

SOUTHEAST VOICE

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

April 2020



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COVID-19 INFORMATION

HELP PREVENT THE SPREAD

**Prevention starts with awareness.
Be informed on how you can
protect yourself and others from
novel coronavirus:**

- Self-isolate if you're feeling sick
- Wash your hands frequently
- Cover coughs and sneezes
- Avoid touching your face

Concerns about your health?
Call Health Link 811.

alberta.ca/covid19

Alberta

Fulton Ravine South Park Upgrades

The second phase of the Fulton Ravine South Park, locally known as the Capilano Skate Park, is finally moving forward. The concept plan was formulated in consultation with park users, community members, and the City.

An asphalt loop will connect the park with the neighborhood to the north and the future parking lot to the south. Along the asphalt path, there will be adult exercise equipment stations, seating and a half basketball court.

Signage around the park will provide educational information about plantings and exercise equipment.

A new community plaza will be built next to the skate park. It will incorporate shade trees, a shade structure, seating and plantings, as requested by the community. Additional seating by the skate park will free up all skate park elements for skateboarding, and signage will increase skateboarding safety.

Although water will not be available in the park due to cost, a fountain is available at the adjacent Capilano Public Library for use by the community and park users.

Financial planning is currently underway, including the development of a project budget and application for additional grants. Here is a rough timeline for major project milestones:

Stay tuned for further updates! If you have any questions, please feel free to contact SECLA.



Concept Development	Nov 2019 to May 2020
Detailed Design	May to July 2020
Construction start	September to October 2020
Construction completion	May to July 2021
Grand Opening Celebration	August 2021

Community League Facilities Closed

All community league facilities are closed until further notice. To connect with your community, please see your community league website and Facebook pages.

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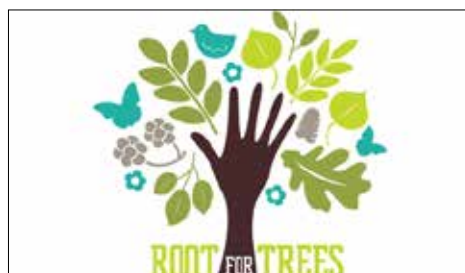
SECLA Board Contact List

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmorerep@secla.ca
Capilano	Monte	capilanorep@secla.ca
Cloverdale	VACANT	cloverdalerep@secla.ca
Forest Terrace Heights (Chair)	Connie	ftthrep@secla.ca
Fulton Place	Miles	fultonplacerep@secla.ca
Gold Bar	Jamie	goldbarrep@secla.ca
Holyrood (Vice-Chair)	Claire	holyroodrep@secla.ca
Idylwyld	Bridget	idylwylderep@secla.ca
Kenilworth	Kevin	kenilworthrep@secla.ca
Ottewell	Sandra	ottewellrep@secla.ca
Strathearn	James	strathearnrep@secla.ca
Treasurer	Michael	treasurer@secla.ca
Secretary	Jamie	secretary@secla.ca
SECLA SEV Liaison	Erika	SEVliaison@secla.ca

Root for Trees

Does winter have you dreaming of greener scenery? Enjoy Edmonton's natural beauty and help us grow the urban forest by booking a planting shift with Root for Trees!

Root for Trees intends to increase tree planting within the city through continued partnerships with businesses, individual residents, and community groups. The annual target of this initiative is to plant an additional 45,000 trees. Celebrate trees at our special events and participate in our tree planting initiatives.



For additional information or to sign up for Root for Trees, please visit: <https://tinyurl.com/uugojep>



Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146



SAVE THE DATE!

FULTON RAVINE CLEANUP

SAT MAY 2, 2020 10:00 TIL NOON

Location: Fulton Ravine

Meeting point: in the park near the entrance to the Capilano library, or: Fulton Drive near 63 St.

To beat the brambles in the ravine, it's best to wear long-sleeves, jeans, & sturdy footwear. Work gloves are helpful. Rubber gloves & bags to be provided. Info: connie@forestterrace.org or Maggie phone: 780-465-2368

Light refreshments will be provided.

note: plans may be subject to change based on COVID-19 status.



Best Neighbourhoods Survey

Avenue Magazine is preparing for a Best Neighbourhoods edition this coming August. They want to know what Edmontonians believe are the most important qualities of a great

neighbourhood.

Please fill out the survey at <https://tinyurl.com/vmzvbjq> to let them know what makes your neighbourhood great!

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Community League Board

President	Anita	president@avonmore.org
Vice President	Leigh	vicepresident@avonmore.org
Secretary	Allison	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Communication	Nathan	communications@avonmore.org
Membership	Lisa	membership@avonmore.org
Grants and Funds Raising	Scott	grants@avonmore.org
Volunteer Coordinator	Bob	volunteer@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Norman	civics@avonmore.org
Programs	vacant	contact Vice President

For Hall Rentals contact Tanya at (780) 637-5640 or email hallrental@avonmore.org
The Board meets the first Tuesday of every month at 8:00 p.m. All members of Avonmore Community League are welcome to attend.

Neighbourhood Renewal

Park Paving is not able to complete all the sidewalk and street repairs this fall that were identified in the inspection this summer. They will be returning in the spring to complete the work. Please continue to monitor problems and report them to president@avonmore.org. This includes concerns about low spots where water pools and ice forms, these will be forward to the City. If possible, take a picture and e-mail the picture along with your report.

Programs Moved to On-Line or Alternative Delivery

All Yoga sessions have been temporarily suspended due to Covid-19 concerns. Online classes will be offered on Wednesdays at 6:30.

To keep our community members connected we will be hosting some events and classes online. If you are interested in participating in any of the following activities online, contact president@avonmore.org and you will be provided with the information needed to join the event.

Avonmore Garden Club - Online Wine and Weeds date to be determined

Avonmore Book Club - Online meeting at 7 p.m. on April 5.

Book Club

Avonmore Book Club has been canceled due to Covid-19 concerns. For more information contact president@avonmore.org

Avonmore Garden Club

Contact gardenclub@avonmore.org for more details during this time.

Free Community Swim

All City of Edmonton recreation facilities and attractions have been closed due to Covid-19. Please visit www.edmonton.ca for more details.

Avonmore Hall Rental



All hall rentals have been temporarily suspended due to Covid-19 concerns. For more information please contact Tanya at (780) 637-5640 or email hallrental@avonmore.org. Hall address is: 7902 - 73rd Ave NW

Babysitting Registry

Avonmore Community League is pleased to offer Our Babysitter Registry to help match community members with qualified babysitters. For Parents Seeking Babysitters: email Cheryl at admin@avonmore.org and she can provide you with a list of teens seeking babysitting work.

For Teens Seeking Babysitting Work: email Cheryl. To help parents find the best fit for their children, provide some information about yourself. Tell us the neighbourhood you live in, the year you were born, your credentials (Red Cross Babysitters Certification, First Aid, etc.), your availability and your experience caring for children. Don't forget to provide your phone number!

Message to Avonmore Residents

Avonmore Hall, rink and playschool are closed, and all activities are cancelled until further notice. The playground and parkland are still accessible; however, users should follow social distancing recommendations, keep hands away from their face and wash hands on returning home.

A sign will be posted at the playground if the City of Edmonton or the Province of Alberta decide that playgrounds and parkland should also be closed.

The League will continue to provide updates through our social media channels and website www.avonmore.org.

Take care of yourselves and one another. Check on neighbours and friends where you can and, of course, if it is safe to do so.

Please do not hesitate to contact us. We will help connect you with additional resources and information. We may also be putting together a list of volunteers willing to help as needs arise. Let me know if you are interested, able and available.

