

# SOUTHEAST VOICE

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

March 2020



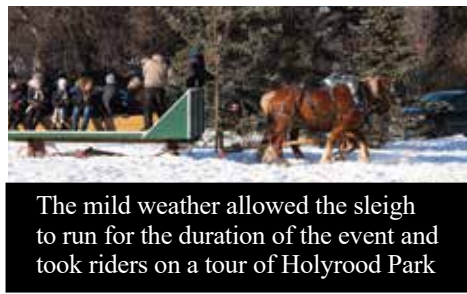
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## SEESA and Holyrood, Together in the Community for 40 Years

The Southeast Edmonton Seniors Association (SEESA) celebrated their 40th anniversary during a wonderful WinterFest on February 8, together with Holyrood Community League. A carved plaque, made by long-time SEESA volunteer Harvey Norstrom, was presented in celebration of SEESA's anniversary and of community members who have resided in Holyrood for 40 years.

WinterFest offered a variety of activities. Outside, community members enjoyed shaking off cabin fever with horse-drawn sleigh rides, skating on the rink and the kids' pond, and a surprise outdoor ice slide. Inside, guests chatted while enjoying food and music. Over 450 hot dogs were donated by Foresters Financial, and cupcakes, beautifully decorated for SEESA's 40th anniversary, went quickly. The hot chocolate was especially appreciated. Folks young and old swayed to music by the SEESAtones. The younger Holyrood community members formed an impromptu dance party. Kids lined up eagerly for balloon animals.

There were also opportunities to create something special. Holyrood Community Garden Committee created a Hands



The mild weather allowed the sleigh to run for the duration of the event and took riders on a tour of Holyrood Park

of Holyrood garden pole, stamped with painted hand prints of young attendees, to be installed once the community garden is built. Kids of all ages made frozen bird feeders for feathered community members with birdseed, berries and coloured water. If you take a walk in Holyrood Park, you can admire the bird feeders hanging from the trees.

Spectacular fireworks ended the night, enjoyed by Holyrood and nearby neighbours in Ottewell and Forest Heights.

Thank you so much to the volunteers from SEESA, Holyrood Community League and Foresters Financial who made WinterFest such a great event. We can't wait to see what's in store for next year!

## Southeast Community Leagues Association (SECLA) Annual General Meeting

Avonmore Hall, 7902 73 Avenue  
Thursday, March 19 at 7:00 pm

SECLA is holding an information session on the next phase of the Fulton Ravine South Park Proj-



ect (Capilano Skate Park).

Come to hear about the exciting next steps and to provide your feedback. Light refreshments provided.



Capilano Community League presents...

## A Safety Series

Capilano Community Hall 10810-54 St

Thursday, March 19 at 7pm

### CYBERWORLD: WHAT HAPPENS WHEN YOUTH PRESS SEND?

In this presentation, parents and caregivers are provided with information on the popular websites, games, and apps that are being used by children and youth. We will discuss legal consequences and the potential dangers online. We will also be sharing helpful tips on starting conversations with their children and youth.

PRESENTATION BY THE SAFFRON CENTER

This presentation is considered R-rated;  
only those 18 years and older should be in attendance.

Register link :

<https://www.eventbrite.com/e/cyberinternet-safety-workshop-tickets-92260408365>

This event is FREE to Capilano Community League Members  
(PLEASE bring your Capilano Community League membership to the meeting for admission)

Non-Members will be \$5 each at the door

Contact: Maria 780-984-6839 or Marzena 780-909-5886  
for more information.

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## SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	<a href="mailto:avonmorerep@secla.ca">avonmorerep@secla.ca</a>
Capilano	Monte	<a href="mailto:capilanorep@secla.ca">capilanorep@secla.ca</a>
Cloverdale	Dave	<a href="mailto:cloverdalerep@secla.ca">cloverdalerep@secla.ca</a>
Forest Terrace Heights (Chair)	Connie	<a href="mailto:fthrep@secla.ca">fthrep@secla.ca</a>
Fulton Place	Miles	<a href="mailto:fultonplacerep@secla.ca">fultonplacerep@secla.ca</a>
Gold Bar	Jamie	<a href="mailto:goldbarrep@secla.ca">goldbarrep@secla.ca</a>
Holyrood (Vice-Chair)	Claire	<a href="mailto:holyroodrep@secla.ca">holyroodrep@secla.ca</a>
Idylwyld	Bridget	<a href="mailto:idylwylderep@secla.ca">idylwylderep@secla.ca</a>
Kenilworth	Kevin	<a href="mailto:kenilworthrep@secla.ca">kenilworthrep@secla.ca</a>
Ottewell	Sandra	<a href="mailto:ottewellrep@secla.ca">ottewellrep@secla.ca</a>
Strathearn	James	<a href="mailto:strathearnrep@secla.ca">strathearnrep@secla.ca</a>
Treasurer	Michael	<a href="mailto:treasurer@secla.ca">treasurer@secla.ca</a>
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SECLA SEV Liaison	Erika	<a href="mailto:SEVliaison@secla.ca">SEVliaison@secla.ca</a>

## 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.

## Springtime with Your Child

Whether she's dressed in snow, rain, or sunshine, spring arrives in March - officially on the 19th this year.

Welcome the new season with your preschooler. Talk about natural signs of the change from winter to spring: more hours of daylight, more birdsong, rabbits changing their white winter coats into darker fur. Plant flower seeds indoors together, so you can move the sprouts outside when the sun reveals the warm earth in the garden.

A clever, anonymous sage once said about spring: "The whole earth smiles."

What a lovely thought to share with your little one.

For ideas to inspire you, check out: <https://tinyurl.com/u63rssk>

For a helpful list of books about spring from Shannon Clarke and Dorothy Hamilton, librarians at Capilano Library: [http://www.bit.ly/EPL\\_Spring](http://www.bit.ly/EPL_Spring)

The South East Edmonton Early Childhood Community Coalition is a volunteer group of community members who are passionately committed to nurturing young children.

## Awesome Activities for All Ages!

### Spring Break Starts with us

All EPL branches will be celebrating Spring Break with a wide variety of classes and events for families from **March 21-29**. At Capilano and Idylwyld, kids can join us for Dance Party, Nutty Nature, Upgrade Upscale Upcycle, and many more entertaining and educational classes to stay busy and have fun all Spring Break long! For more information and full event listings, please visit [epl.ca/events](http://epl.ca/events) or give us a call at (780) 496-1802.

### You can help your child get ready for school!

Are you the parent of a 4-6 year old child? Would you like some ideas to help prepare your child for reading and spelling success in school? Join a Speech Language Pathologist in this workshop designed for parents of children who are beginning to learn about the alphabet and letter sounds. You will learn about pre-reading skills (phonological awareness), why these are important, typical development of pre-reading skills and how to encourage literacy at home. **Thursday March 12 at the Capilano Branch from 6:30pm-8:00pm.**

Please note: This workshop is offered in partnership with Alberta Health Services.

### Local History Series: House History

Join us at the Idylwyld Branch to learn about our community's storied past. EPL's Local History Series is an exploration of the rich history of our local neighbourhoods. Guest speakers present and discuss historical information from our communities, and help community members and organizations learn to research their history.

March: What is the history of your house? Learn the process of tracking the history of your land and those who owned and lived in it.

Highlighting the history of the McAllister house in Bonnie Doon, Barb Neil will discuss the process and resources available, both online and through EPL, to create the genealogy of your home. **Sunday, March 15 2:00pm-3:00pm**



### Grow with MusicBox Children's Charity

Music is a key part of a child's early childhood development. Music nurtures creativity, builds positive relationships and fuels hopes and dreams. Join MusicBox Children's Charity's early childhood education music class for children ages 2-5. MusicBox classes are based on movement and music to enhance your child's physical and intellectual development. Your child will explore different aspects of music and delve into their imagination. Thursdays at the Idylwyld Branch from 6:30pm-7:30pm.

### Featured Digital Resource: Hoopla

Are you looking to borrow digital copies of movies, television, music or audiobooks? Access Hoopla for free with your EPL card and select from popular titles with no holds or waiting – you want it, you get it! Check out up to 5 items per month. Hoopla is available as an app for your Apple or Android device or on your computer via Google Chrome, Mozilla Firefox, Microsoft Edge or Safari. Get started at [www.hoopladigital.com](http://www.hoopladigital.com)

For more information please contact the Capilano branch at (780) 496-1802 or the Idylwyld branch at (780) 496-1808. View our full calendar of events online at [epl.ca](http://epl.ca).

### Open Data Day

Each year, EPL celebrates International Open Data Day by hosting an event to which we invite hackers, developers, designers, statisticians and anyone with an interest in open data to spend the day networking, learning and creating with open data. The event features lightning talks, workshops and prizes. Light refreshments are provided. This event will be hosted at NAIT (11762 106 Street NW) on **Saturday, March 7 9:00am-4:30pm**

**Registration is required – visit [epl.ca/events](http://epl.ca/events) or call your local branch to register.**

The City of Edmonton

abundantcommunity@edmonton.ca

Come Out and Play

Play Streets bring neighbours together and allow use of a space within the neighbourhood not naturally inviting for celebration or play – in residential streets closed

off to vehicle traffic. The City supports Play Streets through planning, operational and permitting support. Why not host a Play Street?

