

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 - March 2024

THE WOMEN ENTREPRENEURS
OF ALBERTA PRESENT:
IN SUPPORT OF THE ELIZABETH FRY SOCIETY

**The Rebel Boss
Women's Day Market**

CELEBRATING THE POWER AND STRENGTH
OF WOMEN. TODAY AND EVERY DAY.

**SUNDAY MARCH 17 2024
10AM-3PM
GOLD BAR COMMUNITY HALL**

25 WOMEN ENTREPRENEURS
CONCESSION BY MOMMA TONG
BARTENDING BY SPECIAL GUESTS:
DRAM FINE WHISKY PODCAST
SILENT AUCTION
LIVE ART

SPONSORED BY:

DRAM FINE
ALLEY KAT



HOLYROOD
BLANKET EXERCISE
WITH BENT ARROW
Strathearn



WHEN: SATURDAY MARCH, 15
1:00PM-4:00PM
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.

**HARDISTY SCHOOL PLAYGROUND
EXPANSION 50/50 RAFFLE**

THANK YOU FOR YOUR GENEROUS SUPPORT TO DATE AS WE WORK
TOWARDS BUILDING A PLAYGROUND THAT ALL OF OUR CHILDREN
CAN ENJOY DURING THE SUMMER OF 2024!

We need to raise at least \$25,000 more to ensure that the
playground design will facilitate inclusive play opportunities for
children of all ages and abilities in our community. Please help us
close this funding gap by purchasing 50/50 Raffle. Tickets before
midnight on St. Patrick's Day, March 17, 2024.
The winner will receive a minimum cash prize of \$2,000 or 50%
of ticket sales (whichever is greater); up to a maximum of
\$5,000.

TICKET SALES END: MIDNIGHT, MARCH 17, 2024
DRAW DATE: MARCH 18, 2024
DRAW LOCATION: HARDISTY SCHOOL
TO GET YOUR TICKETS PLEASE SCAN THE QR CODE BELOW
OR GO TO THE FOLLOWING WEBSITE
[HTTPS://WWW.RAFFLEBOX.CA/RAFFLE/HARDISTYPLAYGROUND](https://www.rafflebox.ca/raffle/hardistyschoolplayground)

MAY THE LUCK O' THE IRISH BE WITH YOU!



EMSA South Outdoor Soccer Registration Is Open!

Spring soccer season (May/June) is open to
youth ages 4 and up. Registration deadline is
March 15. To register your kiddo, visit emsasouth.com.

You'll need a Community League Member-
ship to sign up. If you don't have one you can

go to EFCLA.CA to find
your league and either
purchase it through this
website or contact your
league membership rep
to buy one



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



SECLA Community League News



SOUTHEAST EDMONTON SENIORS ASSOCIATION (SEESA)



Upcoming Events:

March 28: Happy Easter Lunch (2 Sittings: 11:00am & 12:30pm)*

April 4-21: Spring Book & Puzzle Sale

April 20-21: Spring RUMMAGE Sale (donations accepted beginning April 2nd)

(* 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.

Mar 11: Introduction to Cannabis for Therapeutic Purposes for Seniors

Mar 12: Identity and Fraud Prevention

Mar 14: Chartwell Café Government Benefits Alberta Blue Cross

Mar 18: Info Presentation: Introduction to Arc for Seniors

Mar 19: Fall Prevention

Mar 20: Personal Directive & Power of Attorney

Mar 26: Exercise Guidelines for Older Adults

Mar 27: Dividend Investing for Inflationary Times

Mar 28: EPL - Bring Your Own Device: cloudLibrary(eXpress Titles)

CITY TREE SERVICE
YOUR LOCAL EXPERTS

Free quotes

Stump removal

Tree pruning

Tree removal

Tree assessments

citytreeYEG@gmail.com
780-271-8733

Certified and insured arborists

Edmonton owned and operated

CITYTREYEG.CA
@CITYTREYEG



Tillie's Cafe at SEESA

Tillie's Cafe 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 take-out.



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, Ed-

monton; or scan our QR Code.

ACCREDITED BUSINESS
BBB A+ Rating

● POWER RAKING
● AERATION
● EDGING
● LAWN CARE
● EPOXY COATING
● CONCRETE SEALING

Seniors Starting at \$200 Monthly

ANY TASK - HAPPY TO HELP 😊

Gold Star LAWN & SNOW LTD.

780.953.4298
goldstarlawnandsnow.ca

Epoxy Flooring & Coating Services

SALE
Pressure washing
LOWEST PRICE

FULLY INSURED
FULLY INSURED
FULLY INSURED

780.953.4298
goldstarlawnandsnow.ca



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!

Crib Night

Saturday, March 16

Next Avonmore Crib Night is Saturday, March 16 starting at 7:00 p.m. Register as a team 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-community-crib-night-tickets-848518139597> or by e-mail to pastpresident@avonmore.org or call Anita at 780 222 4482.

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 opportunity

to get to know your neighbours whether you are new to Avonmore or a long time resident. All ages welcome. There are always treats from the Hazeldean Bakery or sometimes from someone's kitchen. Contact pastpresident@avonmore.org if you have questions.

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 opportunity

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.

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

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

at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Meat Pies? Well... Meat Street Pies

(located at 7015 83 St NW [at the back]) offers 10% off on all their Meat Pies in-store by showing your membership card.

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



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

Avonmore 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.

Shinny Ice Hockey

Spring/summer hockey ice times are Thursdays 9:45 pm @ Argyll arena. We will play from April to August 2024.

Shinny hockey is a group of players getting together to play hockey. Players aged 16+ 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 20 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

Hall Rental

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

Online Community

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

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

Twitter: @AvonmoreLeague
Instagram: avonmoreleague

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 past-president@avonmore.org

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 an hour of music, dancing and discovering 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.

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)

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 color to your wardrobe and stay warm? Our colorful 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.

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.