Contact information:

Anita Lunden president@avonmore.org 780 222 4482. Cheryl at admin@avonmore.org Call 780 465 1941 follow directions on voicemail and leave a message

Annual General Meeting

The Avonmore AGM has been indefinitely postponed due to Covid-19 concerns. For further information please contact any of the board members listed above. Announcements about a

new date will be posted on the League's website, social media and a message will be e-mailed to members. We have until the end of September to hold our AGM according to our bylaws

Avonmore Online History Project

We are looking for pictures and stories from Avonmore's past.

To get this project going and show some immediate results we have created a Facebook group where you can post your pictures, tell stories and ask questions. The Facebook

group is the first in a series of events and activities. Watch for details.

Find us by going to Facebook and searching for "Avonmore History Project". You will be asked to join the group first and then you can post. Hope to meet you there on-line.

Community Coffee Morning

This program has been temporarily canceled due to Covid-19 concerns. For further

information please contact Anita at president@avonmore.org

Outdoor Soccer Program

Planning for the spring season continues. All current games are cancelled but future is uncertain. It may end up being delayed but we need to see day by day and week by week on what is happening with Covid19.

Contact sports@avonmore.org for more information. https://emsasoccerportal.com/. More information about costs and potential playing dates can be found by visiting https://emsasoutheast.com/

Playschool

Playschool has been suspended due to Covid-19 concerns. For more information please contact our Playschool Teacher Jamie at playschool@avonmore.org

Avonmore Parent and Tot Program

Parent & Tot program has been canceled due to Covid-19 concerns. For more information, please check our Facebook group "Avonmore parent and tot group" or email Yaara at parentandtot@avonmore.org for more information.

LEGO Club

Lego Club has been suspended due to Covid-19 concerns. Parents and students will be provided with learning materials and activities for delivery at home. For more information please contact Jamie at playschool@avonmore.org



Neighbourhood Watch

The team has been hard at work getting signatures/sign ups from residents who support the program. We are now eligible for 2 additional signs which will be going up at entrances to the neighbourhood. Contact ENW@avonmore.org to learn more about our neighbourhood watch initiative and to get involved. We need several volunteers (light commitment) to get signs for our neighbourhood!

Drop-in Music Class

Drop-in Music Class at the Hall has been canceled due to Covid-19 concerns. For further information please contact Jamie at playschool@avonmore.org

Abundant Community
Edmonton (ACE)

Avonmore has set a goal to help neighbours host at least 10 block parties in the neighbourhood in 2020. Block parties can be as simple or as complex as you would like them to be. Some examples include a BBQ, a potluck, coffee and donuts, a popsicle party. If you would like to see a block party happen on your block, we invite you to email/call us at ace@avonmore.org or 780-263-9561 for info on what makes a successful block party and the resources you can access to make it a smashing success!



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. Also available “Avonmore Parent & Tot” and “Avonmore Garden Club”. Come join us!

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

Twitter: @AvonmoreLeague
Instagram: avonmoreleague

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COMMUNITY LEAGUE BOARD



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Past President	Bill	780 934-1558
Vice President	Derek	780 919-5421
Treasurer	Kyle	780 446-3121
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Hall Rental	Maria	780 984-6839
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Marzena	780 909-5886
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building and Grounds	Monika	587 594-9243
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Michelle	780 490-7426
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
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”

Choose Capilano Hall for your Event - Hall Currently Closed

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, wood flooring, and all amenities are available to make any event special. Sit down hall capacity is

80. 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. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at capilanocl.ca.

Capilano Community Memberships

Need a Capilano Community Membership? Contact Jean at 780-863-0914.

As well, memberships are available at:
--“All Care Pharmacy” located at 5016 - 106 Ave. Contact the pharmacy at 780-244-2737 for store hours (Cash only). Thanks to “All Care Pharmacy” for supporting our community!

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue (Cash only)

--SEESA (South East Edmonton Seniors Association), 9350 – 82 Street. Available at front desk during business hours (Cash only).

--Edmonton Federation of Community Leagues (online only). Note: EFCL adds a \$5.00 admin fee.

Capilano Casino Postponed

The COVID-19 Public Health Emergency resulted in casinos being closed. As a result, charitable casino events scheduled from April 2 – June 30, 2020 will not proceed as scheduled, which means our June 19-20 casino is no longer occurring. When the ca-

sinos open again in the future, the cancelled casinos will be rescheduled. When we know the dates of our casino, we will continue our volunteer recruitment efforts. Thanks to all those who had already volunteered to work our June casino.

Capilano Community Neighborhood Garage Sale!!

WE ARE PLANNING A CAPILANO COMMUNITY WIDE GARAGE SALE ON SATURDAY, JUNE 6, 2020

9AM- 3PM

WOULD YOU LIKE TO SIGN UP AND PARTICIPATE ON THE DAY OF OUR EVENT?

TO PARTICIPATE- REGISTER BY MAY 29, 2020

FOR MORE INFORMATION
CALL/ EMAIL
MARZENA 780-909-5886
ZENA823@SHAW.CA

To have your garage sale advertised as part of our event you need a current Capilano Community League membership. For memberships call Jean 780-863-0914

Capilano BIG BIN Event for Community League Members – June 13

Save the Date! Saturday June 13.

Where: Capilano Community League Parking Lot (10810 - 54 St.)

Cost: FREE to all Community League Members

Please note: ITEMS will ONLY BE ACCEPTED from CAPILANO COMMUNITY LEAGUE (CCL) MEMBERS

More details on the Big Bin event will be available as the date gets closer.

Capilano Playschool – Register for 2020/2021 School Year

Capilano Playschool is accepting registrations for the 2020/2021 school year. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3 and 4-year olds and include a “Learn Through Play” philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through physical

activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street). For more information on our parent cooperative playschool, or to get a registration package, please contact Bethany at 780-802-9307 or capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com; or find us on Facebook! Hurry as space is limited!

CCL Program Director Needed!

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

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

Capilano Community League - COVID-19 Update

Capilano Community League's (CCL) priority is the safety of our community members. We have continued to monitor the situation regarding Covid-19. Based on the direction from the Alberta Government, the Chief Medical Officer and the City of Edmonton, our League is taking the following measures:

--The Community League Hall, Rink, Rink Building and Capilano Tennis Club will be closed effective immediately until further notice. During this time, we will complete a thorough cleaning of the facility, to ensure it is properly disinfected upon its reopening. Those events affected by this closure have been notified and the League will not be accepting any new rental requests until further notice.

--With respect to Community Programming, all fitness classes and programming are on hold effective immediately. We have connected with our fitness and programming instructors and requested they connect with their participants to share this information. We have suggested the option of live streaming their classes. As they share information and their plans we will post it on our Facebook page.

--The Cyber Safety Babysitting and Stay Home Alone courses have also been postponed until further notice. Our Program Coordinators will get in touch with participants to discuss refunds as required. Please be patient, they have many things to manage in this current situation and so it may be a week or two before they connect with you. We will keep you updated with new dates as we schedule them.

We live in a wonderful community filled with valued volunteers. We encourage our residents to check in on your neighbors. Particularly those neighbors who may be in isolation and those requiring extra support for their daily needs.

We encourage you to do so while following provincial safety protocols.

If you are someone who is requiring a little extra help right now, please connect with our board at www.capilanocl.ca. If you are a senior who is requiring extra help, please consider reaching out to SCONA Senior Outreach at 780-433-5377.

Capilano Community League will continue to monitor and take direction from our provincial and municipal leads.

Capilano Community League – Annual General Meeting

When: Wednesday May 20, 2020 7:30 p.m.

Where: Online - more information on how to attend will be provided on our website, in next month's South East Voice and on our community sign.