For additional information, please visit: <https://tinyurl.com/tfyd9et>

Change in 311 Operational Hours

311 hours are being reduced 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 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.

For additional information, please visit: <https://tinyurl.com/u3nne4d>

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!

There 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 [publicity@kenilworthcommunity.com](mailto:publicity@kenilworthcommunity.com). For donations of \$3000 or more, we can even install an ad on the interior boards of our hockey arena.

-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.



Emergency Medical Services

Burns and Scalds



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

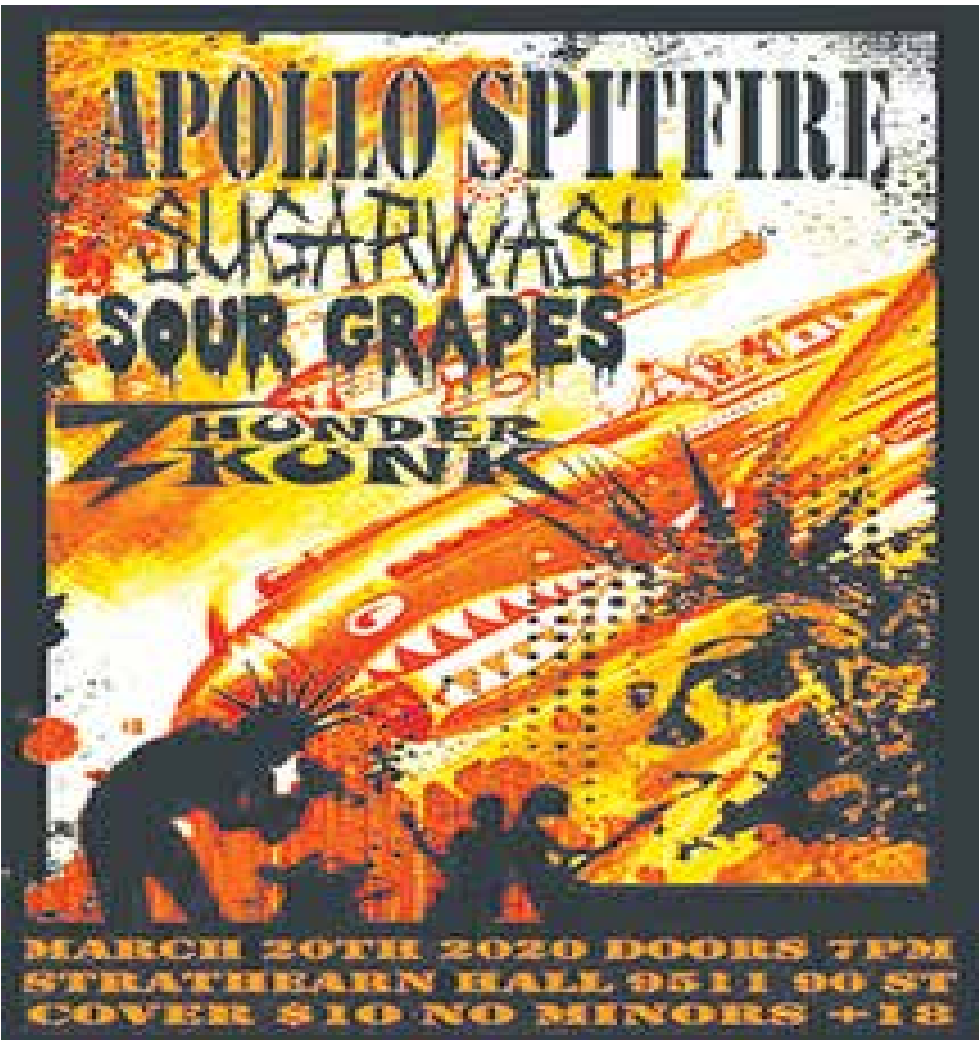
First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1





## 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.

## Indoor Soccer Program

Outdoor Registration is underway for 2020. Please visit the following link to register.

<https://emsasoccerportal.com/>. More information about costs and potential playing dates can be found by visiting <https://emsa-southeast.com/>

## LEGO Club

Come channel your inner Master Builder. Avonmore Community Hall on Tuesday, March 31 from 3:30-5pm. This is a program for school age children to come after school and enjoy playing with LEGO (we provide the LEGO) and participate in different LEGO related challenges. Drinks and popcorn are provided. If you have any LEGO you would like to donate to the club please email [playschool@avonmore.org](mailto:playschool@avonmore.org) to make arrangement for pick up or drop off.

## Drop-in Music Class

Free Drop in Music Classes for 1-5 years of age at the Avonmore Hall. This runs January 27th, March 9th, May 4th and June 1st from 10-10:30 am (doors open 10 minutes prior). Come join us for ½ hour of music, dancing and discovering new instruments at the hall.

## 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](mailto: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!

## Winter Shinny hockey

Shinny hockey runs Friday evenings at Kenilworth arena, beginning in October and running until March 2020. This is fun shinny ice hockey and for more details, questions, or to register to play please contact Boris by emailing [sports@avonmore.org](mailto:sports@avonmore.org)

## Summer Shinny Hockey

Summer Shinny hockey runs Thursday evenings at Kenilworth arena, beginning in April and running until August 2020. This is fun shinny ice hockey and for more details, questions, or to register to play please contact Boris by emailing [sports@avonmore.org](mailto:sports@avonmore.org)

## Avonmore Garden Club

Seed Propagation: Date in March to be determined. Hands on class on how to start and care for seedlings.

Plant Pruning: Saturday April 4th, 10 a.m. Ken Willis, head horticulturist at the U of A Botanical Garden in Devon lead a hands on session on plant pruning.

Contact [gardenclub@avonmore.org](mailto:gardenclub@avonmore.org) for more details.

## Playschool

For more information please contact our Playschool Teacher Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org)

## Avonmore Parent and Tot Program

Free drop-in program every Thursday 9:30-11:30am at Avonmore community hall. We do a mix of free play, crafts and activities and welcome kids of all ages and their caregivers. Please check our Facebook group "Avonmore parent and tot group" or email Yaara at [parentandtot@avonmore.org](mailto:parentandtot@avonmore.org) for more information.

## Annual General Meeting

The Annual General Meeting will be April 30th at 7:00 p.m. at the Hall.

Plan to come out and learn what the League has been working on and plans for the coming year. There will be an election for the

positions of president, secretary, grants, civics, communications and programs. Anyone interested in these positions should contact [president@avonmore.org](mailto:president@avonmore.org) for more information.

## Conversation on Building a Healthier Community

April 16th 7:00

Do you have an idea for a change that could make Avonmore a better and healthier place to live? An idea like developing a community garden on some little used parkland or creating a mini park in an underused space or using the rink area for a summer sport or putting benches around the neighbourhood or blocking off some streets a

few days a year for a community events or... Start thinking and talking about ideas for reshaping our neighbourhood and bring them along on April 16th. The discussion will be led and facilitated by Dr. Karen Lee and a team from U of A who have been working with other Leagues and communities across Edmonton. For more information contact [president@avonmore.org](mailto:president@avonmore.org)

## 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

Everyone in Avonmore is invited to meet for coffee and conversation on the third Wednesday of each month. Coffee and doughnuts are ready by 10:00 a.m. and we usually wrap up around noon. Come out and

meet your neighbours, share your thoughts on local and community issues and participate in lively conversations. This used to be called "Seniors' Monthly Coffee" now we've opened it up to everyone.

## 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](mailto: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.

## Avonmore Hall Rental

Anyone interested in renting the hall please contact Tanya at (780) 637-5640 or email [hallrental@avonmore.org](mailto:hallrental@avonmore.org). Hall address is: 7902 - 73rd Ave NW

## Avonmore Parent & Tot Program

Parent and Tot will be back on starting January 23rd, meeting every Thursday 9:30-11:30 at Avonmore community hall. We do a mix of free play, crafts and activities and welcome kids of all ages and their caregivers. Please check our Facebook group "Avonmore parent and tot group" or email Yaara at [parentandtot@avonmore.org](mailto:parentandtot@avonmore.org) for more information.

## Free Community Swim

Free to Avonmore Community League Members with valid 2019/20 membership card! Phone 311 or check [www.edmonton.ca](http://www.edmonton.ca) for updates on closures before you go.

**Commonwealth Pool:** 11000 Stadium Road: Saturdays 5-7

**Bonnie Doon Pool:** 10535-65 Street: Sundays, 4:15 p.m. - 5:45 p.m.

Visit [www.edmonton.ca](http://www.edmonton.ca) for more info.