LUSH

LAWN CARE

OUR SERVICES

Aeration & Overseeding

- ✓ Breaks up compact soil for a fuller and healthier lawn

Fertilization & Micronutrients

- ✓ Keeps lawn healthy & green, and weeds away so grass can thrive

Soil Enhancer

- ✓ Our signature blend of minerals & vitamins

Vegetation Control

- ✓ Removes grass & weeds from rock beds & pavement cracks

WHY LUSH?

Local

- ✓ Edmonton-based company
- ✓ Products made for Edmonton soil
- ✓ Giving back to our community

Honest

- ✓ Experienced & friendly staff
- ✓ No upselling
- ✓ No auto-renewing

Green

- ✓ Preserving Canadian lakes with each purchase

CONTACT US:

To book or for more information

www.LushLC.ca Matt@LushLC.ca (780) 230-0330

Avonmore Community Sponsors

7460 76 Ave NW

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.

COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Jocelyn	treasurer@capilanocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanocl.ca 780 863-0914
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	VACANT	
Webmaster	Breanne	webmaster@capilanocl.ca
Social Media	Serena	serenasvidal@gmail.com
Sign Rental	Karen	780-977-5252
Facilities Director	VACANT	
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Sam	rink@capilanocl.ca
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	VACANT	
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook "Like Us"

Check us out on Instagram @capilanocommunity

Choose Capilano Hall for your Event!

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

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

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

SEV Newsletter Role – Volunteer needed!

If you would like to help get the word out to your fellow Capilano community residents about all the great events and programs happening, then the Southeast Voice (SEV) newsletter role is for you! Responsibilities include gather event/program notices from Capilano community

residents and compile and send to the SEV publisher; share all community notices with our website and social media administrators, and attend monthly (Sept. – June) Capilano Community League board meetings. Mentoring will be provided. To learn more, please call Jill at 780-718-7270.

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.

Thank you Katie!

Katie Buchanan was Capilano Community League's dedicated website administrator for five years, after playing a lead role on Capilano Playschool's Board. When Katie took on the website role, she led the effort in creating a new commu-

nity league logo, and completely rebuilt our community website. Katie was also very involved in helping with many community events!

Thank you for everything Katie and wishing you all the best!

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.

Be CCL's Volunteer Director!

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 sitting 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.

"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!

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

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

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

Small business/commercial advertis-

ing - \$25. Guaranteed 3 days.

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

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

MARK YOUR CALENDARS!!

Capilano's Community-Wide Garage Sale & Big Bin

JUNE 2024

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Community-Wide Garage Sale- Saturday, June 1, 2024
Big Bin Event - Saturday, June 8, 2024

STAY TUNED FOR MORE DETAILS

Capilano Tennis Club 2024 Season

Interested in learning and playing tennis in 2024?

Capilano Tennis Club has programs and affordable lessons for players of all skill levels, including beginners!

Registration opens April 1 for adult group lessons and junior after school and summer camps.

Visit www.capilanotennis.ca for information on membership or lesson registration.

Preschool (non-parented) Soccer Registration

This thriving program has been a staple to families in the Greater Hardisty Area for 19 years! Instructors, using a play-based model of learning, lead kiddos through 45 minutes of skills and games. And our coaches get what it means to play preschool soccer as most of them started their sporting careers in this very program! Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink (6115 Fulton Rd NW). New Early Time Slot on Thursdays!

Start: Tuesday April 30 or Thursday May 2, 2024

End: Tuesday June 4 or Thursday June

6, 2024

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

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

Group B: Tuesdays 6:15-7 p.m.

Group C: Thursdays 4:45-5:30 pm;

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

Group E: Thursdays 6:15-7 p.m.

REGISTRATION: Registration opened Mar 1, 2024 online at Capilano Community League website (www.capilanocl.ca). Look for online registration form under Preschool Soccer. Registration is limited and first come first serve.

CAPILANO COMMUNITY LEAGUE

JOIN US FOR A CASUAL MONTHLY SOCIAL WITH LOCAL CRAFT & SPIRITS AT THE HALL!

~CASH BAR~

Happy hour at Capilano!

FRIDAYS 7:30-11:30PM
 DEC 1, JAN 12
 FEB 2, MAR 1
 APR 5, MAY 3

FRIENDS NEIGHBOURS DRINKS MUSIC & SNACKS!

OPEN TO AREA LEAGUE MEMBERS & THEIR GUESTS (MEMBERSHIPS AVAILABLE TO PURCHASE)

QUESTIONS? CALL HEATHER 7808181456

Cheers to Beers & Bevies!

Hatha Yoga at Capilano Hall

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

New to yoga? Come out and give it a try!

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

Note: Also see Gold Bar Community League

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.

Capilano Ball Hockey (non-parented) Registration

Kids will learn to stick handle, pass, shoot, protect the ball, keep their heads up, and read the plays. Along with the basic rules, your child will learn offense and defensive strategies and tactics. Hockey skills will be improved through fun, game-based teaching methods. Each class is a mixture of learning skills and playing ball hockey. Kids will improve their playing and become more proficient and skilled hockey players. Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.

Dates: Saturday April 27– June 8, 2024

Group 1: 4–6-year-olds, Time: 9 – 10 a.m.

Group 2: 7–12-year-olds, Time: 10 – 11 a.m.

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

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

REGISTRATION: Registration opened online Mar 1, 2024 at Capilano Community League website (www.capilanocl.ca). Look for the online form under Ball Hockey.

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.

Total Body Fitness

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

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

Session runs March 5/7 – April 30/May

2, 2024.

\$105 one day a week (9 classes)

Drop-in rate is \$13.

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

**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



Did you know
Capilano Playschool
is located inside
Hardisty School?



Registration is now
open for 2024!



Capilano Babysitting Registry

Parents! Happy Hour at Capilano is the perfect time to try out a new babysitter. Contact babysittingregistry@capilano.ca for more information. Interested sitters can also contact this email to be added to the registry.

Tuesday/Thursday Strong

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

Tuesday class at 8 p.m., Thursday class

at 8 p.m.