What's on? Annual Report, Treasurer's Report, Election of Officers and Special Resolution to rescind and vote in new Bylaws

Vacant Positions: Programs Director

Join us live to SEE WHAT IS HAPPEN-

ING IN YOUR COMMUNITY. The AGM lasts about an hour. Everyone is welcome to attend. All attendees will receive a free membership for the 2020/21 year!

NOTICE of SPECIAL RESOLUTION: At OUR AGM on May 20, 2020 7:30 p.m. we will be voting on a Special Resolution to rescind our bylaws from 1966 and replace them with current bylaws. Please visit our website to view a copy of the proposed bylaws.

Kaizen Dojo – Online Karate sessions

Jamie Hanlon with Kaizen Dojo is currently offering a free online 45 min karate session for participants. Using an online format (zoom or facebook) Jamie will provide instruction for those in isolation or those social distancing and will continue until we receive notice from

our provincial and municipal leads that it is safe to return to the public sphere. Dates and times to be announced, but it will be running once per week. Please connect with Jamie at kaizen.dojo@shaw.ca for further details about participating.

Capilano Seniors' Tea – Postponed

Capilano Community will again host a Seniors TEA in May – the exact date is still to be determined. Also, our board is exploring the possibility of a regular seniors' coffee

morning. If you would like to help, please contact Jean at 780-863-0914.

Please watch these pages in future issues of the Southeast Voice, for more details!

FREE Swim – Cancelled until Further Notice

Bring your current, valid Capilano Community League membership card to swim for FREE during the following times:

--Commonwealth Community Recreation Centre from 1 to 3pm on Sundays (Jan. 12 – Apr. TBD, 2020)

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

holidays, etc.

NOTE: Due to Hardisty's maintenance closure starting early January 2020, our community swim has switched to Commonwealth for about three months.

In April, the community league swim will move back to Hardisty Leisure Centre on Sunday afternoons.

Sport Academy – Currently Postponed

Note: Still accepting registrations for certain age and time slots. We have every intention of resuming programs as soon as we are given the green light!

Sponsored by Capilano Community League
This class combines ball skills for basketball, baseball, soccer, tennis and volleyball while incorporating the agility and strength skills learnt in gymnastics! Kids will learn through a Teaching Games for Understanding model (TGfU), a game-based design for optimum learning!

Where: Hardisty School (10534-62 St.)

Sessions: Gymnastics (rolls and landings), Volleyball, Tchoukball

Thursdays (8 weeks): March 5, 12, 19, April 2, 9, 16, 23, 30 – Postponed

Sessions: Softball, Soccer, Basketball, Badminton

Thursdays (8 weeks): May 7, 14, 21, 28, June 4, 11, 18, 25

Cost for Sport Academy: \$160 per child for 8-week session

REGISTRATION: Register online by visiting the Capilano Community League website (capilanocl.ca) under the Sport Academy link

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 25 – June 6, 2020

Group 1: 4-6 year olds

Time: 9 – 10 a.m.

Group 2: 7-12 year olds

Time: 10 – 11 a.m.

Cost: \$70/child (cash or cheque payable to Gymfit)

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

REGISTRATION: Registration opened online February 1, 2020 at Capilano Community League website (www.capilanocl.ca). Look for online form under Ball Hockey.

Capilano Tennis Club

The Capilano Tennis Club is still planning on a great 2020 tennis season. For information on club Memberships, Lessons and other programs, visit CapilanoTennis.ca



Capilano Seniors' Day Out – Postponed!

We are bringing a Seniors Day Out to Capilano Community League, through the S.C.O.N.A Seniors Center. Come out for lunch and fun games and activities!

DATE: To be announced!

TIME: 12-2:30 p.m.

Cost: \$5.00 per person (includes lunch and game/activities)

Watch the Southeast Voice, our website (capilanocl.ca) and Facebook for the date!

Hardisty Gymnastics – Currently Postponed

Note: Still accepting registrations for certain age and time slots. We have every intention of resuming programs as soon as we are given the green light!

Sponsored by Capilano Community League
Check out these super fun gymnastics' classes!

Offering gymnastics TUESDAY or THURSDAY evenings

Where: Hardisty School (10534-62 St.)

Tuesday Gymnastics Classes (7 weeks): March 10, 17, 31, April 7, 14, 21, 28 - postponed

Thursdays Gymnastics Classes (8 weeks): March 5, 12, 19, April 2, 9, 16, 23, 30 - postponed

Cost: Tuesdays - \$119 per child, Thursdays - \$136 per child

Parent & Tot, 18 mos.-3 yr old: 6:00 – 6:45 p.m. (Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:00 – 6:45 p.m. (Tuesdays or Thursdays)

Preschool 3-5 yr old: 6:45 – 7:30 p.m. (Tuesdays)

Elementary 6-12 yrs: 6:45 – 7:45 p.m. (Tuesdays)

Elementary 6-12 yrs: 6:00 – 7:00 p.m. (Tuesdays or Thursdays)

REGISTRATION: Register online by visiting the Capilano Community League website (capilanocl.ca) under the Hardisty Gymnastics Club link

Major Sewage Trunk-line Routing Decision

Gold Bar Park Alliance would like to extend our sincere thanks and appreciation to Edmonton City Council for their two unanimous motions to direct that the decision on the routing of a major future sanitary sewage trunk-line, be made with appropriate City Council Governance, Transparency, and Public Input. Currently planned for the fall of 2020, City of Edmonton administration will be bringing a report back to Edmonton City Council with options to implement this

necessary decision making process. Gold Bar Park Alliance will communicate the date of this upcoming city council meeting so that all citizens within our surrounding communities, and all users of Gold Bar Park, are informed and have an opportunity to attend and participate in this city council meeting.

For more information, please email goldbarparkalliance@gmail.com, or find us on our Facebook Page at Save Gold Bar Park Alliance.

Total Body Fitness Class – currently online

Please join us at Capilano Community Hall (10810 – 54 Street) for a great fitness program!

Days/Time: Tuesdays and/or Thursdays, 7:00 p.m. - 8:10 p.m.

Current session: starts Mar. 3/5 - Apr. 28/30, 2020 although you can join at any time (fees would be prorated). Next session: May 5/7-June 23/25

Costs: \$90 Tuesdays/\$80 Thursdays or \$170 both days for CCL members.

\$99 Tuesdays/\$88 Thursdays or \$181 both days for non-CCL members.

5 passes available. \$55 for CCL members. \$60 for non-CCL members. This class combines cardio, strength and an extra-long stretch time for a total body workout. This is a 70-minute class. This class is suitable for all fitness levels as all things can be modified. With a community, low pressure atmosphere it's a fun class especially if you come with a friend.

Bring a yoga mat and a water bottle!

Contact Lisa for more information or to register at Lisashortenfitness@gmail.com or check out: Facebook.com/lisashortenfitness

Spring Tai Chi Chih Class – Capilano Community Hall

Start – Six-week class begins: Monday April 20, 2020

Day/time: Mondays from 12:00 p.m. – 1:00 p.m.

Location: Capilano Community Hall (10810 – 54 Street)

Cost: \$80

Tai Chi Chih is an ancient mind-body art form known for its healing and rejuvenating effect. This series of 20 energizing movements is an effective form of moving meditation that you can do on our own.



Benefits include improved mental and physical well-being, improved balance, increased energy and relief from pain and stress. Class is suitable for all ages and abilities.

Sharon Melvin is the Accredited Tai Chi Chih Instructor. For more information call Sharon at 780-288-2004 and to register, www.relaxwithtaichi.com Watch our website (capilano-cl.ca) and Facebook for possible changes to the start date.

Capilano Preschool (non-parented) Soccer Registration

Have fun learning to play soccer. Instructed classes are 45 minutes long and specifically developed for 3-5 year olds. Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink.