## Avonmore Book Club



Next Avonmore Book Club gathering will be Sunday, April 5th. at 7:00 p.m. This month members are reading any or all of the CBC Canada Reads selections. For more information contact [president@avonmore.org](mailto:president@avonmore.org)

## 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](mailto: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!

## 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](mailto: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



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](http://www.albertahealthservices.ca)

## Yoga

Special pass for the 6 classes in the session. Sign up on or before March 4th and get 6 classes for \$60. A saving of \$30 over the drop-in rate of \$15 per class. Contact [president@avonmore.org](mailto:president@avonmore.org) to find out more. These classes are a unique opportunity to experience both the benefits of yoga and of being in a community. The instructors get to know you and your needs then tailor the

classes accordingly. You also get to know your classmates. The before class chats are a great way transition from a busy day to the peacefulness of yoga.

**Tuesday Classes:** 6:30 to 8:00 p.m.

Instructor: Emily McNicoll

**Wednesday Classes:** 6:00 to 7:15 p.m. and 7:30 to 8:45 p.m.

Instructor: Tori Lunden.





## COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
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
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Casino Coordinator	Derek	780 919-5421
Memberships	Jean	780 863-0914
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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 Special 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, 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 capilanoocl.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 Community League presents... A Safety Series

### RED CROSS BABYSITTING COURSE FOR AGES 11-15 YEARS

Saturday, April 18 9AM-4:30PM

Capilano Members \$45

Non- Members \$68

### RED CROSS STAY SAFE- HOME ALONE COURSE FOR AGES 9-13 YEARS

<https://breathforlifeinc.com/course/stay-safe-home-alone/>

Sunday, April 19 9AM-3:30PM

Capilano Members \$35

Non-members \$58

Both Courses will be held at  
Capilano Community Hall 10810-54 St  
**Spaces are Limited-Register Early!!**

Please note that each course requires a separate registration and fee.

Capilano Community League Members please bring your memberships on the day of the course.

Please bring a snack/ lunch for your child.

**TO REGISTER:**

Contact Marzena 780-909-5886 or Maria 780-984-6839

## Capilano Community Casino

June 19 & 20, 2020 – Volunteers required!

Volunteers are required to work our casino on June 19 & 20, 2020. Casinos are a key revenue source and a successful casino event, supported by dedicated volunteers, ensures a sound financial future for the league.

To volunteer, find the e-sign up on our website (capilanoocl.ca) or go to our Facebook page. You can also sign up by going



directly to: <https://www.signupgenius.com/go/60B0849A9AA2FA7F85-capilano>  
OR, contact DEREK at 780-919-5421.

## CCL Program Director Needed!

This volunteer position is responsible for visioning and coordinating all non-city community program offerings for Capilano Community League (CCL).

This includes our fitness programming, seniors programming, children's programming and whatever you can dream up that aligns with our league! Don't worry though, while you will be overseeing the programs you will work with other volunteers 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 bunch of community volunteers. If interested or have questions, please contact Kris at K\_cramer@telus.net or 780-720-9003.

## Capilano Babysitting Registry

BABYSITTERS, are you looking to meet new families to babysit for? The Capilano Babysitting Registry is here to connect you with families in the area. Interested babysitters (as well as parents looking for sitters) can contact [capilanobabysitting@gmail.com](mailto:capilanobabysitting@gmail.com) for details.



## Capilano Seniors' Day Out - Coming April

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: April – Date to be announced!

TIME: 12-2:30 p.m.

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

Watch the Southeast Voice, our website ([capilanocl.ca](http://capilanocl.ca)) and Facebook for the April date!

## Hardisty Gymnastics – Spring Classes

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

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

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](http://capilanocl.ca)) under the Hardisty Gymnastics Club link

## Capilano Playschool – Open House March 11

Mark your calendars! Capilano Playschool would like to invite you to come check out our classroom and meet our teacher! On March 11 from 6–8 p.m., we will be having an open house along with Hardisty school. 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).

There are currently a few spaces available for children to start playschool immediately as well. For more information or to register your 3 or 4-year-old check out [www.capilanoplayschool.com](http://www.capilanoplayschool.com), find us on Facebook or call 780-802-9307.

## Sport Academy – Spring Classes

*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.)

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

Cost for Sport Academy: \$160 per child

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

## Total Body Fitness Class

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 (no class March 19), although you can join at any time (fees would be prorated)

**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](mailto:Lisashortenfitness@gmail.com) or check out: [Facebook.com/lisashortenfitness](https://www.facebook.com/lisashortenfitness)

## Karate classes at Capilano Community Hall!

Join Renshi Jamie Hanlon for karate classes for the whole family!

**Where:** Capilano Community Hall (10810 – 54 Street)

**When:** Wednesday evenings, started February 5, 2020 (join anytime)

--6-7 p.m. – YOUTH/FAMILY class: ages 7 and up, children learn the fundamentals of Okinawan karate in a challenging and supportive atmosphere. Parents are encouraged to participate with their children in this class.

--7-8 p.m. – ADULT class: ages 13 and

up, students at all skill levels work together to advance their study and develop a deeper understanding of Okinawan karate.

--8-9 p.m. – KOBUDO: ages 13 and up, with some prior experience in martial arts. Students develop their martial skills with the indigenous weapons of Okinawa, including bo, sai and tonfa.

For more information, visit [www.kaizen-dojo.ca](http://www.kaizen-dojo.ca). For inquiries, email [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca) or call/ text 780-619-3136. Register today!

## Hardisty School “I’ve Outgrown it Sale!” April 4

This is a great way for you to sell your gently used quality children's items including clothing up to size 14. Clothing, toys, baby equipment, maternity clothes, books, skates, skis, bikes, games, electronics and older kids' stuff are always needed. Tables are only \$40 and you get lots of space!

Or just come and SHOP and support this

Hardisty School fundraiser!

Date: Saturday April 4, 2020

Time: 10 a.m. – 1 p.m.

Where: Hardisty School - 10534-62 St.

For more information or to book a table (\$40), please contact DeeDee at [deedeeclean-green@gmail.com](mailto:deedeeclean-green@gmail.com) or 780-914-6106.

## 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](http://www.relaxwithtaichi.com)

## Capilano Seniors – Heads up!

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!

## 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:** Tuesday 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.capilanocl.ca](http://www.capilanocl.ca)). Look for online registration form under Preschool Soccer. Registration is limited and first come first serve.

## 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 (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](http://www.capilanocl.ca)). Look for online form under Ball Hockey.



## Capilano's 2nd Annual Community Garage Sale June 6!

It's never too early to start thinking about and planning for a garage sale!

Capilano residents are invited to participate in our second community wide sale on June 6 – more details will be available as the date gets closer. You must have a Capilano Community league membership to participate. Contact Marzena with questions/inquiries 780-909-5886.

## FREE Swim for Community Members

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 holi-

## Capilano BIG BIN Event for Community League Members

Save the Date! Saturday June 13, 2020

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

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.

## Odour Complaints Update

EPCOR is now taking calls for odour complaints, at 780-412-4500. Residents and park-users who notice odour from the Gold Bar Wastewater Treatment Plant are encour-

aged to call. In the past, residents could call 311 to report odour, but as of December 2019, EPCOR has been taking the calls directly.



# Ben Henderson

## Councillor, Ward 8

## Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

# Cloverdale

9411 - 97 Avenue  
(780) 465 - 0306  
cloverdalecommunity.com

## Active Co-ed Programming in March & April

Yoga classes occur on Tuesdays 8 – 9 pm and Friday 9:45 – 10:45 am. Barre classes happen Mondays 7 – 8 pm and Thursdays 8 – 9 pm. Cloverdale Community Members pay a drop in fee of \$5. Check www.cloverdalecommunity.com for more details.

## Cloverdale Community Garden

Cloverdale Community Garden is having a Potluck Brunch on Saturday April 4, 2020. It's also plot selection day. All gardeners in the community are invited to come out, bring a brunch item and sign up for a garden plot. Plots dues of \$30 are also due that day and common area garden duties will be assigned. Contact Margaret: communitygarden\_chair@cloverdalecommunity.com

The Annual Garden Cleanup is scheduled for Saturday May 9, 10 AM, at the garden, north of the Bennett Centre. Gardeners will be preparing the common areas of the garden for planting as well as readying their own plots for seeds etc.

## Casino Volunteers needed



September 15/16, 2020, at Casino Edmonton (Argyll). Sign up for a shift: day or evening to raise valued funds to operate our programs and activities. Can arrange for car pooling. For more information and to sign up email: casino@cloverdalecommunity.com

## Diagnosis, treatment of a common eye disease

World Glaucoma Week takes place Mar. 8 to 14, 2020.

Glaucoma is a leading cause of blindness in Canada. It is the name for a group of eye diseases that damage the optic nerve. This nerve carries information from the eye to the brain. When the nerve is damaged, you can lose your vision.

