

SOUTHEAST VOICE

Serving the community leagues of
Avonmore, Capilano, Cloverdale, Forest Terrace Heights,
Fulton Place, Gold Bar, Holyrood, Idylwyde, Kenilworth,
Ottawa & Strathcona.

November 2020



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Remembrance Day



"Would you like a red flower, too?" you ask your preschooler, as you drop coins in the box and pin a red poppy on your jacket.

"Oh yes," he answers.

"This shows you remember our heroes," you tell him.

"Which ones?" he asks.

"All the women and men who helped, and still help, to keep our country safe and free."

In these uncertain times, Remembrance Day is good opportunity to share stories of real-life courage and hope with young children. These three websites offer ideas about how to talk to young children about Remembrance Day:

<https://tinyurl.com/y5qxoyvh>

<https://tinyurl.com/y33ekxlb>

<https://tinyurl.com/y64shqpu>

As volunteers, we remain passionately committed to nurturing young children and supporting families. We will continue to raise awareness of the critical importance of the early years to success in life. We hope you all stay healthy and safe.

- The South East Edmonton Early Childhood Community Coalition

EPS Safety Information for Our Community



Safety tips from EPS - PDF at <https://tinyurl.com/y4z6gy7k>

When at Home:

Lock your doors. When in your backyard, lock your front door. When inside the home, keep your doors locked.

Keep your blinds/curtains closed at night so people can't see in.

Consider installing an alarm system.

Have an emergency kit prepared.

Never leave your children at home alone.

Be wary of strangers coming to your door.

In Your Yard:

Ladders: If you keep ladders out, be sure to chain or padlock them. A ladder can be used to gain entry to second story windows. If at all possible, store the ladders in a shed or garage.

Tools: Put tools away after a day of yard work. Lock them in a shed or in an enclosed garage area. Screwdrivers, hammers and pry bars can be used to break into your home, garage, or vehicle.

Tables and chairs: Use a chain or a cable to lock your patio furniture.

Bicycles and other ride-on toys: Store them in a garage or shed. If you do not have either, lock them to something that can't be moved.

Trim trees and bushes that could conceal burglars, especially around windows and doors.

Keep your yard maintained to give the house a lived-in appearance. Cut grass, rake leaves, remove dead branches and debris.

Install motion-sensitive outdoor lights to brighten dark areas around doors or windows.

Ensure your fence and gate are in good repair. Check for holes and damage. Keep your gate locked at all times and ensure the lock works properly. A lock or latch that self closes and can be padlocked when you are away is recommended. Install privacy slats in chain link fences.

In Your Community:

Get to know your neighbors. Residents should become familiar with the routine in their neighborhoods.

Be aware of strangers and look out for each other.

Leave keys and emergency phone numbers with a trusted neighbor.

Keep up appearances. A well-tended neighborhood is less attractive to criminals and vandals.

Get involved in crime prevention programs.

In Flanders Fields



By Lt. John McCrae

In Flanders fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the Dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved and were loved, and now we lie,
In Flanders fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch; be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders fields.

YEGStreams

Access live streamed events by Edmonton artists from the comfort of your own home at <https://www.yegstreams.ca/>. Events include music performances, live readings, interactive family music time, and bedtime stories. Check it out!



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SECLA Board Contact List

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	Monte	capilano@secla.ca
Cloverdale	VACANT	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
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Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood (Chair)	Claire	holyrood@secla.ca
Idylwyld	VACANT	idylwyld@secla.ca
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Ben Henderson
Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

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Community League Board

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

Meet Your Community League Board

Bryan White - Civics Byan and his wife have lived in Avonmore since 2010, near the corner of 73 Ave & 81 Street (The house with the giant spider on the roof.) They have two dogs who love Mill Creek ravine almost as much as they do. He loves both the location of Avonmore (with easy access to lots of places) and the interesting people who live here. Avonmore has strong community support for things like Festival in a Box and the Reverse Trick or Treat. He also likes the diverse houses, frequent front yard gardens, active Facebook chat group and numerous other small things that make Avonmore a welcoming community.