Start: Tuesday May 5 or Thursday May 7, 2020

End: Tues. June 9 or Thursday June 11, 2020

Cost: \$70/child (cash or cheque payable to Gymfit)

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

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

REGISTRATION: Registration opened February 1, 2020 online at Capilano Community League website (www.capilano-cl.ca). Look for online registration form under Preschool Soccer. Registration is limited and first come first serve.

Outdoor Soccer Update

The Edmonton Minor Soccer Association and our community directors are still aiming towards a great 2020 outdoor season. Teams have mainly been formed but there are a few roster spots still available. Please contact hardistysoccer@shaw.ca with any questions.



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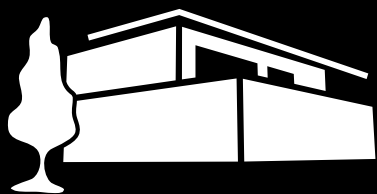
Sunday
11:00 am - 5:00 pm

Ph: 780. 440. 2066 9020-75 St



COMMUNITY LEAGUE BOARD EMAIL LIST

President – currently vacant	president@cloverdalecommunity.com
Past President	pastpresident@cloverdalecommunity.com
Vice President	vicepresident@cloverdalecommunity.com
Secretary	secretary@cloverdalecommunity.com
Treasurer	treasurer@cloverdalecommunity.com
Communications	communications@cloverdalecommunity.com
Civics Director	civicsdirector@cloverdalecommunity.com
Folk Fest Liaison	folkfest_liaison@cloverdalecommunity.com
Social Director	socialdirector@cloverdalecommunity.com
Programme Director	programmedirector@cloverdalecommunity.com
STANDING COMMITTEE	
Casino	casino@cloverdalecommunity.com
Ski Club Liaison	skiclub_chair@cloverdalecommunity.com
Membership	membership@cloverdalecommunity.com
Seniors Director	seniors@cloverdalecommunity.com
Flood Mitigation	floodmitigation_chair@cloverdalecommunity.com
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STAY CONNECTED WITH YOUR CLOVERDALE COMMUNITY

Stay connected with your Cloverdale Community with the "Nextdoor Neighbourhood App". Nextdoor is a neighbourhood hub for trusted connections and the exchange of helpful information, goods, and services. Message neighbourhoodconnector@cloverdalecommunity.com to get invited. Many in Cloverdale have already joined!



MORE WAYS TO STAY CONNECTED WITH THE NEIGHBOURHOOD

Check out Cloverdale Community League's Facebook page and website (www.cloverdalecommunity.com) to keep informed on what's happening.

facebook

THINGS YOU CAN DO TO SUPPORT YOURSELF AND YOUR FAMILY DURING THIS PANDEMIC

Stay informed but avoid excessive exposure to media coverage of COVID-19. Periodically check the news and recommendations from trusted sites such as health authorities. Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis in a constant stream.

Take care of your body. Take deep breaths, stretch or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep and avoid excessive alcohol and recreational drugs.

Connect with others in your social networks virtually through e-mail, phone calls or social media. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships.

Focus on the positive aspects of your life and things you can control. For situations that are beyond your control, you may want to shift your emotional response by distracting

yourself with another task (cooking, cleaning), going for a walk, taking a bath, talking to a friend on the phone or meditating.

Keep in mind this situation is temporary and things will return to normal.



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CALM
AND
TAKE A DEEP
BREATH

Time to Reserve Your Spring Clean-up

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COMMUNITY LEAGUE BOARD

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Vice-president	Jeremy	VP@forestterrace.org
Secretary	Allison	Secretary@forestterrace.org
Treasurer	Pending	Treasurer@forestterrace.org
Hall Rental	Tina/Molly	Hall@forestterrace.org
Maintenance	Simon	Maintenance@forestterrace.org
Programs	Sarah	Programs@forestterrace.org
Rinks	Scott	Rink@forestterrace.org
SECLA Rep	Connie	SECLA@forestterrace.org
Outdoor Soccer	Anj	Soccer@forestterrace.org
Babysitting	Anna	Babysitting@forestterrace.org
Casino	Anna	Casino@forestterrace.org
Grants	Jane	Grants@forestterrace.org
Memberships	Sonya	Memberships@forestterrace.org
Website	Curtis	Web@forestterrace.org
Signs	Anj	Signs@forestterrace.org
Newsletter	Kerry	Newsletter@forestterrace.org
Events	Kathleen	Events@forestterrace.org
Indoor Soccer	VACANT	Safety@forestterrace.org
Civics	Yvonne	Civics@forestterrace.org
Marketing	Joanne	Marketing@forestterrace.org
ACE	CoraLee	ACE@forestterrace.org
Neighbourhood Watch	Madison	Madison@forestterrace.org

COVID-19 Response

The Forest Terrace Heights community hall is closed to the public until further notice. All classes, workshops and rentals are cancelled. Program participants and renters have been contacted about refunds and instructors have been compensated. The Hall Rental and Program Directors are working with instructors to explore the option of virtual classes.

Thank you for your understanding. We hope to be able to return to regular operation very soon.

Neighbourhood Watch



Forest Terrace Heights is now a Neighbourhood Watch community! ENW is about building community to harden neighbourhoods against crime, and about making us all feel safer. If you want to know more or get involved, contact Madison, our new Neighbourhood Watch board member, at Madison@forestterrace.org or check out the ENW website at enwatch.ca.

Groundskeeper wanted

Forest Terrace Heights community league is hiring a groundskeeper to care for and maintain the grass in the arena, where our youngest soccer players practice and play. Equipment will be supplied, if necessary. Please email Simon at maintenance@forestterrace.org for more information or to apply.

Seeking board volunteers

Did you know that members of the Forest Terrace Heights community league board receive free membership in the league and one free hall rental per year? Why not join us? Here's what's open:

-Soccer directors: We are looking for volunteers to help organize the spring outdoor and fall indoor seasons. Please contact soccer@forestterrace.org for more information or to express interest.

-Rink director – Terrace Heights: Please contact president@forestterrace.org for more information or to express interest in managing the rink in Terrace Heights next winter.

All directors are asked to attend board meetings, which are held on the first Tuesday of every month except July and August.

New playground in Forest Heights



A committee is raising money for a new playground at Forest Heights elementary school, and you can help:

Set aside your gently used clothing, accessories, household items, books, CDs and DVDs to donate to the playground rummage sale, to be held – if pandemic conditions allow – in conjunction with Forest Terrace Heights community league's annual Big Bin event on May 23 at the school. Value Village will pay us per pound for any items not sold. Contact Anna anna-krall@yahoo.ca for more information.

Buy gift cards from an assortment of retailers via our Fundscrip account. Go to fundscrip.com and enter invitation code FK2QV2. A percentage of each sale goes to the committee.

Contact jilltucker@gmail.com to volunteer for the committee.

Community League Membership Wellness Benefit

By becoming a member of your community league, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to create an exciting new program.

The Community League Wellness Program provides current community league members with admission incentives to enjoy the City's world-class sports and recreation facilities.

All current members of an Edmonton community league with a valid membership card are eligible to participate in the Community League Wellness Program.

How the Program Works

Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships

Multi Admission Pass* - 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Membership - 20% discount off an on-going monthly membership using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the options will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.



Community Garden plots available

Calling all gardeners who would like to have a plot at The Heights Community Garden for this growing season. Plot fees are \$20 for the season. Gardeners must have a current community league membership and sign a contract.

We are also looking for new members for our garden committee. We meet once a month from February to October to discuss new ways of growing things and our plan to one day



expand the garden.

Please email garden@forestterrace.org for more information or to sign up for a plot and/or the committee.