Glaucoma is one of the most common causes of legal blindness in the world. At first, people with glaucoma lose side (peripheral) vision. But if the disease isn't treated, vision loss may get worse. This can lead to total blindness over time.

### What causes glaucoma?

The exact cause isn't known. Experts think that increased pressure in the eye (intraocular pressure) may cause the nerve damage in many cases. But some people who have glaucoma have normal eye pressure.

Some people get glaucoma after an eye injury or after eye surgery. Some medicines (corticosteroids) that are used to treat other diseases may also cause glaucoma.

How is glaucoma diagnosed?

## Sportball for Children

Registration to take place soon. Stayed tuned to Cloverdale Facebook page and www.cloverdalecommunity.com for announcement.

## Cribbage & Games Night

3rd Sunday of the month

Questions? Contact Marji at marjitanner@gmail.com or 780-883-9667

## Arts & Crafts Club

Tuesdays 1-4 pm

Bring your project and share ideas. Coffee/tea provided. Contact Marji at: marjitanner@gmail.com or 780-883-9667

## Wine Not & Music Jam

Saturday, April 4, 2020 – Entry fee is \$ 5 for members. Buy wine tickets \$3 each or 4 for \$ 10. Bring an appetizer. Additional fun: music jam - bring your instrument, including your voice as a sing-a-long just might break out. RSVP: socialdirector@cloverdalecommunity.com

## Eggs-travaganza



Sunday, April 12, 2020 – Meet at the hall at 11:00 am for an Easter egg hunt. Children aged 1 to 12 yrs old are welcome to participate. RSVP: socialdirector@cloverdalecommunity.com

Glaucoma can be diagnosed:

During routine examinations with your eye doctor.

When you go to your family doctor because of an eye problem. Your doctor will ask you questions about your symptoms and do a physical examination. If your doctor thinks you have glaucoma, you will then need to see an eye doctor for eye examinations and tests.

### How is it treated?

Glaucoma can't be cured. But there are things you can do to help stop more damage to the optic nerve. To help keep your vision from getting worse, you'll probably need to use medicine (most likely eye drops) every day. You may also need laser treatment or surgery. You'll also need regular checkups with your eye doctor.

How do you cope with glaucoma?

If you have vision loss, you can keep your quality of life. You can use vision aids, such as large-print items and special video systems, to help you cope with reduced eyesight. Support groups and counselling may also help you deal with vision loss.



## COMMUNITY LEAGUE BOARD

President	Curtis	President@forestterrace.org
Vice-president	Jeremy	VP@forestterrace.org
Secretary	Allison	Secretary@forestterrace.org
Treasurer	VACANT	Treasurer@forestterrace.org
Hall Rental	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	VACANT	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

## Winter fun at Sunridge



Thanks to everyone who joined us at the free tubing event at Sunridge Ski Area on Feb. 15. We had a great turnout!

## We're on Instagram!

You can now follow your community league on Instagram. Find us at @forest\_terracecl.

## Yoga at the hall

Lyndsey's yoga class runs Mondays, 7-8 p.m., until March 30 at the hall, 10150 80 St NW. Classes are beginner to intermediate Hatha practice with emphasis on alignment in postures, core strength, flexibility and balance as well as concentration and breath control. Discounts for members and/or if you register for the full, six-class session. Register on Eventbrite.

For more wellness programs and direct links to Eventbrite, check out the events calendar on forestterrace.org or visit our Facebook page.

## Right-sizing info session March 31

Do you feel like your space just isn't working for you? Like your daily routines are inefficient or you aren't using all the rooms in your home? Join real estate professional Melody Wilson and professional organizer Katie Hudson as they talk about right-sizing on March 31 from 7 to 9 p.m. at the hall.

For more information, please check out liveinedmonton.ca/what-is-right-sizing. This session is free and open to everyone. Please share with anyone you feel may be interested. Discover how to have a functional home that you love.

## Block Party planning workshop April 3

Forest Terrace Heights is an Abundant Community and we want you to know your neighbours by name! Why? To increase your experience of community. To improve safety on your block. To celebrate the richness of diversity!

One of the BEST ways to do this is by having a block party! Wish your block could have a party? We have experience, tools and resources to help you get your planning off to a great start. So, grab a neighbour, pick a date and join us at the Forest Terrace Heights hall for a Block Party planning workshop on April 3 from 5:30 to 7 p.m. We will provide supper at this family-friendly event.

RSVP by March 30 with CoraLee at 780-430-4307 or ACE@forestterrace.org. Watch for updates on Facebook, Nextdoor and on flyers around the neighbourhood.

## Board vacancies

Did you know that board volunteers receive free community league membership and one free hall rental per year? Why not join us? Here's what's open:

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

-Treasurer: Oversees the management and reporting of the community league's finances. Writes and deposits cheques. Annual financial reporting to AGLC, the Government of Alberta, and the City of Edmonton. The league hires a bookkeeper to prepare monthly financial statements.

-Rink director - Terrace Heights: For the winter 2020-21 season.

All directors are asked to attend board meetings, which are held on the first Tuesday of every month except July and August. Please contact president@forestterrace.org for more information or to express interest.

## Save the date!



This year's Big Bin Event is coming up on Saturday, May 23, at Forest Heights school. It's free for members and allows you to get rid of all that unwanted stuff in your garage and basement that's too bulky for regular garbage pickup. This year will be even better, because we're holding a rummage sale at the same time to raise money for a new playground at the school.

To contribute gently used clothing, accessories, household items, books, CDs and DVDs to the sale, email annakrall@yahoo.ca.

## Membership benefits

If you have been putting off buying or renewing a community league membership, now is the time to act. The current membership is good until August 2020. If all the perks listed below aren't enough to entice you, consider buying one to help support events in your community. With the uncertainty of provincial grants, your support is vital!

Here's what membership gets you:

-Two free weekly swims. Now that Hardisty Pool is closed for renovations, both swims are at Commonwealth Fitness Centre, where you can also use the gym. The times are Saturdays from 5 to 7 p.m. and Sundays from 1 to 3 p.m. Bring your membership card.

-Discounted rates for classes and workshops at the hall.

-Once a month, our partnership with Grower Direct means one lucky member gets a bouquet of fresh flowers. For your chance to win, please join us at any board meeting, held at 7 p.m. on the first Tuesday of every month at the hall. Shown above is our February winner, Allison.

-Discounted rental of our community hall.

-10-per-cent discount at Real Deals, the

home decor store at 7115 101 Ave.

-10-per-cent discount on food and beverages at Fargos Restaurant & Pub at 5804 Terrace Road.

-Discounts on spray tans, lash extensions, red-light skin rejuvenation and the lifestyle membership at Fabutan Capilano at 5808 Terrace Rd NW.

-Free membership in the Edmonton Tool Library, which allows you to borrow up to eight items per year from a large inventory of hand, power and yard tools at no cost.

-Participation in our annual Big Bin Event.

Families can purchase or renew their membership for just

\$30; individual memberships are \$15;

seniors pay \$10; and, if you're new to Forest or Terrace Heights or you've never had a membership before, your first year is free! Contact our membership director at memberships@forestterrace.org or 780-463-1613 (this is the only option for free memberships). Buy online at efcl.org. Or purchase in person at Shaheen Grocery & Bakery (10130 79 St NW), Grower Direct (7231 101 Ave NW), SEESA (9350 82 St NW) or any Edmonton Servus Credit Union branch.



## Board Members

Mike  
President  
[president@fultonplace.org](mailto:president@fultonplace.org)  
7808867794

Gavin  
Vice President Civic Affairs  
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7805041896

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Sherry  
Director  
[sherry@fultonplace.org](mailto:sherry@fultonplace.org)

Krystina  
Director  
[krystina@fultonplace.org](mailto:krystina@fultonplace.org)

Fulton Place Garden  
[fpcgcontact@gmail.com](mailto:fpcgcontact@gmail.com)

## FITNESS CLASSES

Join our community group for fun fitness classes. 6 week sessions available.

Mondays at 6:45-7:45 pm: Fitness kick-boxing

Wednesdays 9:00-10:00 am: Strength & Cardio bootcamp

Wednesdays 6:45-7:45 pm: Strength & Cardio bootcamp

For questions and registration details contact Ann Lukey at [ann@yourinertia.com](mailto:ann@yourinertia.com)

## Fulton Hall Maintenance Help Needed

The league is in need of someone to help with facility maintenance at our hall.

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](mailto:mike@fultonplace.org).

## Community Swim

Hardisty Leisure Centre will be closed for Maintenance from January 19, 2020 until April 12, 2020.

Our alternative facility for free swim is **Commonwealth - Sundays 1:00 p.m.-3:00 p.m.**

MEMBERSHIPS  
\$25 FAMILY  
\$5 SENIOR  
\$15 INDIVIDUAL  
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## Volunteer with the Fulton Place Community League

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](mailto:mike@fultonplace.org)

## Easy ways to eat more fruit and vegetables

March is National Nutrition Month.