Bryan works as a Transit Planner for Edmonton Transit (his group has nothing to do with the LRT, they only do bus routes. Also, he is responsible for areas north of the river). His education is in Transportation Engineering, although he's learned a bit bit of City Planning along the way.

Outside of work he tries to stay active with bicycling in the summer and snowboarding in

the winter and spends a fair bit of time in Mill Creek in all seasons. He also brews his own beer (most turn out good but more than a few have been "learning experiences".)

Bruce Oro - Membership Bruce is in his first term as Membership Director of the League and has lived in Avonmore over 10 years. He is also active in the Neighborhood Watch program. Being a semi-retired accountant he spends much of his time walking the streets and alleys of Avonmore, meeting and talking with neighbours along the way. His passion is travelling and he has taught English, Accounting and computer courses in numerous countries throughout Asia and Europe. Some of the more interesting destinations have been India, China, Kazakhstan, Estonia and Dubai. Bruce looks forward to the end of COVID so he can resume his travels.

He is pleased to announce that by purchasing a League membership you will now be eligible for a 30% discount on all online orders for Papa John's Pizza, pickup or delivery.

Volunteers Opportunities

Please contact president@avonmore.org or vicepresident@avonmore.org if you are interested in any of the following roles or would like to know more about what is involved.

Sharing the Position of Program Director: We have one person who will take on the Program Director role if it can be shared with one or two other people. An option might be to have one director for each of the following areas: children and youth, adult and family and special events.

Editing and Designing Community Newsletter: We produce a community newsletter 3 times a year - spring, fall and winter. We need someone with design and graphics experience to take the information provided by directors and volunteers and turn it into a document that is print ready. Templates from previous newsletters are available. This person could also assist with design of posters and promotions for League activities. Thanks to Nikki

Stalker who did an amazing job of preparing the newsletter for several years.

Coordinating the Parent and Tot Program: For a number of years parents and young children have been gathering at the hall and playground 1 morning a week. We need a parent(s) willing to restart this program once the hall has reopened and/or continue the program online or outdoors as needed. Thanks to Yaara Ben-Ami who coordinated the program for the last 2 years. She and her team made it a great success.

Helping with Events, Programs and Special Projects: This can include anything from giving an hour of your time to help set up or clean up after an event to sharing your skills and experience on special projects over weeks or months. Volunteering is the best way to get to know your neighbours and your neighbourhood and to make Avonmore an even better place to live.

Message from the President

A big thank you to Christy Hutchinson from Theatre Garage for organizing the Reverse Trick of Treat. She ran the event in several communities in addition to Avonmore. Made the front page of the Edmonton Journal for one event. Thanks Christy for this very special event during this "special" Halloween. Also thanks to Jennifer Aamot for the Socktober Event in the park. Jennifer had great plans for the event that had to be scaled back because of the increase in COVID cases. It's community members like these two that make Avonmore a great place to lie.

The Board continues to watch and adapt to the changing COVID situation. Here's what we know for sure at the time this issue of SE Voice went to press.

The Hall: We are not opening the hall for rentals at this time. The extra insurance and cleaning requirements mean that we would have to drastically increase the rent to cover costs. Also our hall can only hold 20 people with safe distancing so that rules out many types of gatherings. Currently AHS recom-

mends only 15 people at indoor gatherings.

The Rink: We will be making ice this year on both the large rink inside the boards and a snowbank rink. The rink shack and washrooms will not be open. The main floor and washrooms are used by the Play School and the regulations required under COVID do not permit shared use of space. Most communities are not opening their rink shacks either as they cannot ensure social distancing and/or afford extra supervision and cleaning of washrooms. There will be some additional rules regarding how many people can be on the ice etc.

New Activities: We have added new events and adapted some annual events to keep you connected to your community. See information in this section and watch our website and facebook pages.