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Board Members

Mike
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president@fultonplace.org
7808867794

Gavin
Vice President Civic Affairs
vpcivicaaffairs@fultonplace.org
7805041896

Jeff
Treasurer
treasurer@fultonplace.org
Facilities
info@fultonplace.org

Joshua
Communications
communications@fultonplace.org
Sherry-Lynn
Hall Rental

hall@fultonplace.org
Miles
Seniors Liaison
seniors@fultonplace.org

Ruth
Babysitting Registry
babysitter@fultonplace.org

Sherry
Director
sherry@fultonplace.org

Krystina
Director
krystina@fultonplace.org

Fulton Place Garden
fpcgcontact@gmail.com

Fulton Hall Maintenance Help Needed

The league is in need of someone to help with facility maintenance at our hall. Our Hall is closed right now but most of our maintenance needs are minor ongoing activities and require a minimal commitment. If you are handy, or know someone who is that could help us, please contact Mike at 780-886-7794 or mike@fultonplace.org.

We love our volunteers!



Do you have a passion for our community, and want to help out the league? We want your help! We have various volunteer opportunities available, that include one-time events and regular longer term commitments.

- Facilities - our hall needs minor maintenance on an ongoing basis, if you would like to assist us with this we'd love your help!
- General Volunteer - if you would like to volunteer a few hours during a one off event we'd like to know!
- Secretary - our board needs a secretary, typically a few hours a month, if this would be of interest we'd like to know!
- Renovation/Grant Assistance - we'd like to do some renovation work on our hall, and you may have some experience we need, let us know if you want to help!
- Rink Attendant - most of the shifts are covered for this winter season, but if you'd like to help out on weekends let us know!

If you are interested in helping us out, please email mike@fultonplace.org

Fulton Court Condo to rent May 1

- 40+ building located at 6220 Fulton Road •

2nd floor, corner unit, 1290 sq feet, 2 bedroom, 2 bath, den, heated underground parking. Balcony faces park. Renovations underway. \$1800.00 per month not including telephone and electricity. Basic cable provided.

Call Candice at 780.446.0026

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

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share Ideas

100-8925 82 Avenue
780.414.1015
edmonton.goldbar@assembly.ab.ca

Marlin Schmidt
MLA Edmonton-Gold Bar

GOLD BAR EXECUTIVE

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Cody Charlene	codycharlene86@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Jessica Negrey	negrey@shaw.ca
Bingo Director - Parkway	Charlene Lazenby	charnelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Joelle Zimmerman	Joelle_zimmerman@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Sharon Harker	gbhallfun@gmail.com
Sign Director	Lindsay Kocil	lindsaykocil@me.com

Spring Fling Dinner and Dance

Saturday May 2

5 – 9 pm

\$20/family \$5/person

Dinner includes hot dogs, salad, dessert, coffee/tea, juice and pop. There will be GF options.

Purchase tickets at <https://www.eventbrite.com/e/spring-fling-tickets-79931907487>

For more info contact Jessica Walker at 587-988-9672 jess.walker28@gmail.com

Hatha Yoga



Tuesdays 9:45 – 11:00 am

Wednesdays 8:00 – 9:15 pm

Instructor: Nancy Conlin

Certified yoga teacher with 20 years of teaching experience

Cost: \$80 for 8 classes, \$55 for 5 classes or \$12 drop in fee. Prepaid classes can be used for future sessions.

No previous yoga experience required. Send an email anytime with questions or requests nancy_conlin@hotmail.com

BINGO



If you would like to volunteer to work any of our community bingos, please contact Lorie Smith @ 780-447-1110. These events generate revenue for our community.

Fort Road Bingo:

Thurs. May 28- afternoon/evening

Parkway Bingo:

Sun. April 12- evening/late night

Fri. May 1- evening/ late night

Jazz and Reflections Concerts Cancelled



Ottewell United Church has announced that the spring Jazz and Reflections concert series has been cancelled. They look forward to seeing you when the series resume.

Mom and Me Fitness Class

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play (I have a bin of toys), be worn or in a stroller.

Bring a yoga mat, water, and anything your kids need.

This class runs Monday's and Thursdays from 930-1030am.

This session runs March 2/5- April 27/30

(no class over easter). Although you can join at any time

Contact Lisa to register or with any questions.

Mondays \$80, 8 classes (no class April 13), Thursdays \$90, 9 classes (both days \$170), 5 pass \$55 or drop in \$12. Fees will be prorated for late registration.

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

Covid 19 Crisis

Due to the Covid 19 crisis community halls and gatherings of people have been halted.

We have still included our events in the

southeast voice but at this point have no idea if we will be able to host these events.

Make sure you are checking our website or Facebook page to see if your event is a go.

Goldbar Community Memberships Available Now!

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82St) come check out these wonderful business and pick up your community membership- CASH/CHEQUE ONLY. Show your membership card at Hardisty Pool on Sundays from 1:15- 2:45pm to participate in a community Swim. On the second Tuesday of every month, show your membership card at Blues Java Café to receive a FREE hot Bever-

age (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card. WE NEED YOUR HELP!! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU! If you're interested in helping out your community by selling memberships, we have short and long routes available. You can purchase memberships at any of the above places or Call Amy Cooper 780- 668-6836. Adults/Family \$20 and seniors \$5. CASH or CHEQUE (goldbar community league)



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Holyrood Community League Contacts

President	Larissa	president@holyroodcommunity.org
Past-President	Wendy	pastpres@holyroodcommunity.org
Vice President	VACANT	vicepresident@holyroodcommunity.org
Treasurer	Claire	treasurer@holyroodcommunity.org
Secretary	Alison	secretary@holyroodcommunity.org
Programs	Kelly	programs@holyroodcommunity.org
Sports & Fitness	Sheryl	sports@holyroodcommunity.org
Memberships	Jessica	memberships@holyroodcommunity.org
Facilities & Grounds	Andrew	facilities@holyroodcommunity.org
Communications	Megan	communications@holyroodcommunity.org
Social	Jeremiah	social@holyroodcommunity.org
Civics	Dave	civics@holyroodcommunity.org
Holyrood Development Committee	Jaime	hdc@holyroodcommunity.org
Community Garden	Jaime	garden@holyroodcommunity.org
Rink	Randall	rink@holyroodcommunity.org
Soccer	Jared	soccer@holyroodcommunity.org
Playschool	Jessica	playschool@holyroodcommunity.org
Playgroup	Jessica	playgroup@holyroodcommunity.org
Casino	Alison	casino@holyroodcommunity.org

🌐 holyroodcommunity.org 🐦 @HolyroodCL 📘 Holyrood Community League
Purchase memberships at SEESA (9350-82 St), through efcl.org/membership/, at Servus Credit Union locations, or at most Holyrood Community League events. Complimentary memberships are available for newcomers to Holyrood! Contact our Membership Director at memberships@holyroodcommunity.org.

HOLYROOD BABYSITTER'S REGISTRY

We have launched our babysitter's registry. Interested babysitters can apply at <https://forms.gle/wdKnJ6am9kLmtbYd9> or visit the Holyrood Community League website www.holyroodcommunity.org to find the link to the application form. Interested parents can email communications@holyroodcommunity.org

to be matched up with potential babysitters. We have to remind everyone to be as safe as possible during this uncertain time, and make sure that you stay home if you are sick. Please don't contact any potential babysitters to care for a sick child, or if anyone in your household is sick.



COVID-19 SPECIFIC INFORMATION

Closures

- Rink is closed
- Playground should be avoided
- Yoga is canceled, please contact Ruth for more information
- Playgroup is canceled until further notice

Seniors Only Shopping

Safeway Bonnie Doon, Safeway Capilano and Walmart Capilano will have their store open only to seniors from 7-8AM every morning.

Shoppers Drug Mart Capilano and Bonnie Doon will have their store open only to seniors from 9-10AM every morning. Delivery-directly to your home may also be arranged.