Session runs from March 5/7 to April 30/May 2, 2024.

\$105 one day a week (9 classes)

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

CLOVERDALE Community League



Cloverdale

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 - in-

cludes adult children residing in a household

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 volunteering on our Community Garden Committee, please let us know! The Cloverdale Community Garden is without leadership or a committee. This means that the beautiful garden we have built is at risk. If you are interested in saving our community garden, please contact Jenna M at communitygarden_chair@cloverdalecommunity.com. A call for interested gardeners will come once we form a Community Garden

Committee, stay tuned!

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.

Mark Your Calendars

Our annual River Valley Clean-Up event will be held on May 26, 2024! Please come out to help keep our neighbourhood beautiful - stay tuned for more information!

Checking in with Anxiety

It's normal to feel worried or anxious at times within your daily life. Mild to moderate anxiety can help you focus your attention, energy, and motivation. But when these feelings become severe and out of balance, causing you to feel helpless, con-

fused, or very worried, it may be a symptom of an anxiety disorder or a more serious problem such as depression. Anxiety can cause physical and emotional symptoms. A specific situation or fear can cause some or all of these symptoms for a short time.



Strathearn PSYCHOLOGY

Helping you grow towards wellness.

In-person & online sessions available. Low-cost options.

You don't need to struggle on your own. At Strathearn Psychology, we are passionate about joining with you to help you turn those struggles into growth.

780-757-9536 STRATHEARNPSYCHOLOGY.COM

When the situation passes, the symptoms usually go away.

What is an Anxiety Disorder?

Anxiety disorders occur when people have both physical and emotional symptoms. These disorders interfere with how

a person gets along with others. They also affect daily activities. Often the cause of anxiety disorders isn't known. Many people who have them say that they've felt nervous and anxious all their lives. This problem can occur at any age.



2023 Awards of EXCELLENCE in HOUSING FINALIST

Make Your Home Yours with Ackard Designed Interior Living Spaces.

780.414.0686 | Ackard.com

40 YEARS



ACKARD
CONTRACTORS LTD.

Results You'll Love.

FOREST-TERRACE HEIGHTS Community League

Mad Science Spring Break

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 from 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!

We are excited to announce our first Spring Art Show

Join us on Saturday, May 11, at the Forest Terrace Heights Community League Hall (10150 80 ST) from 11:00 a.m. to 5:00 p.m. This event showcases local artists' talents and offers a special Mother's Day card-making activity for kids. It's a perfect outing for the family the day before Mother's Day! The show celebrates creativity and community spirit, inviting residents to explore art, participate in activities, and discover the local artisans of Forest Terrace Heights. Volunteers are welcome to join in making the event a success. Interested artists and volunteers can contact Denver at denver@forestterrace.org for more information. Don't miss this chance to support local art and make



meaningful connections in your community. See you there!

Looking for Casino Volunteers!

We are excited about the 2024 Forest Terrace Heights Community League fundraiser at Pure Casino Edmonton on Argyll Road. We are hosting a casino Canada Day long weekend on Saturday, June 29 and Sunday, June 30. To register as a vol-

unteer, please visit volunteersignup.org/W49RY. If you have any questions, please contact casino@forestterrace.org or call 780-485-6099. We appreciate your support and look forward to making this another successful event for our community!

EMSA South outdoor soccer registration is now open for Forest-Terrace Hts!

Spring soccer season (May/June) is open to youth ages 4 and up. Registration deadline is March 15. To register your kiddo, visit emsasouth.com.

You'll need a Community League Membership to sign up. Need one? No prob! Get your family membership today at forestterrace.org/memberships. For questions, please contact soccer@forestterrace.org.



Community Swim Update!

Starting May 12, the Forest Terrace Heights swim time at Hardisty is changing to 1 - 3 p.m. (previously 1:15 - 2:45 p.m.). Community league swims will continue through the summer (previously, they ended at the end of June). Eastglen swims will run on Sundays from March 3 to May 5 from 1:00 - 3:00 p.m. due to maintenance at Hardisty.

Forest Heights Fitness Programs

Sportball returns April 8 - June 24! We're offering this high-energy, non-competitive sports instruction classes for kiddos ages 2 - 8. Visit forestterrace.org/upcoming-events for class details and to register.

High Fitness: Join us every Tuesday at 7:15 p.m. for an hour of HIGH-fun aero-

bics. High Fitness has choreographed cardio moves to upbeat popular music that you will know and love. Classes run until March 26. To learn more and register for these programs, visit forestterrace.org. If you have questions or would like more information, email programs@forestterrace.org.

Calling all Snow Angels!

The Forest Terrace Heights Community League wants to match angelic volunteers with residents who need help clearing their snow. If you have a shovel and a big heart and want to make a difference

this winter, please visit forestterrace.org or email Anj at anj@forestterrace.org to sign up to be a Snow Angel today! If you or someone you know could use a helping hand this season, please reach out to Anj.

Forest Terrace Heights 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.

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 August 31, 2024. For any questions, email memberships@forestterrace.org or call Sonya at 780-463-1613.

Summer Camp Save the Date!

More details to come, but if you're considering summer camps for your kids, you should pencil in these dates!

Mad Science: July 22-26

Sportball: Einstein's Athletes July 29-Aug 2

For All Your Real Estate Needs...




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



FRANK
VANDERBLEEK

ROYAL LEPAGE
Noralta Real Estate

*Serving
South Central
Edmonton
Since '92*



CANADA'S
REAL ESTATE COMPANY

Not intended to solicit properties already under contract.



Fulton Place Board

Esther

President
president@fultonplace.org
7808867794

Miles

Vice President Civic Affairs
vpleagueaffairs@fultonplace.org
7809515253

Gavin

Vice President League Affairs
vpcivicaaffairs@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

Currently down for maintenance until March.

-Hardisty Leisure Centre, 10535 65 Street NW

Sundays 1:15pm-2:45pm
September 10, 2023 - August 25, 2024

Will shut down for maintenance in March.