New website: We working on a new website that will become the hub of League and community happenings. Watch for details in the coming month. The web address will be the same.

Message from the Civics Director

This has been an interesting year in terms of development in Avonmore with several rezoning/redevelopment projects in our neighborhood along with King Edward Park, and Ritchie. Edmonton has also adopted a new Municipal Development Plan cleverly named the "City Plan" and has begun a ground-up rewrite of the zoning bylaw. Between this and the LRT, we can expect a lot of redevelopment in and around Avonmore in the next few years.

While there is no firm schedule for the LRT I do have updates on a few other projects:

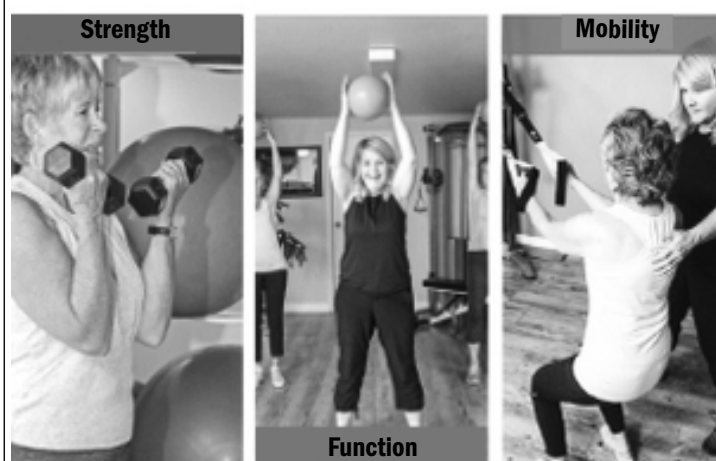
You may have noticed construction and colored markings on the sidewalks throughout Avonmore. Park Paving had hoped to repair all the sidewalks this year. They completed most of the work east of 83 Street but the early winter weather means the repairs west of 83 Street will most likely be next construction season.

Those of you who walk through Mill Creek

are likely aware that pedestrian bridge 206 (just north of 76 Ave) has been closed for many months. The existing bridge is in bad shape and a full rehabilitation is years away. Fortunately, the city has a plan to install a "temporary" bridge this year so the trail can be reopened.

Decals are appearing on bus stops indicating stops will be closing in April. The entire bus network is being replaced in April based on work that has been done over the past few years. Next April, the only regular service in Avonmore will be on 83 Street with the rest of Avonmore having a new "On Demand" shuttle with free service to Bonnie Doon. More information on the Bus Network Redesign can be found at www.edmonton.ca/newbusroutes and information on the On-Demand service is at: https://www.edmonton.ca/projects_plans/transit/bus-network-redesign-first-km-last-km-study.aspx

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Avonmore Community League Membership

NEW FOR ALL MEMBERS!!! We are excited to be able to offer a 30% discount on all online orders from PAPA JOHN'S PIZZA. (pick up or delivery) Purchase your membership today...order your pizza tomorrow.

2020/2021 memberships are now on sale

Avonmore Scavenger Hunt

Do you know Avonmore and its history? The Avonmore Community League has put together a set of questions about Avonmore and its history.

The questions and directions will be posted on the Avonmore Community League Website and Facebook Page at the beginning of November.

Avonmore Garden Club

Our club has been busy working on the programming for the next several months. Below is a list of events for the remainder of the year and the first few months of 2021.

November 21, 2020: How to do microgreen gardening with Dayna. Learn how to grow herbs and veggies all year long.

January 2021: Presentation # 3 of continuing series of gardening talks with Sherrie Benson - Horticulturist at the U of A Devonian gardens. Specific Saturday to be determined at a later date. Admission of \$5.

February 2021: Presentation # 4 of con-

tinuing series of gardening talks with Sherrie Benson - Horticulturist at the U of A Devonian gardens. Specific Saturday to be determined at a later date. Admission of \$5.