Taking care of ourselves and others

It is important to try and stay as healthy as possible, both mentally and physically. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep. Make time to unwind and try to do some of the activities you enjoy. Take deep breaths, stretch, or meditate. Connecting with others you trust via the telephone or internet is a safe way to talk about concerns and how you are feeling. When we share accurate information about COVID-19 we can help people to feel less

stressed.

Alberta Health Services has resources and services available to help. Remember, if you are struggling you are not alone. Please visit albertahealthservices.ca for more information and a list of supports in place to help you. For those without access to the internet;

Mental Health Helpline – 1-877-303-2642
Toll Free Crisis Line / Distress Centres - 1-800-482-4357
Addiction Helpline – 1-866-332-2322

Staying Connected To The Community

During these challenging times, we can still foster a sense of community even if we can't be together physically. Please follow Holyrood Community League Facebook to stay connected with us.

We CAN practice social distancing but keep in touch with everyone, even saying hi to your neighbours across the street or smiling from a safe distance at someone when you're out for a walk, can help everyone feel more connected. Reach out to those living around you. You may have a neighbour in need and not even know it!

Consider joining nextdoor.com as another way to communicate with your neighborhood and surrounding communities as well!

NEIGHBOURHOOD WINDOW WALK

Join in on the fun! Create the artwork for the listed dates and post in your front window. Both adults and kids will enjoy spotting the local "artists" in our neighbourhood!

- April 1st - Jokes
- April 4th - Easter eggs

Other great suggestions include writing funny or encouraging messages in the snow in your front yard either with a stick or with food colouring & water mixed into a squirt bottle, or colouring your front walk with sidewalk art.

Idylwylde Executive

President	Kate	presidentidylwylde@gmail.com
Vice President	David	vpidylwylde@gmail.com
Treasurer	Pat	treasureridylwylde@gmail.com
Secretary	Corrina	secretaryidylwylde@gmail.com
Casino/SECLA	Bridget	casinoidylwylde@gmail.com
Civics	Lee	civicsidylwylde@gmail.com
Programming	Vacant	
Membership	Michelle	membershipidylwylde@gmail.com
Garden	Vacant	gardenidylwylde@gmail.com
Facilities	Stuart	facilitiesidylwylde@gmail.com
Social	Vacant	
Publicity	Rachel	communicationsidylwylde@gmail.com

Purchase your membership online at efcl.org!
To contact us, please do so by email or by leaving a message at 780 466 7383.
Like and follow us for the most up to date news. Search "Idylwylde Community League" on Facebook and @IdylwyldeCL on Twitter.
Also make sure to visit us at www.idylwylde.org and sign up for our monthly e-newsletter.

Monthly Community Meetings

Stay tuned to our Facebook page and newsletter to find out when, where and how our next meeting will happen.

Cheery Tomato Community Garden

We are in search of a new Garden Coordinator to continue leading our amazing gardening group. All gardening experience levels welcome and there is lots of room for creativity! This position is required to help organize care, planning, and membership of the gardening group. Monthly commitment is a few hours spent planning and coordinating per month, as well as answering occasional emails. If you have an interest in helping, please let us know. Contact us at gardenidylwylde@gmail.com and we'll let you know how you can be involved with our amazing little community garden.

Social Chair Needed

We are in search of a new Social Chair to continue the great work done by our previous chair, Mick.

This position is required to make sure we continue to have community events such as block parties, our annual membership drive, as

Program Calendar

Due to Covid-19, we will no longer be hosting our regularly scheduled programs. Stay tuned for future updates.

Community League Swim

Community league swims are cancelled due to the City of Edmonton's response to Covid-19. All pools and rec centers are closed until further notice.

Program Chair Needed

We are in search of a new Program Chair to continue the great work done by our previous chair, Kamila. This position is required to make sure we continue to have community swims, as well as to organize all the free programming that our community has come to love. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails, and a few hours spent planning and coordinating. If this sounds like something you would be interested in, please let us know.

well as things like the big bin event. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails, and a few hours spent planning and coordinating. If this sounds like something you would be interested in, please let us know.

311 Hours of Operations Change

The hours of 311 are being reduced from 24 to 12 hours a day (Effective February 2, 2020). The new hours are from 7am to 7pm, seven days a week (closed on statutory holidays).

The changes to 311 hours are an effort by Council to deal with reduced revenues and to keep tax increases down for citizens. The compressed schedule will result in a slight increase in wait times.

Support for essential public safety and urgent bylaw calls will continue to be available after hours. Examples include; down trees, manhole cover off on arterial road, sinkholes, dog attack, parking related concerns, etc.



For additional information, please visit:
https://www.edmonton.ca/programs_services/service-311-contact-centre.aspx

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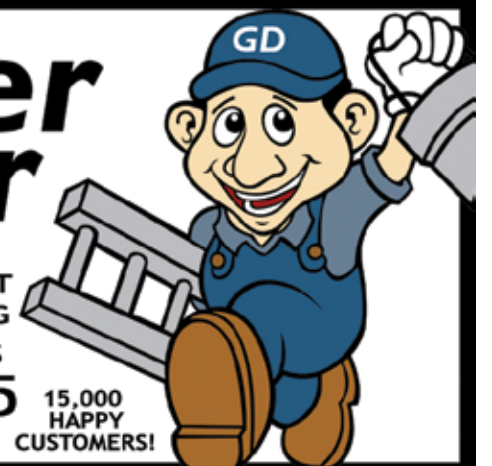
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Thank You for attending Kenilworth AGM March 9

Thank you to all that attended and to all our outgoing and incoming executive who have made this possible.

CONTACT US!

General inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com

Hall Rental requests: rentals@kenilworthcommunity.com

Keep Current on our website, www.kenilworthcommunity.com and on Facebook!

To purchase a membership and learn about the benefits, e-mail membership@kenilworthcommunity.com

Regular Board Meeting
Monday, April 13 @ 7 p.m.
via teleconference

KENILWORTH PLAYSCHOOL

We are accepting new registrations for Playschool!

please contact Elaine Voss at (780) 691-8316 or by email elaine.voss@shaw.ca.

Babysitting Registry



If you have completed a Red Cross or City of Edmonton babysitting course, you can list your name on the Kenilworth babysitting registry. Call Sheri at 780-616-0417 to register your name or if you are looking for a babysitter in the area for evenings or weekends.

Muttart Conservatory Update

For those Community Leagues members who order them for this year passes will be honoured for six months after the Muttart re-opens next year. If they re-open as scheduled in January, 2021, they will honor the 2019 passes until July 2021.

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

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

• Damage Deposit

\$250/day rate \$550/day rate
\$450/weekend \$550/weekend

*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details.

To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Kenilworth Family Ice Trail

The ice trail is a winter project that we feel has value for our community, our neighboring communities, and the city. It creates an extra winter recreation opportunity for Edmonton residents, gets people outside and facilitates a vibrant community atmosphere where things are happening during the bleak winter months.

This project represents an extra annual financial investment of at least \$26,000. We have applied for winter city grants as well as grants from other corporations and been nominally successful during the past two years. Our challenge is to make this a sustainable project year after year.

This is where we need your help. Please note that we are a registered charity. Many of you already donate to charities. Please

consider investing in your community by donating to it! Your investment comes right back to you! Here are a few ways you can help:

-If you have a corporate connection that would be interested in sponsoring this project, please forward the contact info to me. For donations of \$3000 or more we can even install an ad on the interior boards of our hockey arena if this is desirable.

-Spread the word to your friends and neighbors if they are interested in supporting a local organization

-Donations can be made by cash or cheque and we are inquiring about e-mail transfers. Please indicate that it is for the ice trail campaign. Charitable receipts are available on request.