-Clareview Community Recreation Centre, 3804 139 Ave NW

Saturdays 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.

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 fpcg-contact@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.

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

Making the most of your Doctor's Appointment

Working closely with your doctor is one of the most important things you can do to help you get – and stay – as healthy as you can. Have you ever caught yourself saying the following things ...

- "Doctors are so busy. I don't want to bother them."
- "The doctor's the expert, not me. I just listen."
- "I'm afraid of saying something that isn't right."
- "I'm actually a little scared of my doctor. He intimidates me."

Partnering with your doctor shouldn't have to be a struggle. Doctors are experts on medical care but you are the expert on yourself. And, together, you can find a solution that best fits your values, beliefs, and lifestyle.

Things to do before visiting your doctor

- Be prepared. Write down what you want to say, how you feel, and any symptoms you are having.
- Don't be afraid to say what you think.
- Bring someone with you, especially if you have trouble remembering
- Always asks questions to ensure you understand.
- Always asks questions to

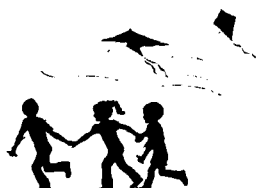
ensure you understand. Some examples of questions you can ask when talking with your doctor about treatments and tests are:

- oWhat is the name of the test, medicine, surgery, or other treatment?
- oWhy is it needed?
- o What are the risks?
- o What are potential side effects?
- o Are there alternatives?
- o How much does it cost?
- o What will happen if I decide not to have treatment?
- o How do I prepare for each test or treatment?
- o Is the cost of the medicine covered by my provincial health plan or private health insurance?
- oHow do I take this medicine?
- oHow will this medicine react with other medicines I am taking?
- o professional thinks the problem might be.
- What you can do to manage your problem at home.

Follow the instructions your doctor gave you, including filling a prescription, scheduling tests, or making another appointment. Call your doctor if you still have questions or if there is anything you do not understand.

Book and Hobby Swap

Our annual Book and Hobby Swap takes place Sunday April 21 from 1pm to 4pm at Fulton Place Community League Hall. Bring any books or hobby supplies/games and trade with others or choose from items in the Hall. Text Jessica at 7808038169 if you have questions.



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.



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



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

Inaugural Gold Bar Community Crib Tournament at Gold Bar Hall

We had an amazing turnout this year,. A big thanks to all that came and a big shout out to the incredible volunteers. Congrats to all the winners!!

1st Prize: Liz Thomas
2nd Prize: Barb McWhirter
3rd Prize: Francois Forestier
50/50 Winner: Rochelle Walker

Mom and Me Fitness

It's a mix of cardio and strength with 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.

Mondays: 930-1030am

Contact Lisa to register/questions.

Mondays \$60/\$12 drop in

Facebook.com/lisashortenfitness

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.

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

Contact Lisa to register/questions.

Sundays \$66

Facebook.com/lisashortenfitness

email lisashortenfitness@gmail.com

Yoga at Gold Bar

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 free. \$10/class Drop in or register in advance, payments by cash, e transfer or cheque
Contact: Nancy_conlin@hotmail.co

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 VOL-UNTEER TO SELL TO A ROUTE NEAR YOU! If you're interested in helping your

community by selling memberships, we have short and long routes available.

With your membership you have FREE access to the Edmonton Tool Library, and the Community Swim at Hardisty Pool from 1:15-2:45 Sundays.

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

CASINO WORKERS NEEDED

Gold Bar Community League is seeking workers for their upcoming Casino being held Thursday, April 18 & Friday, April 19, 2024. Our casino will be held at Pure Casino Edmonton, 7055 Argyll Rd NW. This is a great way to get involved with your community league and meet some of your neighbors at the same time. If you've never worked a Casino – no worries - there is "on the job training".

TO SIGN UP please go to: <https://sign-up.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.

Please do not alter any positions that are already filled.

Priority for positions will be given to Gold Bar Community League members. If you have any questions or need assistance, please feel free to 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.



NEW LISTING
KellyGrant.ca

MaxWell
KELLY GRANT
Phone: 780-414-6100
Text: 780-717-9290
Email: SOLD@KellyGrant.ca

New Listing
KELLY GRANT

* **NEW LISTING: UP & DOWN DUPLEX FOR SALE IN HAZELDEAN-MILL CREEK. RAISED BUNGALOW, TWO LEGAL SUITES, & DOUBLE GARAGE. INVESTMENT SPECIAL IN PARK LOCATION WITH FUTURE DEVELOPMENT OPTIONS. VISIT KellyGrant.ca for Details, Photos, Video, & 3D Matterport Showcase! \$485K.**

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 appointments anytime: Office: 780-414-6100; Text: 780-717-9290; or by Email: SOLD@KellyGrant.ca**

HOLYROOD Community League

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 - Carmen	civics@holyroodcommunity.org
Holyrood Development Committee - VACANT	hdc@holyroodcommunity.org
Community Garden - VACANT	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - Hailey	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 Nor'Ali 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 the important position of League Treasurer. This role is instrumental in the financial operations of the community league. Respon-

sibilities 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, Holyrood Development Committee Director, Casino Director and Community Garden Chairperson. If you have time to spare to help build a vibrant Holyrood community, please email chris@holyroodcommunity.org

Rink attendants needed

Despite the relatively mild winter we've had up until recently, the league is looking for rink attendants - please contact wes@holyroodcommunity.org if you are interested in helping keep our rink maintained for all to enjoy!

Yoga With Barb

in Holyrood at St. Luke's
Thursdays at 7:00 pm

LEARN: about feet, breathing, building strength with ease
BRING: yoga mat, blocks, belt, blanket and water bottle

Winter to Spring 2024

Jan 11 to Jun 13*

*no classes: Feb 15, Feb 22 & Apr 4

Thursday Evenings
7:00 to 8:15 pm

at St. Luke's Church (main hall)
6424 - 95 Avenue

\$30 for a 3 Class Punch Pass or \$15 drop-in

barbagoga@gmail.com
<http://barbagoga.ca>

Things to do in our community

COMMUNITY SWIM is FREE with a community league membership (bring it with you!) With Bonnie Doon pool re-opened, Sunday swim has changed back to Bonnie Doon.