● Eating more fruits and vegetables is a great way to improve your nutrition. It can be as easy as adding fruit to a bowl of cereal or adding grated carrots and zucchini to pasta sauce. These tips can help you get started.

● Make it easy

● Keep a bowl of fruit within easy reach on the kitchen counter or your desk at work so that you can grab a piece of fruit when you're hungry.

● Buy packaged, ready-to-eat fresh vegetables and fruits. These cut down on preparation time.

● Keep dried fruit on hand for a snack that is easy to take with you when you're away from home.

● Use the microwave to quickly cook vegetables.

Stay focused

● Keep track of how many fruits and vegetables you eat each day. You are more likely to eat more fruits and vegetables if you write down how many servings you get.

● Have a goal. Start with small goals you can achieve easily. Then set larger goals as you go. For example, you might want to start by eating one extra serving of fruit or vegetables

a day. When you have achieved that goal, your next goal could be to include an extra serving of fruit or vegetables at most meals.

Pump up the flavour

● Dip raw vegetables in low-fat salad dressing, hummus, or peanut butter.

● Toss raw or cooked broccoli and cauliflower with low-fat Italian dressing and Parmesan cheese to make a flavourful side dish.

● Roast vegetables and fruits to bring out their flavour. Just drizzle them with a small amount of olive oil, and bake them in the oven until they are tender.

● Season cooked vegetables with lemon juice and a small amount of olive oil. For extra flavour, add fresh herbs such as basil, tarragon, and sage.

● Try baked apples or pears topped with cinnamon and honey for dessert.

Take small steps

● Mix sliced fruit or frozen berries with yogurt or cereal.

● Add apple chunks, pineapple, grapes, or raisins to tuna or chicken salad.

● Make fruit smoothies by blending together fresh or frozen fruit, fruit juice, and yogurt.

● Add dried or fresh fruit to oatmeal, pan-



cakes, and waffles.

● Add colourful vegetables, such as red cabbage, carrots, and bell peppers, to green salads.

● Top salads with dried cranberries or raisins, or with sliced pears, oranges, nectarines, strawberries, or grapefruit.

Add extra vegetables, such as grated zucchini or carrots, spinach, kale, and bell peppers, to pasta sauces and soups.

Add lots of vegetables to sandwiches. Lettuce, tomatoes, cucumbers, bell peppers, and avocado slices are flavourful choices.





## Southwoods VILLAGE AT HAZELDEAN

Proposed **Shops**  
at the 4-way stop

### The Mews AT HAZELDEAN

**Future** Assisted Living,  
Memory Care and Mental Health  
Resource Centre



### Southwoods COURT NORTH

Independent Living, Optional  
Meals and Care Services,  
Home Care

### Terra Court South AT HAZELDEAN

**Future** Active Adult Rentals

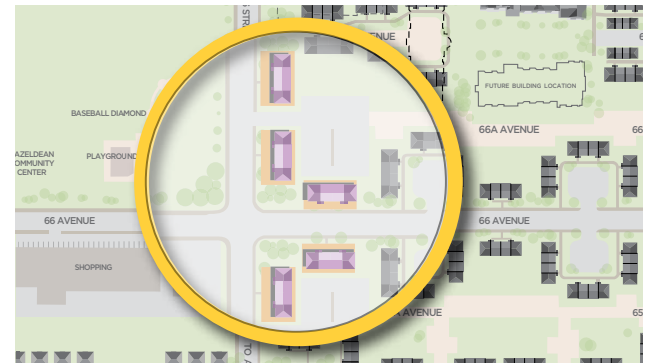
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## Ask Charles

I saw a house for sale and I want to check it out—will I have to sign a contract to get a real estate professional to show me the house?

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you’re not required to sign a contract.

Simply viewing a home with a real estate professional doesn’t trigger a regulatory requirement to sign a contract with that real estate professional.

However, if you start sharing confidential information such as your motivation for buying a property or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign to indicate they’ve read the guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

“Ask Charles” is a question and answer column by Charles Stevenson, Registrar with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta’s real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email [askcharles@reca.ca](mailto:askcharles@reca.ca).





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Alisha Sabourin provides counselling and psychotherapy to individuals and couples. Alisha has particular expertise in grief and trauma and is trained in EMDR.

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- Wills and Estates
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## Board Members

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

## Games Night

March 20- 6:00 to 10:00 pm Note the change in date. This is not the last Friday of the month.

The Community League will provide beef on a bun and drinks. Bring a side to share. Bring your favorite game or come learn how to play one of the many games brought by the organizers.

## Leap Into Fun

**Community Skating and Bonfire Party**  
Saturday Feb 29, Leap Year Day

1:00 - 3:00 pm

Gold Bar Skate Shack

Skating, sledding, snow painting, hot chocolate, s'more's and hot dog roast.

## Movie Night

**Sat March 21**  
5:00 - 8:30 pm

Free hot dogs, popcorn, treats and maybe some vegetables.



## 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

## 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:

Tues. March 31- afternoon/evening

Thurs. May 28- afternoon/evening

Parkway Bingo:

Wed. March 4- evening/late night

Sun. March 15- afternoon

Sun. April 12- evening/late night

Fri. May 1- evening/ late night

## GOLDBAR 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 Beverage (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)

## Okinawan Karate Dojo

*Wednesday evenings at Capilano and Thursday Evenings at Gold Bar*

Exercising with your kids, loved ones and friends is a great way to develop life-long fitness habits. Renshi Jamie Hanlon has been involved with martial arts for over 40 years.

Family Class (age 7+) 6:00-7:00 pm

Adult Class (age 13+) 7:00-8:00 pm

Kobudo (Weapons) Class: 8:00-9:00 pm

Your registration fee gives unlimited access to all classes

**Fees: Jan - April**

1 person \$120

2 people \$220

3 people \$300

4 people or more \$400

Never too late to register. Fees will be prorated. For more information, visit [www.kaizendojo.ca](http://www.kaizendojo.ca), email [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca) or call/text 780-619-3136.

## Mom & Me Fitness

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play (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, You can join at any time

Contact Lisa to register or with any questions.

Mondays \$80, 8 classes, 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](mailto:lisashortenfitness@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 yoga experience required. email [nancy\\_conlin@hotmail.com](mailto:nancy_conlin@hotmail.com) for more info.

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10:00 am - 6:00 pm

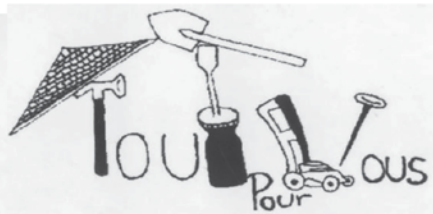
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11:00 am - 5:00 pm

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**6:00-8:00 pm.** Check [Riverdale.epsb.ca](http://Riverdale.epsb.ca) for details on our kindergarten info-sessions. Call **780.425.7600** for more information or to arrange a tour.

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## 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.





## Holyrood Community League Contacts

President	Larissa	president@hoyroodcommunity.org
Past-President	Wendy	pastpres@hoyroodcommunity.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](http://holyroodcommunity.org) 🐦 @HolyroodCL 📘 Holyrood Community League  
Purchase memberships at SEESA (9350-82 St), through [efcl.org/membership/](http://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](mailto:memberships@holyroodcommunity.org).

## Holyrood Outdoor Soccer

With the indoor soccer season coming to a close in the next couple of weeks, it is already time to start planning and registering for the upcoming outdoor season. **Note, since the home-zone registrations have passed, you must register at the zone-wide registration at Bonnie Doon Mall which run March 4th 5-8pm or March 7th, 10am-1pm.** Please bring a cash or a cheque payable to ESESA, and government issued ID to verify the age of the player. Other registration details can be obtained at [www.emsasoutheast.com](http://www.emsasoutheast.com)

### Coaching

If you plan to coach this season (please do - we always need coaches!), please register as a Team Official on the EMSA Portal at your earliest convenience. This helps us determine the number of teams that we will have, and allows us to ensure that we have all the equipment and jerseys needed to field teams.

### Soccer Director Needed

This will be our director's fourth and final year in the Holyrood Soccer Director position. As such, we are actively looking for a Director to work with the rest of the Holyrood Soccer Coordinators to ensure that the Holyrood community soccer program continues to exist and thrive in subsequent years. The Director position runs all year (indoor and outdoor season) and includes the follow-



ing responsibilities:

- Sit on the ESESA (Edmonton Southeast Soccer Association) Board of Directors as the Holyrood representative, and assist ESESA with various soccer program needs (registration sessions, tournaments, etc.)

- maintain ongoing communication between with ESESA, Holyrood coaches, parents, and players

- work with the Holyrood Equipment Coordinator (filled), Volunteer Coordinator (filled), and Referee Coordinator (filled) to ensure all needs are met for the season

This is a rewarding position that allows you to help shape the direction of youth soccer in our zone and community.

