscious breathing and awareness to help settle the nervous system

*Spend one full hour, every week, doing something that is just for YOU!

These yoga sessions are open to EVERYONE, regardless of experience, with options to suit your needs. We also have on-

line selections if you prefer to move in the comfort of your own home. Ask for details! Tuesdays, until March 5 7:30-8:30pm

\$20/class to drop in for our remaining sessions.

Packages available for multiple classes in future series.

If you would like more information on this series, our future sessions, or to sign up, please message willalee@hotmail.com, or @wanderingmapleyoga on instagram.

School Parking-A friendly reminder

Illegal parking around schools causes congestion and visual obstructions that make it hard for drivers to see pedestrians, especially children, crossing the street. Illegal parking around school areas can be a safety hazard and can create unreasonable disruption to the residents living in the area.

To help prevent problems around schools, the Edmonton Police Service and Parking Enforcement Officers work together to ensure students, parents and staff members of local schools know where to park safely and legally.

For more information visit: edmonton.ca/school parking.

Reminder: No Dogs at the Park or Rink Area

Neighbours, this a friendly FUR-reminder, that our beloved four-legged friends are not allowed in the park, as per the City's dog bylaw. This includes the playground and rink areas. Thank you for your cooperation and respect for our park.



Free Swim with OCL Membership

OCL members have access to the Community Swim Program from September - August 2024. Saturdays from 3:00 - 5:00 PM at Commonwealth and Sundays from 1:15 - 2:45 PM at Hardisty Leisure Centre.

OCL social media

Stay in Touch with what's happening in your community!

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at Ottewell.ca

Events Happening at Ottewell Community Hall

-Family Dance - February 17 - Saturday 7pm to 11pm

Music provided by the Basement Boys. Popcorn and candy bar for the young and young at heart

Cash Bar Sales from 8pm - 10pm. Purchase your family tickets in advance only at the Ottewell Community Farmers Market on Thursdays - February 1,8,15.

OCL Family \$10; Non OCL Family \$15

Advance Ticket Sales only so that we can plan for this great event.

-OCL Easter Egg Hunt - March 30 - Volunteers Needed

This fun family event is hosted at the park/hall weather permitting.

Be a part of this community event, email ottewell2212@gmail.com to help.

-Annual Hello Spring Artisan Market- Mark your calendars for Ottewell Community League's annual Hello Spring artisan market on Saturday, April 20, from 10am to 3pm.

Come to the hall and shop from over 20 local artisans, makers, and shakers. Family friendly, free admission and parking! Vendor

applications will be available in February on our website and on our Facebook and Instagram accounts.

-Mexican Fiesta - Saturday May 4 - Adult Only Event

We are bringing the traditions of Mexico to Ottewell.

Come join your neighbours and Friends. More information to come.

-Canada Day Event - July 1 - Family Event - Volunteers Needed.

email ottewell2212@gmail.com to be a part of this great group.

-September - Harvest Fest - OCL Farmers Market

will be hosting a Saturday with special activities for all to enjoy. From Tug a Rope contest, best pie bake off and much more. Don't miss out, watch for more details.

-Oktoberfest - Saturday October 19 - Adult Event sure to be a lot of fun.

-October - Halloween Events info will updated on our social media and website.

-November Holiday Market - November 23 - Saturday from 10-3pm, our annual holiday market showcasing local makers and creators! Details to be released in Fall 2024!

OCL Farmers Market

WE ARE BACK indoors Ottewell Community Hall

OCL hosts an Alberta Approved Farmers Market weekly on Thursdays from 4:00 - 7:00 PM in the hall until the first Thursday in May then we move outdoors to host special events with food trucks and live entertainment. Every week we have a variety of local vendors, so come

out and support the locals.

Look for our local veggie farmer, BC Fruit. Fermented Foods, Local Chefs to fill your freezer. Local take and bake, local honey. Hand Baked goods and more...

Facebook

Page -Ottewellcommunityfarmersmarket

Instagram -oclfarmersmarket

Website -ottewell.ca

What amenities and housing does your community need?

Braemar Baptist Church is considering a redevelopment of the church land (7407-98 Avenue) and we want **your** input on what we build.

We are hosting two sessions to seek input from residents of the surrounding communities, and we hope to have you join us for one of the following events:

When: **Saturday, February 24** – 10:00 a.m. to Noon, **OR**
Tuesday, February 27 – 7:00 to 9:00 p.m. (both are drop-in events)

Where: Braemar Baptist Church gymnasium, located on the east side of the church (7407-98 Avenue)

If you have questions, contact:

Melissa Campbell, Community Engagement Lead
melissa@melissacampbell.ca
[780-982-8889](tel:780-982-8889)



\$20.00

Saint Patrick's Day Shaker

Join the Fun!
Ticket Includes: Live Music, 1 Drink, Snacks, Door Prize Entry

Ottewell Hall
5920 93A Ave NW
Edmonton

7PM, March 16th, 2024

Text: 780-902-8993
Or Email:
ottewell11212@gmail.com
To Reserve a Ticket!

Ottewell Rink

OCL is going strong again this year. We have benches outside to use and there is a porta-potty on site as in previous seasons.

The ice lights for both rinks will be on from 5pm to 9pm, 7 days a week. The rink shack at Ottewell will require volunteer supervisors in order for it to be open to skaters.

Ottewell rink is maintained and supervised by volunteers. If you would like to volunteer at the rink it's a great way to enjoy the outdoors and give back to your community. Volunteer positions include:

-Maintenance: This position involves clearing the ice of snow using scrapers, shovels and a snowblower as well as flooding the ice as needed. These tasks are quite physical and are completed as needed. They don't follow a regular schedule.