Bonnie Doon Leisure Centre

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

Commonwealth Recreation Centre

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

HOLYROOD COMMUNITY PLAYGROUP

Join the Playgroup for weekly drop-in play for preschool kids. Bring our kiddos and chat with fellow neighbours. Although this meeting takes place in a church, this is not a religious group.

Thursdays 9:00am - 11:00am

Holyrood Community Church 9224 82 St

Holyrood community reconciliation initiative

We are in the midst of planning our next year of reconciliation focused activities through the support of our Community Safety and Wellbeing Funding - we would love some community support! 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)

The next event is a Blanket Exercise with Bent Arrow in partnership with Strathearn Community League on Saturday, March 16. If you are interested in registering for the event, please contact christine@holyroodcommunity.org

SEESA Rummage Sale April 20-21

The annual SEESA Spring Rummage Sale will be on April 20-21 this year. Donations will be accepted starting on April 2nd. This is an excellent opportunity to donate within the community, keep items

out of the landfill and promote reuse, all while keeping items low cost for everyone.

Visit www.seesa.ca for more information on accepted items.

Babysitters wanted for Holyrood babysitters registry

Certified babysitters are still needed in the community! 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.

Holyrood community playgroup

Join the Holyrood Community League Playgroup for weekly drop-in play for caregivers of preschool aged kids. place in a church, this is not a religious group.

Get your kiddos together and chat with a fellow neighbour through this informal playgroup! Although this meeting takes

When: Thursday mornings, 9:00am – 11:00am

Where: Holyrood Community Church
9224 82 Street

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



Subscribe to the Holyrood 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>



Yoga with Barb

Join our amazing yoga instructor Barb Thursdays from 7 - 8:45 pm at St Luke's Church until June 13th. \$30 for a 3 class punch pass or drop in for \$15 each class. The yoga poses are gentle and accessible for everyone. Bring a blanket, yoga mat, block and strap, and a water bottle. Email barbayogaguide@gmail.com for costs.

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

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 6 MONTHS!

INDUSTRY LEADING 12 YEAR PARTS LIMITED WARRANTY

TAPROOT EDMONTON

Don't miss out!

The Taproot Edmonton Calendar is your guide to **local events**.


edmonton.taproot.events

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

Casino Volunteers Wanted

The Idylwylde Community League will be hosting their next Casino fundraising event on September 7 and 8, 2024 at Pure Casino. This event is a major fundraising event for the league and helps to fund many of the activities that are hosted by

the league throughout the year. We are looking for community members who would be interested in volunteering for this event. Many different roles are available. For more information please contact Michelle at casino@idylwylde.org

Membership Services are Moving to Communal

The Idylwylde Community League is transitioning our membership management to Communal. This will allow members to access their memberships on their phones and help to streamline membership services.

Members of the community league

can expect to receive an email with further information about Communal in the coming weeks. Paper memberships will still be available to those who want one. If you want to learn more about Communal please contact Erin at membership@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

Edmonton 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!

Family Paint Night Event a Success!



Thank you to everyone who came out for our Family Paint Night event. Beautiful and unique works of art were created and everyone had lots of fun making their pieces their own. Watch our Facebook and subscribe to our E-newsletter to stay up to dates and learn about future events like this one.

Winter Activities

This winter, stay active with **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 (Please note: There will be no classes on Monday, March 5, 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

The Community League will be hosting a **Family Yoga** class on 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.

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

Community League Positions

The Board of Directors is looking for a volunteer for the Garden Coordinator, Social Chair, and SECLA Representative position.

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.

The **Garden Coordinator** helps to community to organise, plan, and manage the Cheery Tomatoes Community Garden. We are looking for someone who has experience with gardening and is wanting to share their passion for gardening with others. This role is in charge of coordinating volunteers as well as maintaining

the garden and associated facilities.

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 works 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 South East Voice and recently helped spearhead the Capilano Skateboard park and it's 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

Edmonton Tool Library

Idylwyld 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 Idylwyld 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

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 Street NW

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

-Commonwealth Community Recreation Centre

1100 Stadium Road

Saturdays, 3:00pm - 5:00pm

Pub Nights

Our next Community Pub Night will be on Thursday, April 4 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!

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.idylwyld.org and enter your email in the 'Subscribe to our newsletter' box.

Monthly Community Meetings

Want to get involved? Join us for our next meeting. Our meetings are held the second Wednesday of the month at 7 p.m. at the Community League hall. Our next community meeting will be April 10, 2024.

Get Moving! Winter Health and Fitness Week

Colder temperatures and shorter days may make Albertans want to stay in and hibernate indoors. But staying active in the winter can provide many benefits, including improving your physical and mental health and overall well-being.

Winter Health and Fitness Week runs from Feb. 14 to 20, which serves as a good reminder for all Albertans to bundle up, beat the winter blues, and discover a variety of ways to keep your body moving. Maintaining regular physical activity reduces your risk of chronic illnesses such as heart disease, type-2 diabetes, stroke and certain types of cancer. And while staying active in the winter may require some creativity and planning, your body and mind will thank you ... and it may even make winter more fun!

Here are some ideas, tips, and ways to get you started:

Enjoy the outdoors!

• Plan fun activities for yourself, friends or family! Go snowshoeing, skating, make

a snow angel or try a new winter sport. Finding new ways to enjoy the outdoors can make winter more fun.

• Remember to use the right protective gear and equipment and check our safety and winter tips guideline.

• Schedule time for new activities before or after school or work, during a lunch break or on the weekends. Register for Winter Walk Day to get outdoors and walking with others across Alberta.

• 'Walk like a penguin' to prevent falls when it's icy. Try walking poles or use crampons for better grip on snow and ice.