Volunteer Opportunities

Many opportunities are available: Soccer Director, Adult Programs, Children's Programs, Capital Projects, Bingo Alternate, Neighbourhood Watch. We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League

Membership. This is a great way to meet community residents and contribute to your community.

Please call Ian @ 780-717-3578 for more info on how you can make a difference in your community.

Have a New Neighbor? Are You New to Kenilworth?



We would like the opportunity to welcome all newcomers into the neighborhood. If you know of any recent arrivals, or if you are one yourself, please call Rebecca @ 780-982-5885.

We will deliver a free Community League membership along with information about all the activities this League offers. Don't have your 2019/2020 membership yet? Memberships are \$20 and \$15 for Individuals and Seniors.

Memberships are available at the Sport Shack, 8170 – 50 St and Anvil Coffee House both of which have graciously offered to carry our memberships since TGP closed down

Servus Credit Unions will also carry community league memberships, however there is an additional \$5 service charge. Need one RIGHT NOW! Go to www.efcl.org and purchase one online!

Community League Swim-Cancelled Until Further Notice

Community Swim at Commonwealth Community Recreation Centre (11000 Stadium Road) has been cancelled until further notice.

KCL Adult Spring BBQ - May 9

Cocktails 5:00 p.m.: Dinner 6:00 p.m.
\$25 per person

Tickets

Call Alma @ 780 469-2019 or email: akesel@shaw.ca

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

Toddler Time-Cancelled Until Further Notice

Mondays 10:00 am - 11:30 am

Kenilworth Community League 7104 - 87 Ave.

Free drop-in play time for kids 0-5 years old and their caregivers.

A great place to make neighbourhood friends!

Contact Jo for more information.
jtong77@gmail.com



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Executive & Board Members

Executive:

President – Corinne
Vice President – Colleen
Secretary – Sandra L.
Treasurer – Eric

Board Members:

Bingo Director – Kyla
Casino – Colleen
Hall Manager – Tim
Grants – OPEN
Big Bin – OPEN
Building Projects – Lukas
History of Ottewell Committee - We need more members!
Indoor & Outdoor Soccer Director – Tena
Summer Playground Director – Colleen
Social Team – Many OC Members
Playschool Rep – Tyler
Rink Chair – Tom
Maintenance – Frank
Membership Director – Russ
Communications – Sandra C.
Website – Tim
EFCL Rep – Corinne

All positions are volunteer. Please send all inquiries via email to ottewell2212@gmail.com or call 780-469-0093 to leave a message. Someone will return your call.

Ottewell Community League
5920 93A Avenue NW
Edmonton AB T6B 0X2

Ottewell Community Park

Enjoy the beautiful weather at the Ottewell Community Park, but please practice social distancing.

Spring is around the corner, and that means that winter garbage begins to appear. If you are out for a walk or in the park, please pick up a piece of garbage and put it in the dumpster on site.

Remember that four-legged friends are not allowed in the Ottewell Community Park. Please respect the City's Dog Bylaw.

Family Literacy C.O.W. Bus

The Centre for Family Literacy has postponed all programming at this time, including the COW bus. Please check out <http://www.famlit.ca/blog/> for things to do with your children.

Ottewell Community League on Facebook

Follow us on [facebook.com/OttewellEvents](https://www.facebook.com/OttewellEvents) to keep up to date on what's happening in our community.

Ottewell Community League Facilities Closed

OCL facilities, including the Hall, are closed and will not reopen until advised to do so.

A State of Emergency has been declared in Alberta due to the COVID-19 pandemic. As such, all Community League facilities must be closed. This includes halls, rinks, playgrounds, sports courts/fields, and any other facility run by a Community League.

The Government of Alberta has indicated that "Albertans are prohibited from attending public recreation facilities and private entertainment facilities. This includes gyms, swimming pools, arenas, science centres, museums,

art galleries, community centres, children's play centres, casinos, racing entertainment centres and bingo halls."

You can contact board members by email. We monitor these inboxes daily.

Corinne - ottewell2212@gmail.com
Eric - ottewell.finance@gmail.com
Sandra - oclconcerns@gmail.com
Colleen - ottewellsocial@gmail.com

We understand that this is a difficult time for everyone, especially volunteers. If you have any questions, don't hesitate to reach out. Stay healthy, Ottewell. Be safe

Volunteer With the Ottewell Community League

Are you interested in volunteering for OCL? WE NEED YOU! We have many opportunities that include one-time events or a more regular commitment.

-General Volunteer (also known as "call me when you need someone" and if I can help, I will).

-Volunteer Coordination (assist the board with finding/scheduling volunteers for events)

-Project Team (Ottewell Community League Building needs some tender loving care. We need a person to help with future building changes and upgrades. All plans will be presented to the board for approval).

-Grants (help ensure we have addressed all possibilities to obtain funds available to us).

-Sponsorship Coordination (obtain sponsorship and liaise with sponsors and Communications Director to ensure proper recognition)

-Events Team Lead (organize events team to put on events for the community league)

-Events General Volunteer (help out at various events – shifts are 2-4 hrs)

Please email ottewell2212@gmail.com to inquire about any of these positions. Keep up-to-date on all the events by subscribing to on our Website: ottewell.org, or following us on [facebook.com/OttewellEvents](https://www.facebook.com/OttewellEvents).

Ottewell Community News and Information Board

Post your ideas and share your quarantine adventures with our community!

OCL bulletin board, located outside the community hall, is our go-to place for neighborhood information.

Whether you have lost a pet, have a service to offer, or simply want to let others know what's happening in your community, please post your messages here.

Please use our bulletin board to communicate with all your neighbours!



Abundant Community Edmonton - Ottewell

The Abundant Community Edmonton initiative works to connect you with your neighbours and your community. Join us by becoming a Block Connector - someone who is your block's point person, party person, and listener. Your Block Connector will come to meet you - expect a knock on your door in the coming months - and will bring official City information on the program. For more details or to sign up as a Block Connector,



visit ottewell.org or email ACEOttewell@gmail.com.

Purchase a Membership for the Ottewell Community League

Head over to Servus Credit Union, Anvil Coffee House or the Sports Shack to purchase a membership in person. You can

also get your membership online at <http://ottewell.org/welcome-to-our-community/membership/>

OCL Board Meetings

There will be no board meeting this month. We look forward to resuming meetings as soon as AHS says it is safe to do so.

Neighbours Helping Neighbours

We want to ensure our neighbours are safe. If you need help getting supplies or if you are willing to volunteer to help others, please contact OCL at ottewell2212@gmail.com or 780-465-7755.



Upcoming Events

All community events are cancelled for the remainder of March, April, and May. Cancellations may need to continue after that. The community board will review mid-April. We are doing our best to make decisions based on expert advice and common sense.

Cancelled Events

-Easter Egg Hunt

Postponed Events and Programs

-Yoga

-Zumba

-OCL Big Fat Greek Party

-Seniors' Tea

-Open Mic Night

The following events and programs may go forward if circumstances improve:

-OCL Outdoor Soccer Program

This program will be delayed. We will provide more information as we receive updates.

-OCL Big Bin Spring Clean Up Event

May 16, 9:30 am to 12:30 pm

Big bins will be on site at Ottewell Hall for our neighbourhood spring cleanup. Watch for further information on what items will be accepted. If you want to volunteer to help with this event, contact ottewell2212@gmail.com

-OCL Spring Market

May 30, 10am to 3 pm. \$2 entry. Vendors from craft, garden, and home-based businesses are welcome. Table rentals are \$35 for OCL members or \$45 for non-members. If you are interested, please contact ottewell2212@gmail.com

Artisan Farmers' Market

The farmers' market is closed at this time. Please continue to support local businesses.

Ottewell Ice Rink

What a rink season we had! Thank you to our great volunteers who help with supervision. We simply would not be able to provide this great community service without you. We look forward to skating with you again next year.