Please contact [holyrood@southeastsoccer.ca](mailto:holyrood@southeastsoccer.ca) if you are interested in the position, it would be a great time to join the Holyrood Soccer Coordinators team so that we can work together over the 2020 Outdoor Season.

## Community Swim

Join us for swim times at both Commonwealth Rec Centre and Bonnie Doon Pool. Entry is free with a current community league membership.

- Saturdays, 5-7PM at both Bonnie Doon & Commonwealth

- Sundays, 1-3PM at Commonwealth

- Sundays, 4:15-5:45PM at Bonnie Doon



## Holyrood Community Playgroup

Come and make some new little friends! The Holyrood Community Playgroup offers great socialization for kids and caregivers and runs every Thursday at the First Church of God (9224 82 St NW) from 9-11am. In general, community playgroups help to improve emotional wellbeing, physical health, capacity and independence, create more engaged education experiences, and reduce isolation for both parents and children while increasing social inclusion. Playgroups are great support moms suffering from PPD or who are in that new parent fog and need to get out of the house, but without pressure or expectations.

Some benefits of joining or attending a community playgroup include:



- FREE open play environment
- local/close to home
- meet your neighbours in a relaxed atmosphere,
- caregivers support
- casual & informal, there is no commitment; drop in when it works for you

## Babysitter's Registry



Holyrood is in the process of launching a baby-sitter's registry in the community for babysitting needs. Sitters must be certified in a babysitter's course, have proof of the course and have guardian permission to be added to the list. We are in the final steps of

approval for our process to connect babysitters and parents, so please continue to email [communications@holyroodcommunity.org](mailto:communications@holyroodcommunity.org) to express your interest. We thank everyone for their patience as we begin this new endeavor for our neighbourhood!



## 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](http://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](http://www.idylwylde.org) and sign up for our monthly e-newsletter.

### Monthly Community Meetings

Our board meets the second Tuesday of the month, at 7pm (though we sometimes take a break around new years and during the summer). Come out and hear what's going on in your community around the round table, where everyone has a voice!

## Hall Rentals

We are looking for a community minded volunteer rental coordinator to look after all things rental. What we do is pretty special in that we offer reduced rates to people who live within Idylwylde, so you can host a larger than life function, right in your neighborhood. The only catch? We can't do it without your help!!! If this sounds like something you can take on to help the community, get in touch with Kate.



## Program Calendar 2019

Classes are FREE for ICL members. Make sure to show your membership card to the instructor. Full schedules can be seen on our website.

Membership should be purchased ahead of time from Michelle or [efcl.org](http://efcl.org) or at classes.

### Peaceful Yoga Sanctuary

Instructor: Lauren Thomas

**Thursdays: 7:00 pm - 8:15 pm**

Start date: January 16, 2020

End date: March 5, 2020

Gentle Yoga, with ashtanga and yin influence: This class is designed to provide a gentle and slow paced variation on the Ashtanga foundations. Slow movement and space to settle into your asana postures and focus on your breath. Expect longer held postures (yin like yoga) towards the end of class. The in-

tention of this class is a space to connect to the nurturing relationship you can hold with yourself. This will be encouraged through movement, breathe, meditation, and occasional mantra. This gentle class is suitable for all fitness levels.

### Chair Yoga

Instructor: Susan Lobkowicz

**Tuesdays: 2:00 pm - 3:00 pm**

Start date: January 21, 2020

End date: March 31, 2020

(No class on February 18)

This is an accessible yoga class intended for anyone who has a desire to ease back into exercise. Breathing techniques, joint mobilizing exercises, stretches and balancing postures are practiced either sitting in a chair or using the chair as a supportive prop.

## 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 commit-

ment 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](mailto:gardenidylwylde@gmail.com) and we'll let you know how you can be involved with our amazing little community garden.

## 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.

## 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 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.

## Little Free Library



Could it be? Spring is around the corner! Take a detour and visit our Little Free Library over at 7932 83 Avenue. Grab an exciting book from the collection or drop off one of your favorites that you think someone else may enjoy.

## Community League Swim

Bring your ICL membership card to get in FREE at these locations and times:

### Bonnie Doon Leisure Centre is OPEN

Our beloved leisure centre is open, with lots of updates! We have switched our community swim on Sundays back to this pool from Hardisty so community members can take advantage of the pool in our back yard.

### Commonwealth Community Recreation Centre

Saturdays: 5:00pm - 7:00pm

Start Date: September 7, 2019

End Date: August 29, 2020

### Bonnie Doon Leisure Centre

Sundays: 4:15 pm - 5:45 pm

Starts Date: January 19, 2020

End Date: June 28, 2020

### Pilates Mat Class

Instructor: Kelly Bray

**Mondays: 7:00 pm - 8:15 pm**

Start date: May 4, 2020

End date: June 29, 2020

Pilates is a system of controlled exercises that engage the mind and condition the whole body. The blend of strength and flexibility training improves posture, reduces stress and creates long, lean muscles without bulking up. Pilates takes a balance approach so that no muscle group is overworked and the body moves as an efficient, holistic system in sport and daily activity. The heavy emphasis on abdominal strengthening is a necessity and the class is designed for every fitness level. Kelly Bray is a certified Pilates instructor and have many years of teaching experience. All

that is required of you is to show up with a yoga mat to enjoy the Pilates experience.

### Spring into Fitness Class

Instructor: Kelly Bray

**Wednesdays: 7:00 pm - 8:15 pm**

Start date: May 6, 2020

End date: June 24, 2020

A complete conditioning program; an active class that strengthens your body from head to toe and keeps burning fat even after class! You'll develop your balance, coordination, aerobic fitness, strength and flexibility through resistance training, intervals, power moves, plyometrics and endurance activities to help us get and maintain a fit body in a safe and fun environment. A pair of runners, a mat and a water bottle is all you need. Dress comfortably as you are going to sweat!



## CONTACT US!

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

Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)

Keep Current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com) and on Facebook!

## Kenilworth AGM March 9, 7 PM

Come out and meet your current Kenilworth Community League board members!

This evening will start with pizza and a fun review of community highlights from 2019!

We will end with elections. To vote, you must be a member in good standing.

The following positions are up for renewal:

- President
- Secretary
- Southeast Community League Association representative
- Adult programs
- Children's programs
- Memberships
- Bingo coordinator
- Soccer

To nominate someone or to inquire about what these positions entail, e-mail Ian at [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com)

To purchase a membership and learn about the benefits, e-mail [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com)

Hope to see you there!

## Regular Meeting

Monday, April 13 @ 7 p.m.

## Adult Badminton



Adult badminton on Tuesdays and Thursdays at 7:30 p.m. 9:30 p.m. at Kenilworth School (7005 89 Avenue). Starts October 1 to the end of May. This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can be playing at one time. We have a rotation system of play, so players do not pick and choose their team mates or opponents.

The club is not equipped to train beginners, but you don't need a lot of experience at the game to become a member, although there are some experienced and competitive players in our club.

Contact the Kenilworth Badminton Club:

Andy Caine (780-916-8889)-[acaine@telusplanet.net](mailto:acaine@telusplanet.net) or Ray Rideout at 780-405-2770 or Liz Thomas 780-465-5188.

## 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](http://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](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.

## Toddler Time

Mondays 10:00 am - 11:30 am

Kenilworth Community League 7104 - 87 Ave.

Starts Sept. 9, 2019

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](mailto:jtong77@gmail.com)

## KENILWORTH PLAYSCHOOL

We are accepting new registrations for Playschool!

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



## 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.

## Community Swim

Community Swim at Commonwealth Community Recreation Centre (11000 Stadium Road).

Hours are Sundays from 1:00 to 3:00 pm. Bring your KCL membership card to get in FREE at this location and time.

## Scrapbooking/Cardmaking Garage Sale

Scrapbooking/Cardmaking Garage Sale will be held at Kenilworth Hall, 7104-87 Avenue, on Saturday, March 14 at 9:30 to 1:00 p.m. Great bargains for you for your next projects!

## KCL Adult Spring BBQ - May 9

Cocktails 5:00 p.m.

Dinner 6:00 p.m.

\$25 per person

**Tickets:** Call Alma at 780 469-2019 or email: [akessel@shaw.ca](mailto:akessel@shaw.ca). Limited number of tickets: first come first served! Sold out every year!

## 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 reopens next year. If they re-open as scheduled in January, 2021, they will honor the 2019 passes until July 2021.

## 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.

2018/2019 memberships are \$20 and \$15 for Individuals and Seniors.

Memberships are available at the Sport Shack, 8170 – 50 St and Anvil Coffee House.

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](http://www.efcl.org) and purchase one online!

## 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!

There 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.