Prepare for the temperature

• Visit Environment Canada, 511.Alberta.ca or download the WeatherCAN or AEA Alert app for current weather and driving conditions or alerts.

• Try walking, running, cross-country skiing, snowshoeing and other activities where you move a lot to help keep you warm when the temperature dips.

**MOUNTAIN**
ADVENTURE SCHOOL



**THIS JOURNEY WILL
CHANGE YOUR LIFE**

- > LAKE AND WHITEWATER CANOEING
- > ROCK CLIMBING AND RAPPELLING
- > BACK COUNTRY BIKING
- > HIKING AND WILDERNESS LIVING
- > RIVER EXPEDITIONS
- > EARN HIGH SCHOOL CREDITS

**HIGH SCHOOL
SUMMER CAMP**

Start earning credits
right after Grade 9!

Sessions starting in July and August
SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE
INFORMATION CONTACT US:
Progressive Academy
mountainadventure.school
780-455-8344



DID YOU KNOW?
The average happy adult smiles **18,250** times a year?

Put Your Best Tooth Forward
Let Us Give You A Great Smile!

**THE
TOOTH
DOCTOR**
9939 75 St

- Family dentistry
- Oral surgery
- Implants
- Extractions
- Cosmetic dentistry
- Child development program

New Patients Welcome



Lina & Dr. Peter Yoo
Dr. Jaclyn Huynh
Dr. Priscilla Wong

Book Your Appointment Today
780.75.tooth (86684)

CONTACT US!

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!

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

KCL YOUTH

FOLLOW US ON INSTAGRAM @KCL.YOUTH

February - April Kenilworth Youth Events:

MONDAY February 5th Hearts of Joy community cardmaking 7-830pm @KCL

MONDAY Feb 19th Family Day (no evening hang)

MONDAY March 4th Yoga for Youth (Bring your own mat) 7-830pm @KCL

MONDAY March 18th Movie & Popcorn Party 7-830pm @KCL

MONDAY March 31st Easter (no evening hang)

MONDAY April 16th Paint & Plant night 7 - 830 pm @KCL

ALL GET TOGETHERS AND EVENTS ARE FREE FOR KENILWORTH YOUTH AND YOUTH FROM SURROUNDING NEIGHBORHOODS! COME JOIN US!

(Parents & other family members welcome to join. Youth under 13 must have a parent or older sibling present at all times)
FOR MORE INFORMATION PLEASE EMAIL YOUTH@KENILWORTHCOMMUNITY.COM

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 \$550/day

\$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.



Community Garage Sale

Saturday May 04, 2024

9:30 A.M. – 3:30 P.M.

This event is open to crafters, non-profits, or anyone that is downsizing.

Tables are 8 ft. x 30 inches.

As tables are limited reserve now: \$20.00

Street parking is available.

Concession on site.

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

Your clutter could be someone's treasure!

email: garagesale@kenilworthcommunity.com

Phone: 780-469-1711



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).

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

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: BonnieG@telus.net

Thanks, we couldn't do it without you!

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

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

neously 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.

Community Garage Sale

Saturday May 04, 2024 9:30 A.M. – 3:30 P.M.

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

As tables are limited reserve now: \$20.00

Street parking is available. Concession

on site.

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

Your clutter could be someone's treasure!

Email: garagesale@kenilworthcommunity.com

Phone: 780-469-1711

Men's Shed Upcoming Events

March 28th - Greg Goss presentation on Fracking fluids, wastewater management and toxicology of fracking fluids.

Details to follow. April 25th - Anne Naeth presentation Futures energies and Reclamation. More details to follow.

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

KCL Youth Upcoming Events

Monday, March 4th: Yoga for Youth (bring your own mat) 7-8:30pm @KCL Hall

Monday, March 18th: Movie & Popcorn Party 7-8:30pm @KCL Hall


Monday, March 31st: Easter- no evening hang

Monday, April 16th: Paint & Plant Night 7-8:30pm @KCL Hall

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

ASHLEY

SALVADOR

CITY COUNCILLOR FOR WARD METIS



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

Stay Healthy While Travelling this Winter

Albertans love getting away from the cold weather. There's nothing like a sunny, warm, tropical holiday to beat the winter blues. But it's important to plan ahead before you go to ensure you stay healthy.

Visit your Doctor

Talking with your doctor should be a key step before you leave. If you are planning to travel to another country, make an appointment several months before leaving so you will have time for vaccines (immunizations) that you may require ahead of time. Ask

your doctor if there are medicines or extra safety steps needed before traveling.

Precautions while travelling

- Water: Before your trip, learn about the places you plan to visit. Find out if a country's tap water is safe to drink, as it can be harmful in some countries. When visiting these places, drink only beverages made with boiled water, such as tea and coffee. Canned or bottled carbonated drinks are usually a safe choice. Don't use ice if you don't know where the water came from.



KEP Board Members

President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michaudr@gmail.com
Treasurer	Sylvia Shank	sacul@telus.net
Secretary	Renée 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

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 programing.

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 programing 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.

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

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>

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>.

Make "Fulton Court" your next home

Call Craig for Current Availability



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

6220 Fulton Road



Exercise Room

Library

Workshop

780-233-9939

WWW.WORKING4U.CA



WWW.FULTONCONDOS.COM

"Seniors Real Estate Specialist"

MaxWell

Devonshire Realty



Craig Stenersen
Realtor®

SRES

Ottewell Community League Contacts

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
	oclengage@gmail.com
SEV Liaison:	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

Events Happening at Ottewell Community Hall

-**St Patty's Evening** at OCL Hall - March 16 - Adult Only Event (See poster p 21)

-**OCL Easter Egg Hunt** - March 30 - **Volunteers Needed*****

IF NO VOLUNTEERS COME FORWARD, WE WILL NOT BE ABLE TO HOST THIS EVENT.

DEADLINE to SIGN UP is MARCH 16. Please email ottewell2212@gmail.com to provide assistance.