March 2021: Success and Failures by garden club members. A collage of pictures from various club members on success and failures in your garden. We have not done this event in a couple of years, so it's perfectly fine to submit items from previous years. Remember to take pictures and email them to: gardenclub@avonmore.org

Avonmore Book Club

The Book Club will continue to meet on line using Zoom. Reading is one activity that is COVID friendly. Here is a list of some of the books club members have read and recommended this past month. A "3" indicates a "must read" a "2" is "good read but not life changing" and a "1" means "don't waste

your time." New members are always welcome. Contact president@avonmore.org if you are interested. Next gathering is October 29th at 7:00 p.m.

3's - Must Reads

The Birth House - Ami KcKay, The Bone-setter's Daughter - Amy Tan, Red Tent - Ani-

Upcoming Events

A December to Remember

Kick off the holiday season with Avonmore Community Leagues "Community Christmas Tree!" For the month of December, Avonmore park will be lit with lights as we celebrate the holiday season together.

We hope to transform the outside of the hall and the area west of the Hall with decorations and lights. Community members, families, and students from Avonmore School will be encouraged to bring tree ornaments, with their names and the year written on them, and place them on our community tree. If you have artificial trees, extra lights or outdoor decorations that you could donate or lend the community league please email programs@avonmore.org.

The more decorations/funds that are donated, the more areas of the park that we can decorate! Join us in brightening up our community this winter and celebrating the holiday season with your neighbours! NOTE: We cannot decorate the real trees in the park as only City employees can do that and there are costs and some extra rules associated with that. Maybe next year!

Avonmore 5th Annual Gingerbread Work-

shop - In a Box

For the past 4 years, Avonmore Community League has organized a Gingerbread Workshop event for the last Saturday in November. If you attended this event in the past, you'll know it was a really great time!

To keep the tradition going, we will again be providing you with everything you need to design and build your own gingerbread house. This year, however, you are going to have to build it at home.

The kits will be \$25 Order yours on Eventbrite by November 11 for delivery before the end of November There will be a video to show you how to put the house together. Watch the Avonmore Community League website and Facebook pages for details on how to order through Eventbrite and where and when to pick up.

Although we can't physically get together to share the fun, the League will create online spaces where families can share the fun of building houses and display and share their creations with the community.

The gingerbread and kits come from the good folks at Meat Street Pies. Their gingerbread is delicious.

Online Community

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

Check us out on Twitter and Instagram! Follow us and share any photos or events



happening in or around our community and join the conversation using #YEGAvonmore

Twitter: @AvonmoreLeague
Instagram: avonmore league

Abundant Avonmore

The Avonmore ACE Support Team is looking for Block Connectors to help our community become even more neighbourly! The role of the Block Connector is to be the point person for their block: getting to know the names of people on your block, organizing one block social per year (simple is best!) and

generally helping to increase the neighbourly vibe in Avonmore. Block Connector pairs are welcomed and encouraged! If this sounds interesting to you, please contact Wendy at ace@avonmore.org or 780-263-9561. We are hoping to discover 10 Block Connectors this fall/winter.

Community Swim Postponed/Discounted Passes

Owing to the limited availability of City pools, the free weekly Community swim program has been postponed to 2021. League Members still have the opportunity to use the Community League Wellness Program. This Program allows access to City recreational facilities at any time. It includes:

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

Multi Admission Pass (new purchases only) - 15% discount on our already dis-

counted multi admission pass (5+ visits)

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

These discounts can be acquired by presenting your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities. Community league members who purchase one of the options will be issued a photo access card to be swiped at each admission.

Avonmore History Project - Submissions Needed

The Avonmore History group on Facebook has been very quiet the last while.

New members are joining, however, no one is posting. We need some posts - pictures, news clippings, anecdotes of events remembered etc. Now that winter is here take some time to dig through old photos and share with the group.

If you have material to donate or stories to



tell, either add them to the Facebook group and/or contact Anita at president@avonmore.org or 780 222 4482.