Ottewell Community
League Playschool

Our playschool is currently closed. For inquiries, contact the Director, Tyler, at play-schoolocl@gmail.com or (780) 271-6846.

Ottewell 120th Scouting

A big thank you for the great continued support of our communities' Scout Group bottle drive. By having the youth deliver flyers and collect bottles, they have earned their Scouting Adventures. Please start saving your bottles for our spring bottle drive. Thanks!
~ Your Ottewell 120th Scouting Group

Free Community
Swim & Gym for
League Members

We look forward to seeing you during the Community Swim and Gym once AHS indicates that it is safe to do so.
You have access to community leisure centres with your OCL membership. Access at the Commonwealth Fitness Centre is for the entire facility. If you do not want to go swimming, you can go to work out or to do any of the drop-in activities.
Saturdays, 5-7 PM - Commonwealth
Sundays, 4:15-5:45 PM - Bonnie Doon

Rent The Ottewell Hall



This beautiful well-maintained 1900 sq ft hall accommodates up to 120 seated guests and is perfect for wedding banquets, parties, family gatherings, board meetings and community functions.
In-person viewings are not available at this time, but you can check us out online. Find details about renting the hall, check availability, and fill out our rental form at ottewell.org/hall-rental.
For more information, contact Tim at 780-908-5249.



Emergency
Medical
Services

Bicycle Helmet
Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

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

Getting started

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

Getting the right fit

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

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

www.albertahealthservices.ca

Being grateful promotes happiness, a positive outlook

What are you grateful for? Maybe you've got a new car, bought a big-screen TV, or scored a promotion you've been wanting. It feels great—but only for a little while.
It turns out that our set happiness points are 50 per cent predetermined by genetics, 10 per cent by life circumstances and 40 percent by intentional activities and practices. This means that a huge part of what makes us happy is within our power to change.

Gratitude is one easy and well-proven skill that can actually help improve our set happiness point.
Practicing gratitude can help improve our mental health and reduce stress. It can help create a more positive outlook on life, which helps keep us more emotionally balanced. It can also help us pay attention to the good things in life and savour them. It prevents us from taking things for granted, and it helps

train us to see more good things in life.
Here are some ways to be grateful:
Keep a gratitude journal. Make it a habit to think about positive or good things you are grateful for daily, and write them down.
Reflect through mindfulness, meditation or relaxation. Take time to be still and calm and focus on the present moment. List those things you are grateful for—maybe a sunny day, a hot shower, your home, a good friend,

or a nice cup of tea.
Thank someone. Nurture your meaningful relationships. Send a thank-you card or leave a note to someone you are grateful to have in your life.
Give back. Return the kindness that someone has extended to you.
Practice small gestures. Sometimes all it takes is a smile, handshake or wave to express your thanks.

SCL Board Members

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Yasir	vicepresident@strathearncl.org
Treasurer	Jason	treasurer@strathearncl.org
Secretary	Leah	secretary@strathearncl.org
Membership	Jen	membership@strathearncl.org
Building & Grounds	Rob	grounds@strathearncl.org
Social Director	Andrew	events@strathearncl.org
Communications	Pam & Angela	communications@strathearncl.org
Programs	Erin	programs@strathearncl.org
Hall Rental Coordinators	Darrah & Ben	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
Member at Large	James	
Member at Large	Andy	
Member at Large	Evan	
Member at Large	Annette	

Share kindness to boost your happiness



Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place. Together, we can make the world a little bit kinder for all of us.

Just one act of kindness a day can help reduce stress, anxiety and depression. It can also release feel-good hormones in your body, so you and the person you helped:

- Feel calmer, healthier and happier
 - More loving and loved
 - More energy, with less aches and pains
- Kindness helps you and others by:**
- Enhancing positivity

- Changing your perspective
 - Creating a sense of community
 - Helping us feel connected to others
 - Reducing stress.
- Simple ways to spread kindness:**
- Volunteer
 - Help a friend or neighbor
 - Ask someone how they are feeling
 - Offer support and encouragement to others
 - Say good morning and smile
 - Make someone laugh
 - Be generous with compliments
 - Leave a kind note for someone special.
- Kindness is contagious. Pass it on!

Resources for Adults Suggested by one of Our Neighbours

- 1) EPL has resources for free - some of the ones below are available via EPL <https://www.epl.ca/resources/>
 - 2) Scholastics has daily activities for kids - these are mainly from BookFlix which is also available online, but Scholastics has organized by daily learning <https://classroommagazines.scholastic.com/support/learnathome.html>
 - 3) BookFlix combines books, activities by theme (e.g., weather) - you can use these to learn about a specific topic <https://bookflix.digital.scholastic.com/home?authCtx=U.646723840>
 - 4) National Geographic Kids has photos, pictures and covers <https://natgeo-gale-com.ezproxy.ae.talonline.ca/natgeo/archive/?p=NGMK&u=edmo95361> (you may get redirected to EPL - enter info and get free access)
 - 5) Teaching Worksheets - Math, Geometry, Etc - there are great printable pages or you can work on the exercises on-screen <https://www.k5learning.com/free-math-worksheets/first-grade-1>
 - 6) Scholastic Watch and Learn - free learning videos <https://watchandlearn.scholastic.com/home-page-logged-in.html>
 - 7) You can do free art classes through MAKE: <https://m.facebook.com/makepaducah/>
 - 8) Connect them with Friends via phone, video calling
 - 9) Get ready for the day - get out of PJS
- Maintain a schedule - some tips here <https://thriveglobal.com/stories/how-to-stay-focused-productive-work-from-home-tips/>



- 10) Meditate and Yoga helps with this trying time: try CALM App
 - 11) Yoga with Adrienne is popular <https://www.youtube.com/channel/UCFKE7WVJfvaHW5q283SxchA>
 - 12) Get outside- walk, run, meditate, etc
 - 13) Connect with friends and family via phone, video, etc
- Happy spring and keep healthy and well,
Diana*

Handy People Take Notice

An exciting new program is available to Strathearn Community League members. We have recently bought a membership to the Edmonton Tool Library, which will allow our community league residents FREE ACCESS to a wide range of power tools and garden implements.

As the name suggests, the Tool Library works similarly to how you would access books at EPL.

This non-profit is trying to enhance the sharing economy and strengthen community through this innovative program.

The Tool Library website provides potential borrowers with a complete list of tools in their inventory and their hours of operation. They

have limited hours during the winter months, but will likely be open from 6 p.m. – 8 p.m. on Wednesdays and 11 a.m. – 3 p.m. on Saturdays over the summer months.

To borrow tools, people do not have to pay anything. They only need to bring their Strathearn Community League membership to be able to borrow any tools they need for home repair or to complete a long overdue project. People might also consider donating tools to the library if they have items they no longer need.

For more information on the Edmonton Tool Library, check out their website at www.edmontontoolibrary.ca
James Kosowan

Local Events Canceled

-Strathearn Rummage Sale has been cancelled for April 18, 2020, but may rescheduled at a later date. Please visit or call to the Strathearn United Church for more information or our Facebook Page / website

-For those who were planning to volunteer on SCL Casino, on April 2/3, 2020, it has been canceled. Please contact us at communications@strathearncl.org for more information.

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

**Greg
Dunham**

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

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Properties



Breckenridge Greens: West Edmonton Condo, golf course view, 2 Bedrooms, 2 Bathrooms, in-suite laundry, titled underground parking.



King Edward Park: 2 Story, ½ block to ravine, facing playground, modern open concept, full 2 bedroom suite, NOT A SKINNY HOUSE. MLS # E4176907



Belmead: Prime West Edmonton location, 4 bedrooms on top floor, large 5 piece ensuite, fully fenced 793 M2 lot, finished basement, double attached garage.