-**Annual Hello Spring Artisan Market** Saturday, April 20 - Family Friendly Mark your calendars for Ottewell Community League's annual Hello Spring artisan market on Saturday, April 20, 2024 from 10am to 3pm.

Come to the hall and shop from over 20 local artisans, makers, and shakers.

Family friendly, free admission and parking!

-**Mexican Fiesta** - Saturday May 4 - Adult Only Event

We are bringing the traditions of Mexico to Ottewell.

Come join your neighbours and Friends. Watch for more information in the near future.

-**Art Show** May 24 to 26 - Ottewell Community is very excited to have such a great event in our community building.

-**Canada Day Family Event** - July 1 - 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-only event sure to be a lot of fun, mark your calendar.

-**Halloween** events will be hosted on our social media and website for updated information.

-**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!

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.

Bliss Yoga Ottewell Hall

Join us **Saturday April 13, 2024** for a **very special wellness event**. No experience necessary.

From 7:30pm to 9:00pm at Ottewell Hall, we will meet for 90 minutes of gentle movement and mindfulness. All levels and bodies are welcome to come join us as we work with ease to find more comfort in our physical selves, and calm our nervous systems.

We will use many props to support ourselves in a yin inspired yoga practice, with opportunities to relax and breathe

in between. We will finish with a guided mindfulness practice called Yoga Nidra that can reduce stress, ease anxiety and improve sleep. This is a lovely gift to give yourself, or a fun and healthy way to spend a date night or friends night!

Investment: \$30/person

To register or inquire about this practice, please email willalee@hotmail.com or message @wanderingmapleyoga on instagram.

School Parking

Illegal parking around schools in our neighborhoods causes congestion and visual obstructions that make it hard for drivers to see pedestrians, especially children, crossing the street.

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.

Outdoor Soccer Registration

Outdoor 2024 Registration is OPEN Until March 15!

<https://emsasouth.com/register/register/>

The registration page has been updated to include as much information as possible along with links to other pages with more details.

We are all looking forward to the outdoor season!



Free Swim Times with OCL Membership

Hardisty Changed Community Swim times:

SUNDAYS from 1pm - 3pm this will be a year round program for our community members!

OCL Social Media

Stay inTouch with what's happening in

your community!

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at

Ottewell.ca

Outdoor Soccer

Ottewell Community Memberships

You can purchase your community league membership at:

ANVIL Coffee House at Ottewell Plaza - 6148 90 Ave

Ottewell Farmers Market - 5920 93A Ave - every Thursday 4-7pm

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 League members with a discount please email oclconcerns@gmail.com.

Holding a current membership card has its perks:

Carol's NOFRILLS Grocery Store in

Ottewell 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 4964 98 Ave NW in Edmonton AB 780-250-7926 is offering 5% discount for current Ottewell Community League card holding members.

Planet Fitness Bonnie Doon 82 Ave and 83 St in Edmonton has an offer for current Ottewell Community League card holding members, call 780-809-7858 for details.

Anvil Coffee House - Located in Ottewell Plaza 6148 - 90 Ave in Edmonton is offering a 5% discount for current Ottewell Community League card holding members.



Ottewell Playschool

Now taking new registrations for Fall 2024!

OCLP has operated within the community for over 50 years. Our program runs Monday, Wednesday mornings with an optional Thursday morning, from September to June.

Due to high demand we have added an afternoon class on Mondays and Wednesdays.

The program offers play time, stories, crafts, songs, field trips, visitors, and so much more. Please go to our website <https://www.ottewell.ca/community/oclplayschool> for more information or talk to our director Jason at 780-993-5118 or email him at jj-mclean@hotmail.com.

FEDERATION of CANADIAN ARTISTS
Edmonton Chapter

Upcoming Art Show & Sale
@ the Ottewell Community Hall

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

\$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!



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



WINTER WALKING TIPS

With the beauty and fun of winter comes the potential for hazardous conditions, particularly when walking outdoors. Slippery sidewalks and icy pathways can pose a significant risk for falls and injuries. Often, thin layers of ice are difficult to see when melting snow freezes overnight.

No matter how well the snow is re-

moved from parking lots or sidewalks, there will still be slippery places.

Tripping and falling can cause damage such as bruises and sprains, or even more serious injuries such as broken bones or concussions.

So, it is important to keep in mind winter walking safety tips during the colder months.

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, and local chefs to fill your freezer. Local take and bake, local honey. Hand baked goods and more...**

Facebook page - [ottewellcommunityfarmersmarket](https://www.facebook.com/ottewellcommunityfarmersmarket)

Instagram - [oclfarmersmarket](https://www.instagram.com/oclfarmersmarket)

Website - ottewell.ca

OTTEWELL FARMERS' MARKET

Thursday
4pm - 7pm

5920 93A Ave



STRATHEARN Community League



SCL Leadership

Position	Name	Email
President	Chris	president@strathearnccl.org
Vice President	Marina	vicepresident@strathearnccl.org
Treasurer	Robert	treasurer@strathearnccl.org
Secretary	Glynnis	secretary@strathearnccl.org
Membership	Jen	membership@strathearnccl.org
Buildings & Grounds Director	Evan	grounds@strathearnccl.org
Rink Manager	Shawn	rink@strathearnccl.org
Social Director	Pam	events@strathearnccl.org
Communications Director	Jingjie	communications@strathearnccl.org
Programs Director	Tessa	programs@strathearnccl.org
Garden Director	Marina	strathearngarden@gmail.com
Members at Large	Anastasia & Vacant	n/a
Hall Rental Coordinator	Darrah	hall@strathearnccl.org
Soccer Director	David	rec@strathearnccl.org

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

THE SALVATION ARMY FAMILY PLAY CAFÉ

PLAYFUL MOMENTS, COFFEE AROMAS

Let your children play while enjoying a nice cup of tea or coffee. Ages 0-6.