## 311 Hours of Operations Change



The hours of 311 have been reduced from 24 to 12 hours a day. 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](https://www.edmonton.ca/programs_services/service-311-contact-centre.aspx)





# Heather McPherson

Member of Parliament  
Edmonton Strathcona

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\*\*conditions may apply

## Community 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.

## Workshops & Programs for Parenting

To register for all programs and/or workshops please contact Jessica Mantel at 780-667-4383 or fcscsdodie@shaw.ca

### • Sleep Tight Baby

*Fulton Child Care Association 10310-56st  
Tuesday, April 7, 6:15 – 8:30pm*

The Sleep Tight Baby workshop is for parents of babies under 18 months. Sleep can be a struggle especially as you try to develop routines and wean from night feeds. Come to this free workshop to support more peaceful sleep for the baby, you and your family. Join an Occupational Therapist (OT) to learn about the different factors that influence your baby's sleep. Discover how to begin and continue healthy sleep habits. Choose a strategy that fits your baby and family. Options for follow-up by an OT are reviewed at the workshop.

### • Goodbye Bedtime Battles

*Fulton Child Care Association 10310-56 St  
Thursday, March 26 6:15 – 8:30 pm*

Bedtimes can be a struggle for your child and family. Come to this introductory workshop to help make bedtimes more peaceful. The workshop is for parents of children 6 months to 5 years of age. Join other parents and a Occupational Therapist (OT) to learn about the different factors that influence a child's sleep: routine, environment, and positive sleep-time associations. Discover how to begin and continue healthy sleep habits. Choose which strategies best fit your child and family.



### • Messy Play is Fun Play

This 5 week program is designed for children ages 2 to 5. During each class we will explore different types of messy play as well as open ended art experiences. At the beginning of each class we will come together as a group to participate in a story that relates to the experiences that are out that day. Parents will be given a copy of any of the recipes used during the program so that messy play can be created at home as well!

• Mondays: 9:30 - 10:30am  
*Fulton Place Community League  
6115 Fulton Road  
April 6 - May 11; May 25 - June 22*

### • Baby and Me Yoga

Moms and Dads! There are many benefits both for the mind and body by participating in Yoga. This 8 week yoga program is suitable for all levels. Each pose can be altered to suit your needs. You and your little one will have a chance to meet and socialize with other parents and children. New moms will need to be 6 weeks postpartum and have clearance from your doctor to resume exercise.

• Wednesdays: 2:00 - 3:00pm April 8 – June 3  
*Fulton Place Community League  
6115 Fulton Road*

### • Infants Can Talk with Their Hands

Infants are able to use basic sign language skills before they are able to vocalize their needs through speech. By using both sign language and speech you will not only ease your frustration but also the

frustration of your infant. Sign language promotes whole brain development in your infant. This is a 4 week program.

• Tuesdays: 9:15 - 9:45am  
*Fulton Place Community League  
6115 Fulton Road  
April 7 - April 28; May 26 - June 16*

### • Music & Movement with Nancy's Notes

This 8 week program is for children 0-5 years of age. Enjoy singing, dancing and playing instruments with your little one. It is proven that early musical experiences provide opportunities for whole brain development. Developmental skills include, social, emotional, language, as well as early reading and early math.

• Tuesdays: 10:00-11:00am; April 7 – June 2  
*Fulton Place Community League  
6115 Fulton Road*

### • Super Dads, Super Kids

*Fulton Child Care Association 10310 56St  
April 9 - May 28; 6:30 - 8:30pm*

To Register contact Winifred with KARA Family Resource Centre 587-525-6679. This 8 week interactive program is for men and the children they are raising! Good kids don't just happen... they are nurtured by caring, involved and responsible adults. The focus of this program is on responsible fathers – who make a conscious choice to be the solid role models for kids. Topics include the role of a Super Dad, child development, communication, emotional and physical health, positive discipline and work life balance.



## 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

## OCL Board Meetings

Keep Ottewell Community League vibrant and alive!

OCL board meetings are held every third Tuesday of the month, unless otherwise posted. The next meeting is on Tuesday, March 17 at 6:30 PM.

Immediately following our meeting, special guests “Wendy and Wilson” Realtors will give a presentation on “What’s Hot in Ottewell’s Real Estate Market!” There will be information on what happened in 2019, what appeals to buyers so far in 2020, and advice to consider before selling your home.

Come and join in to find out what’s happening in your community.

## Call for Vendors

OCL is looking for vendors to participate in our upcoming Spring Market, which will take place May 30, 10am to 3 pm. 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

### UPCOMING EVENTS

Keep an eye out for these upcoming events! Watch for more details on OCL Facebook, the website, and in the SEV.

April 11 - Ottewell’s Easter Egg Hunt

May 3 - Seniors’ Tea



May 16 - Spring Clean Up - OCL Big Bin Event

May 30 - OCL Spring Market

## Open Mic Night



Come on out to our Open Mic Night at the Ottewell Hall on April 25! This will be a fun night of music, poems, drama, and dance. There will be a jam session at the end of the evening and an opportunity to get on your feet and dance.

The Girl Guides will be running the concession. There will be alcohol served at this event.

Performers can present up to 3 songs, monologues, poems or dances. Performers also are entered for a special door prize! To

register as a performer, go to www.ottewell.org or contact Richard Mack at richardmack@hotmail.ca or 780-468-1223 before April 1. You can also register to perform at the door.

Entrance fee is \$5.00 per adult. Performers and children under 12 are free.

Previous open mic nights have provided a lot of good memories. Thanks to those who participate as performers, volunteers and audience to make these evenings a great success.

## Home Safety Information Session with EPS

The Edmonton Police Service is giving a presentation focused on personal and community safety from a crime reduction and prevention perspective. The presentation will cover the most common factors that put individuals, homes, and communities at risk of crime or social disorders. It will also provide safety strategies.

Ottewell Community Hall

March 24, 2020, 7-8:30 PM

Doors open at 6:30pm

Free door prize draw

Come out and listen with us. Let’s all work to keep our community safe!

## Ottewell Community Park

The hills in Ottewell Park are perfect for a romp in the snow, and we have our ice rinks open for all to enjoy. Opening days and times are posted on our website and Facebook page.

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

## Volunteer with the Ottewell Community League

Are you interested in volunteering for OCL? WE NEED YOU! We have many opportunities available - opportunities to help with a one-time event or to take on a more regular commitment.

**General Volunteer** - “Call me when you need someone, and if I can help, I will.”

**Volunteer Coordination** - assist the board with finding and scheduling volunteers for events.

**Project Team** - plan changes and upgrades to the Ottewell Community League Building. All plans will be presented to the board for approval.

**Grants** - help ensure OCL has applied for all available funding.

**Sponsorship Coordination** - obtain sponsorship. Liaise with sponsors and Communications Director to ensure proper recognition.

**Events Team Lead** - organize team to put on events for the community league.

**Events General Volunteer** - help out at various events. Shifts are 2-4 hours.

**History of Ottewell** - gather and share pictures and stories with our community.

Please email ottewell2212@gmail.com to inquire about any of these positions. Keep up-to-date on all the events by subscribing to email updates at Ottewell.org or by following us on Facebook at facebook.com/OttewellEvents.

## Outdoor Soccer Registration

It’s that time of year already - soccer registration time! Complete your child’s registration online, then attend one of the in-person sessions to complete your paperwork.

Register online through the EMSA Soccer Portal.

Register in person at the zone-wide registration event at Bonnie Doon Mall on March 6th 6-9pm.

Late registration is available at the ESESA office in South Soccer Centre on March 20th 5-8pm.

Questions can be directed to soccerottewell@gmail.com.

## Ottewell Community News and Information Board

OCL has a large bulletin board outside the community hall. We welcome notices for any items of interest to the Ottewell community.

This bulletin board’s purpose is to provide information to our community members. This is our go-to place for neighborhood information. Whether you are hosting a garage sale, have lost a pet, have a service to offer, or are simply want to let others know what’s happening in your community, please post your messages here. Feel free to stop by our Community Information Board and see what’s happening in Ottewell.

## 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.

Spring is near! Please watch OCL Facebook and the OCL Website for opening times, updates, and closures due to changing weather conditions.





## Ottewell Community League on Facebook

Follow us on [www.Facebook.com/OttewellCommunityLeague](http://www.Facebook.com/OttewellCommunityLeague) to keep up to date on what's happening in our community!

OCL is looking for a Facebook editor. Are you that person? Time dedicated to our

Facebook page can vary, depending on what we have happening in our community. Many perks come with volunteering at Ottewell. Please email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) if you are interested in being a part of the OCL volunteer team.

## Ottewell Community Playschool

Our community runs a vibrant and dynamic playschool program for kids aged 3-5 at Braemar School. Kids have the opportunity to learn through play and hands-on lessons in a kind and creative environment. The program includes fun and educational field trips

as well as in-class demonstrations and is a wonderful place for kids to make new friends and prepare for their school years.

For inquiries, contact our Director, Tyler, at [playschoolocl@gmail.com](mailto:playschoolocl@gmail.com) or (780) 271-6846.

## Discount on Gymnastics Classes



OCL members - did you know that with your membership you receive 15% off classes at Dreams Gymnastics Academy Ltd? Winter registration is on now.