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Avonmore Yoga Classes Online

An online yoga class is up and running on Wednesdays at 7:00. Instructor is Kat Boehm. The session started on September 23 and runs until December 16th. You can sign up any time to join the remainder of the classes. Cost if you join now is \$10 per class

X number of classes left. A bonus with online classes is that they will be recorded and you can access them any time during the week after the class. No drop ins or single class registrations this session. To register contact president@avonmore.org.

Seniors Corner

Senior Home Supports Program

Could you use some help around the house? South Edmonton Seniors Association can refer you to screened, reliable service providers that charge a fair price for their work. Services include:

- snow removal
- home repair & maintenance such as painting, roofing, odd jobs, window cleaning
- yard maintenance such as grass cutting and tree care or removal
- housekeeping including laundry, cleaning and meal preparation
- help downsizing and/or moving, junk removal
- personal services: haircare, footcare, nursing care

Also, if you have hired someone who has provided excellent service, please give me their name and number so I can interview them for our registry. Call Deborah Miville, Home Supports Service Coordinator, 780.468.1985 ext.

260 deborah@seesa.ca

Seniors' Centre Without Walls

A seniors' centre from the comfort of your own home! Seniors' Centre Without Walls is a free phone-based program that offers a variety of interactive health and well-being information sessions, recreational activities, and friendly conversation. Provides opportunities to socialize, learn new skills and stay connected from the comfort of your own home. New programs and topics are added regularly. Programs include games, exercise classes, meditation and mindfulness, nutrition, book clubs, coffee chats, and more.

Open to older adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community. Free of charge. All you need is a phone to call the toll free-number.

How to register: Please call the Edmonton Southside Primary Care Network at 780.395.2626 to register.

Avonmore Sports

Indoor Soccer: The indoor soccer program starts this year on October 24. Avonmore does not have a team registered for this season

Shinny Hockey

Friday even shinny hockey is up and running again in the 2020-2021 season. Please contact Boris Vajsabel for more info at sports@avonmore.org

Safer and Healthier Communities - Programs for Youth

On October 8th member of the Community Safety and Neighbourhood Empowerment Team (NET) set up in the playground to hear concerns from people using the playground and park area and ideas for how it could be made a friendlier and safer place for people of all ages. The weather was cool and wet and the time of day didn't suit everyone but we did get some good responses. NET will compile a report on what they heard with some recommendations. It will be up to the League and the community to decide what comes next and what action to take. A good starting point seems to be to create more places and programs for youth in our community. Some ideas from other communities include: youth nights at the hall, outdoor recreation places such as pump tracks and basketball courts and gathering spots for older youth away from the playground).

Contact Anita at president@avonmore.org on or before November 8th if you are inter-

ested in being part of the team that decides what the community wants to do for youth, and play a role in making that happen. We will host an online meeting in mid November to discuss ideas and form a team to make the ideas a reality.

What is the Neighbourhood Empowerment Team

They work with residents, community, businesses and organizations to build solutions to create safe and vibrant neighbourhoods and communities. NET responds to repeated or significant incidents that may impact the security and safety of Edmontonians across the city. NET achieves this by working with community to address the factors that contribute to the issue, along with reducing the fear of crime and social disorder by using problem solving approaches. NET is a partnership between the City of Edmonton, Edmonton Police Service, The Family Centre and United Way of the Alberta Capital Region.

Neighbourhood Watch

Edmonton Neighbourhood Watch is a passive program to help build safer communities. Watch this section for simple and easy tips on how to increase the security of your home.

Garage

Cover the windows in your garage so people cannot look inside.

Never leave your overhead garage door open. This gives individuals an opportunity

to check out the contents of your garage.

Install an indoor swinging, solid wood or metal door with a good quality deadbolt on the man door.

Keep your garage locked at all times, especially if it is attached to your home.