-Supervision: This position would involve opening and supervising the rink shack on a weeknight or a weekend afternoon for at least 3 hours (e.g. Mondays from 6-9 pm or Saturdays from 12-3 pm). This would be a weekly commitment for the skating season. If you would like to volunteer email

Tom at oclrink2021@gmail.com.

Thanks to our volunteers that are giving their time to ensure the kids of Ottewell have some outdoor fun!

- Skate at your own risk.
- Wear your helmet.
- Share the space. The pond rink is for skaters and small hockey players who aren't safe on the big rink.
- Play safe, and if you don't feel well, stay home.
- Please use the garbage cans provided. Keep our rink area clean!
- Looking forward to this activity in our community

Cross-Country Ski Tracks in the Heart of Ottewell

For many years, Ottewell residents have been setting informal cross-country ski tracks around the perimeter of Braemar field. These tracks have been designed by your neighbors who are looking to enjoy the park space in our front and back yards.

Please have fun using the tracks and leave them in good condition for the next family to enjoy!

The ski tracks:

make a nice loop to ski are a great way to get outside in the winter and get some exercise

Are convenient. Just walk out your front door with your skis and enjoy a stress-relieving, energy-giving ski in your own neighborhood.

"Our family loves the fact that we can literally cross the street and go skiing in the park. Sometimes someone else has been out before us to set track or we set it. We can ski the loop

as many times as we want depending on whether we just want a little ski or a bigger workout. It's so convenient to not have to load everything in the van and drive somewhere, and I always feel happier and more energetic after a ski. Skiing in the park will be a great activity this Covid winter for mental and physical health."

To learn more about the health benefits of cross-country skiing, visit <https://tinyurl.com/y2o4ffaz>

STRATHEARN Community League



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 Director	Evan	grounds@strathearncl.org
Rink Manager	Shawn	rink@strathearncl.org
Social Director	Pam	events@strathearncl.org
Communications Director	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!

Strathearn Community League is Debt-free!

In 1967, the Strathearn Community League (SCL) was established. The SCL erected a modest hall that served as a community gathering place for the many young families and new businesses setting down roots in the neighborhood. Over the decades, the Old Hall saw countless local events and family gatherings in Strathearn. However, by the early 2010s the aging facility was no longer adequate, and the community was in desperate need of a new hall.

SCL volunteers campaigned tirelessly for years for the funding to construct a new hall and the project finally began in 2017. However, there was still a project shortfall of approximately \$200,000 that needed to be bridged. The SCL eventually entered a loan agreement with the Social Enterprise Fund, a local organization that provides funding to non-profit groups who would otherwise be unable to get traditional bank loans.

This loan was a "mortgage" that the SCL has been trying to pay off since the New Hall opened in 2018. Of course, the pandemic put a big, unexpected roadblock in our plans for paying off the loan. Even throughout the COVID closures, SCL volunteers continued to work tirelessly to keep the community league running. When the world reopened after the pandemic, our revenue streams returned, and



we began to make significant progress on our repayment schedule. Owing to the hard work of our volunteers, we are proud to announce that as of October 2023, the loan amount has been repaid and the SCL is officially debt-free!

The SCL would like to extend a huge thank you to everyone at the Social Enterprise Fund, who stepped in at a time when the League was experiencing a dire need. The SCL would also like to thank all the members of the Strathearn Building Society, who truly did most of the heavy lifting for the planning, fundraising, and construction of the New Hall. We are confident that the members of our community will continue to enjoy the New Hall for decades to come.

Outdoor Rink - Opening Soon!

Did you know that our Community League rink runs from volunteer power? Are you interested in helping with ice maintenance? Or do you just want a way to get updates about the status of the Outdoor Rink? Join us on the Strathearn Outdoor Rink (ODR) What's App group for the most up-to-date information about rink activities and volunteer opportunities.

If you are interested in staying in the know or offer a hand, simply click on the link below to join the ODR What's App group: <https://chat.whatsapp.com/Hd7YmLIYQ06Ee3zpDZy218>



New SCL membership cards now available!

Looking for a Community League membership? The fastest way to get your number and start accessing membership benefits is through online purchase via Edmonton Federation of Community Leagues! Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.




BLANKET EXERCISE WITH BENT ARROW






WHEN: SATURDAY MARCH, 16
1:00PM - 4:00PM

WHERE: STRATHEARN COMMUNITY LEAGUE, 9511 90 ST

RSVP TO: CHRISTINE@HOLYROODCOMMUNITY.ORG

The Blanket Exercise is an impactful and hands-on learning to inform others about the history and impact of settlement and colonization, including the creation of Residential Schools in what-is now called Canada, and how it continues to have impact on the modern-day lives of Indigenous communities.

Strathearn & Holyrood Community Leagues in partnership will host a Blanket Exercise workshop. Please come and join us to learn more about our shared history in Canada. To sign up for the Blanket Exercise, please click on the link below:

<https://forms.gle/wSCaJhhoKfsmrXMD6>

Waste Less: Strathearn’s Waste Reduction Discussion



What Goes to Food Scraps?



Strathearn Community League has booked the horses and wagon for our popular community Hayrides and Hot Chocolate event - happening Saturday, February 17th afternoon from approximately 1-4pm (hayrides will run for 2 hours from 1:30-3:30pm). Please bring your family for this fun event!



Our first Karaoke night of 2024 is scheduled for Friday, February 23rd, and we hope to see as many of friends and neighbors as we had last year!



**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



Garneau: Spectacular City View, 3 bedrooms, 2 bathrooms, ensuite off primary bedroom, ensuite laundry, underground parking.



Parkside: 1245 Sq ft Bungalow with double attached garage, 3 bathrooms including ensuite, partially developed basement, sunny west yard



Kirkness: Great location, 4 level split, 3 bedrooms, 2 bathrooms, 24x24 double garage.