If you would like to purchase a membership, head on over to Servus Credit Union, Anvil Coffee House or the Sports Shack or online <http://ottewell.org/welcome-to-our-community/membership/>

## 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](http://ottewell.org) or email [ACEOttewell@gmail.com](mailto:ACEOttewell@gmail.com).

## Family Literacy C.O.W. Bus

The COW Bus is back at OCL! Join us for Fridays from 8:30 am - 10 am for a FREE drop-in program for parents and children 0 - 6 years. Share, read and play, listen to stories and songs, borrow books for free and enter for weekly draws for free books.

## 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

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

## Ottewell Artisan Farmers' Market

This farmers' market is held every Thursday from 4 - 7pm at the Waldorf School Gym, 7211 96A Avenue NW.

For more information, email [market@wesa.ca](mailto:market@wesa.ca), visit us on Facebook at [facebook.com/ottewellartisanfarmersmarket/](https://www.facebook.com/ottewellartisanfarmersmarket/), or go to [ottewell.org/farmersmarket/](http://ottewell.org/farmersmarket/)

## Rent The Ottewell Hall



This well-maintained 1900 sq ft beautiful hall accommodates up to 120 seated guests and is perfect for wedding banquets, parties, family gatherings, board meetings and community functions.

Find details about renting the hall, check availability, and fill out our rental form at [ottewell.org/hall-rental](http://ottewell.org/hall-rental). For more information, contact Tim at 780-908-5249.

**Winter Registration**

**NOW AVAILABLE ONLINE**

[WWW.DREAMSGYMNASTICSACADEMY.COM](http://WWW.DREAMSGYMNASTICSACADEMY.COM)

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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](mailto:edmonton.goldbar@assembly.ab.ca)

**Marlin Schmidt**  
MLA Edmonton-Gold Bar



## 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	

## Outdoor Soccer Registration Now Open!

Spring is just around the corner and minor soccer registration is in full swing. Part one of the registration process is completed online at [emsasoccerportal.com](http://emsasoccerportal.com), and part two is in person – for Strathearners either

Wednesday, March 4th (5-8pm) or Saturday, March 7th (10am-1pm) at the Bonnie Doon Mall (near the old Tony Roma's entrance). Please contact our Strathearn soccer director at [rec@strathearncl.org](mailto:rec@strathearncl.org) with any questions.

## Strathearn A.V. Club March Happenings

The Strathearn A.V. Club is a free program of film screenings, book discussions and music making for adults. All 18 and over are welcome to attend.

**Rock 'n Roll Bookclub meets Thursday, March 12, 8pm at Strathearn Hall (9511 90 st)**

This month we are reading Roll Me Up and Smoke Me When I Die, Musings From the Road by Willie Nelson. All 18+ welcome. Come with suggestions for our next read. Light snacks, heavy conversation.

**Film Club meets Thursday, March 19, 8pm at Strathearn Hall**

We will be watching 1974's The Conversation, written and directed by Francis Ford Coppola and starring Gene Hackman. All 18+ welcome.

**Jam Club meets Thursday, March 26, 8pm at Strathearn Hall**

An acoustic jam night for anyone 18+ interested in learning new songs. This group can only manage 8-10 participants so please



arrive in a timely fashion. Amateur musicians welcome.

**Strathearn Open Stage Returns Friday March 27th, 7:30pm at the Strathearn Hall**

The 3rd edition of S.O.S Night will be bigger and better than ever! Dust off your chops and join the band for a few songs or join the audience and enjoy a night of terrific music-making by your neighbours and friends. Supremely talented open stage host and Strathearn neighbour Kim Gates leads the festivities. All ages are welcome, beverages for sale, snacks on the tables. Make music or make merry, either way you'll have a great time close to home.

## Last Call for SCL Casino Volunteers!

There are still a few openings for volunteers at Strathearn's next AGLC Casino, a great chance to hang out with your neighbours while raising funds for the community! The casino runs April 2 & 3 at the Grand Villa Casino,



inside Rogers Place. Food and drinks will be provided, and transportation can also be arranged if required. You can sign up for shifts at <https://signup.com/go/MCnVdHP> or scan this QR code to take you there.

**DROP-INS WELCOME**  
to the following Strathearn Community Hall programs:

**BARRE** Saturdays, 9-10am \$15/class

**YOGA** Tuesdays, 8:30-9:30pm \$20/class

**ZUMBA** Thursdays, 6:30-7:30pm \$15/class

More details at [strathearncl.org/classes](http://strathearncl.org/classes)

**For all the latest from SCL, connect with us on social media!**

strathearncl.org #sclleague #StrathearnCL /StrathearnCL

**RUMMAGE SALE**  
Saturday, April 18, 2020  
10:00 am - 3:00 pm  
Strathearn United Church  
8510 - 95 Avenue NW,  
Edmonton T6C 1Y7  
For more info call 780-466-5822

Lunchroom OPEN

Kompany Family Theatre & Strathearn COMMUNITY LEAGUE PRESENT

**KOMPANYKIDZ SUNDAY DRAMA CLASSES**

January 12 to May 10 2020  
(No classes on long weekends.)  
Strathearn Community Hall  
(9511 90 Street Edmonton)

Registered **SCENES & STUFF**  
3:00-4:30 p.m. Ages: 9-12 yrs  
\$160 per 16 wk session, Strathearn members \$140

Drop in **IMPROV CLASS**  
4:30-5:30 p.m. Ages: 7 & up  
\$5 per class, Strathearn members Free!

For more information contact:  
Jan Taylor ([kompany@telus.net](mailto:kompany@telus.net))

Note: Please contact us if you would like to request a fee waiver or reduction!

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



## Volunteers and Sponsors: The Big Thanks

This past month has seen plenty of requests for volunteers... Strathearn Community League needs volunteers for their April casino. Strathearn Art-Walk (this year's edition coming up Sept. 12th – save the date!) is operated entirely on the backs of volunteers. A couple of big SCL events in February required many hours of sweat equity by neighbours new and old. The team from Alair Homes did a great job staffing our annual Alair Homes Family Day Disco Skate, where some new Strathearn neighbours introduced themselves with a couple hours labour to make the event go smoothly. And last, Strathearn neighbours Katy

and Rich Splane of Stellar Habitats sponsored Strathearn Community League's music program with the donation of an electric piano. It greatly enhances Jam Club, Strathearn Open Stage and is a terrific addition for potential hall rentals. February also saw neighbour Evi Carosella begin donating two hours every week to host Strathearn Stay 'n Play on Fridays 9:30am - 11:30. This is what community building looks like folks, and if you're interested in testing the waters, attend a program or contact events@strathearncl.org and we can always find a contribution for your particular talents.

## SCL Members Corner

Mark your calendars for March 7th as it'll be Strathearn Happy Hour on the first Saturday afternoon of the month from 4-6pm, enjoy a glass of wine or beer at the lovely Juniper Cafe (corner of 95 Ave & 87 St.) for only \$2.

If you have aspiring young musicians, be sure to check out the Strathearn-specific discount code at Backbeat rock school's Little Beats program – see <https://strathearncl.org/news/2020/1/10/for-those-about-to-rocknbsp> for all the details!



# BRIDGING THE GAP

**BACK ON TRACK SPECIALIZED EXERCISE IS NOW PROUD TO BE PART OF "BRIDGING THE GAP" BETWEEN HEALTH CARE AND FITNESS. NOW SPECIALIZING IN MEDICAL EXERCISE MOBILITY AND LIFESTYLE SOLUTION PROGRAM**

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 <b>Post Rehab Client</b> <small>* "Residual functional deficits" after surgery, injury, onset, or PT. Under one year post rehab. Relieved by MD, RPT, DC, etc. Referral required if less than one year post rehab.</small>	 <b>Medical Exercise Client</b> <small>* Clients with chronic conditions &amp; functional limits. Over one year post rehab. Usually not referred, join on their own. Referral required if one year or less post rehab.</small>	 <b>Corrective Exercise Client</b> <small>* Postural imbalance identified, no acute injury or recent surgery. No major medical issues. Usually not referred, if no improvement noted after 3-4 sessions, refer for medical exam.</small>	 <b>Functional Maintenance Client</b> <small>* Completed PT or chiropractic care. Chronic conditions require exercise to maintain function. SRS referral by medical professional.</small>
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Medically stable; screening required. No red flags.

ACL, Bursitis, Laminectomy, RC Tear, Total Joint Replacements

Medically stable; screening required. Clients with red flags require medical consult.

HTN, DM, CVA, Spinal Fusion, Total Joint Replacements

Screening required; screen for red flags at regular intervals. Pain levels less than 5.

Winging Scapula, Functional Scapula, Lumbar Dysfunction, "Crossed" Syndromes

Screening required; screen for red flags at regular intervals.

Osteoarthritis, Post-Cardiac Rehab, HTN, DM, Neurologic conditions

\* Medical Conditions or Diagnoses

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