Never leave your automatic garage door opener in a vehicle that is parked outside your home.

Lock your car even when it is in the garage.



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Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Lyriss	780 242-8874
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”

Check us out on Instagram @capilanocommunity



Choose Capilano Hall for your Event

If you are 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. With the new COVID restrictions based on Alberta Health recommendations, we are only able to accommodate events of 25 people or less to ensure the

6ft physical distancing requirements. Additionally, the hall will provide disinfectant for cleaning after your event but will not provide PPE or hand sanitizer. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, Maria – 780-984-6839, or visit our website at capilanocl.ca.

Capilano Community Memberships

Capilano Community Memberships are available for the 2020/2021 season.

Family \$20.00

Senior couple \$10.00

Single \$10.00

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). Note: \$5.00 fee attached to the purchase.

--SEESA (South East Edmonton Seniors Association), 9350 – 82 Street. Available at front desk during business hours (Cash only). Note: Currently closed due to COVID.

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

Your community league membership also offers a number of perks, deals and discounts from various local businesses and organizations. Go to efcl.org for more information.

Thank you, Derek

The CCL would like to thank Derek Schilling for his years of service on our board. Over the years he has graciously offered his time to the roles of VP and Casino Coordinator. As well, during his time on the Board Derek led a highly successful Big Bin Event

in our community. Not only did he organize the event, he helped many of our community members by personally picking up and bringing their items to the bin for them. Thank you for your volunteer efforts, we wish you all the best in the future.

Capilano Community is using Nextdoor!

Nextdoor is the neighborhood hub for connections and the exchange of helpful information, goods, and services.

To connect with your neighbors, you will need to create an account on Next-

door. You do not need an invitation to join Nextdoor. Visit www.nextdoor.com and follow the instructions to create an account. You can download the Nextdoor app on your iPhone, Android, or iPad.

Community League is looking for Rink Attendants

We are looking for responsible and mature rink attendants to contract their services to support our rink operations this winter. This contract position will work as part of our rink operations team under the supervisor of the ice allocator. They are responsible for opening and closing the outdoor rink and facilities, maintaining the indoor facilities, snow removal to and from the rink, light snow removal from the ice, supporting the ice maker with light duties and monitoring rink use to ensure it aligns with use policies including max occupancy numbers as per COVID. As part of their maintenance responsibilities, the attendant will be responsible for regularly sanitizing the rink facilities in alignment with our COVID policies. A more complete job description will be available on our website.

If you are interested in this role, please email your resume to lyrisah@gmail.com or Kcramer@telus.net.

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NIGHTS**

Friday, December 4, 2020

**WATCH FOR DETAILS ON OUR
WEBSITE & FACEBOOK PAGE**

Wanted - Building and Grounds Director

The Building and Grounds Director is responsible for overseeing all maintenance and renovation activities for the buildings and grounds of Capilano Community League. This includes the Hall, the Rink Shack and Tennis Club as well as the parking lot. The rink is maintained by the Rink Manager. The Director is responsible for conducting a schedule of general and regular maintenance (e.g. heating systems, building security, plumbing repairs, snow removal). They are also responsible for identifying and proposing to the Community League Board renovation/repair needs such as system upgrades, roofing, flooring, or painting and where ap-

proved, gathering quote and overseeing contractors. The Director works in collaboration with the Hall and Facilities Managers who play a key role in and will assist with identifying maintenance and renovation needs. The time commitment for this role varies based on the needs at the time but in general is approximately 2 hours/week plus. This is a board position, so the Building and Grounds Directors is expected to attend regular board meetings (3rd Wednesday of Sept, Oct, Nov, Jan, Feb, March, April, May and June). If interested or have questions please contact Kris at K.cramer@telus.net or 780-720-9003.