YOU'LL FIND US AT
SALVATION ARMY
EDMONTON TEMPLE
9115 75 ST.,
EDMONTON



THINGS TO NOTE:
Will run from 10-12 every
Thursday starting Feb. 1st.
Some snacks will be
provided.

WHY COME?

Participating in community programs is a great opportunity for adult fellowship while your children make new friends.

WWW.EDMONTONTEMPLE.COM



Are you passionate about making our neighborhood a vibrant place?
Contact
communications@strathearnccl.org
as a volunteer and join

STRATHEARN COMMUNITY LEAGUE

We have several opportunities:

1. Membership Management
2. Social Event Sub-Committee (ad hoc)
3. Rink Maintenance (March, 2024)



Blanket Exercise Workshop

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

How do I know what goes where?

Waste Wise is the City of Edmonton's waste management app for residents. It helps residents with sorting instructions, collection schedules, customizable notifications and more.

Use WasteWise to find your collection schedule, look up waste items and find sorting instructions, set up helpful reminders and more.

WasteWise

Visit edmonton.ca/WasteWiseApp

FREE on [Google Play](https://play.google.com/store/apps/details?id=com.wastewiseapp) or [iTunes](https://apps.apple.com/ca/app/wastewise-app/id1444444444)



New SCL membership cards now available!

Looking for a Community League membership?

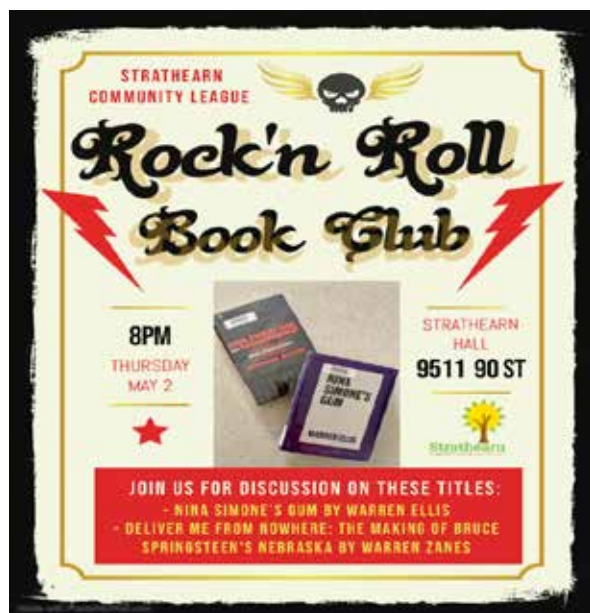
The fastest way to get your number and start accessing membership benefits is through online purchase via Edmonton

Federation of Community Leagues!

Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.



Following the well-attended Filmmaking Workshop in December last year, are you ready to watch films made by our neighbors and families living in Strathearn? Come join us for our first Family Film Festival - please note the new date, April 12th! If you are interested in submitting a short film (5 to 10 mins or any length), please send it to events@strathearncl.org before March 31, 2024.



Our next Rock n Roll Book Club will be on Thursday, May 2nd. Please add the two books to your reading list:
 -Nina Simone's Gum: A Memoir of Things Lost and Found by Warren Ellis
 -Deliver Me From Nowhere: The Making of Bruce Springsteen's Nebraska by Warren Zanes

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

Fitting in physical activity during the day

Finding time to exercise during the day can be challenging, especially for the busiest of people with the most action-packed schedules.

Being active for shorter periods of time, throughout the day and week, can add up quickly! A little goes a long way, and consistent, small steps often have the greatest impact on our health.

Sit less, move more!

Moderate to vigorous activities elevate your heartbeat and increase the amount of oxygen that goes to the heart and muscles, which allow them to work longer. Many activities, including many kinds of daily activities, that raise the heart rate and keep it up for an extended period can improve aerobic fitness. If these activities are done regularly and long enough,

they can help improve fitness.

Children as young as preschool age benefit from being active while it is best for teens and children (starting at age five) to do moderate to vigorous activity at least one hour every day.

Ways to fit physical activity into a busy lifestyle:

Fitting movement into your busy life doesn't have to be complicated. Add variety and do things you enjoy. If your job or lifestyle includes a lot of sitting, try adding short bursts of activity to your day.

Some examples include:

- Setting a "movement timer" to remind you to get up and stretch at least every hour.
- Use your commute to add in an extra walk or bike ride to your day. Park several blocks away or get off



We still have a few spots left & please register your team for the Trivia Night!

Come with your friends, family, neighbors for some fun games, food, drinks and new connections! Please mark your calendar for March 15th & follow us on social media and website.

To register your team for the Trivia, please contact: trivia@strathearncl.org

the bus a few stops early.

- Use the stairs instead of the elevator, at least for a few floors.
- Suggest holding meetings with co-workers during a walk inside or outside of the building.
- Use a free smartphone app or online exercise video. These programs often have short interval training ideas or 15 minute workouts for all abilities and fitness levels.
- Use your morning and afternoon breaks to take a quick walk.
- Go the distance when you can. Get your coffee on another floor or use the washroom that's farthest from your office.
- Find a work buddy who

you can do activities with. Being accountable to someone can serve as a reminder to incorporate movement into your day.

- Put it in your calendar! Whether it's 15 minutes, 30 minutes, or an hour, block off time for your activity or activities.
- Plug in your favourite music, book, or podcast, lace up your running shoes, and head outside. You'll be amazed how differently you feel, even after a few minutes.
- Get your family involved. Combining family time with exercise is a fun way for busy parents and children to find time together and to live an active lifestyle. It's a win-win for everyone!

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

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

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



Holyrood: Starter home with redevelopment potential, 16.5 meters frontage, 822 sq m, west yard, newer kitchen, newer appliances and 100 amp shut-off.



Holyrood: Quiet street, 16.4 meters frontage, with spacious sunny west backyard, newer 24'x24' with spacious parking pad.



Saskatchewan Drive Condo: CITY VIEW, new kitchen, new main bathroom, new ensuite bathroom, new paint, ensuite laundry, underground parking and storage, condo fee \$444.17/month.



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