Capilano Community Hockey Camps

The league will be offering 2 hockey camps starting in November (weather permitting). Whether you are just learning how to put your skates on or already play on a hockey team these camps will help increase your skill level while still having fun! Coach Ian Barteaux will use his experience as both a hockey player and teacher to help kids of all levels improve their skating, stopping, puck handling and much more. A community league membership is required for registration. COVID measures will be in place and the classes will be capped at 15 participants. We ask that all participants come dressed with skate guards as dressing rooms will not be available. The program will take place at our outdoor rink, should the weather dip to below -180C with

the windchill, classes will be cancelled and refunded. **Cost:** \$90 per child **Date:** Sundays, November 15 - December 20, 2020 (weather permitting) **Times:** Novice: 1:00 - 1:50 p.m. Advanced: 2:00 - 2:50 p.m. **Location:** Capilano Community Outdoor Rink (10810-54 St., NW) **Mandatory Equipment:** Full cage helmet, skates, shin guards, neck guards. Knee and elbow pads are recommended. Register on the Capilano Community League website: <https://capilanocl.ca/> Please contact laura.mercier@me.com or 780-982-9876 if you have any questions.

Outdoor Total Body Fitness

Your strength and cardio class is being offered outside! Get your layers ready for this class! We will be outdoors until -15. Colder than that and we will be on a Google Meet for an hour-long class. Capilano Community League 10810 54 S.t NW- Beside the parking lot until it snows, and I will pylon off part of the parking lot after it

snows to create a plowed lit space. **Fall Class Dates:** Tuesdays 5:30 – 6:30 p.m. from November 3 – December 15 (7 weeks) **Costs:** \$77 for 7 classes For more information or to register email lisashortenfitness@gmail.com or call 780-221-9857 or visit @lisashortenfitness on Facebook or Instagram.

Capilano Playschool – Spots available!

Do you have a child who will be 3 or 4 this January 2020? Playschool is a great way for your child to socialize with other kids in the community and enjoy a Learn through Play program with our great teacher Mrs. Jo! We have spots

available in our Tuesday/Thursday Healthy Apple program. Please visit our website for more info and registration forms, check out www.capilano-playschool.com. If you have any questions, please contact Bethany at 780-802-9307.

311 No Longer takes Odour Concerns/Complaints

If you smell odours from the Gold Bar Wastewater Treatment Plant while at home or recreating, the most effective and efficient option is to contact Alberta Environment's

24-Hour Hotline at 1-800-222-6514. In addition, you can report it to EPCOR's power, water and drainage line at 780-412-4500.

Okinawan Karate at Capilano

Put some kick into your fall. Okinawan Karate is back every Wednesday night at Capilano. Quality instruction at affordable rates; family rates are available. All classes are taught by an internationally certified fifth degree black belt instructor with over 40 years training experience and 34 years teaching experience. 6-7 p.m. Youth and Family (ages 7+). 7-8 p.m. Adults (ages 13+)

8-9 p.m. Ryukyu Kobudo (ages 13+) The science is clear: studying martial arts helps build confidence, improves fitness levels and manage stress - and it is great for your brain, too! Stay active, stay connected, stay safe! COVID-19 protocols are in place for every class. We encourage students to bring masks. For more information, visit www.kaizendojo.ca.

Total Body Fitness Class

Please join us at Capilano Community Hall (10810 – 54 Street) for a great fitness program! **Days/Time:** Tuesdays 6:45 – 7:45 p.m. or 8 – 9:00 p.m. Thursdays, 7 – 8:00 p.m. or 8:15 – 9:15 p.m. **Dates:** Nov. 3/5 – Dec. 15/17 **Costs:** \$77 (\$70 for CCL members) for 7

classes This class combines strength and cardio for a full body workout. I try and mix it up so there is a lot of variety in the classes. Maximum of 10 participants (as class is indoors) Bring a yoga mat and a water bottle! Contact Lisa for more information or to register at Lisashortenfitness@gmail.com . Check out: [Facebook.com/lisashortenfitness](https://www.facebook.com/lisashortenfitness)

Share the Bright Lights of Capilano

Starting December 1, we will be accepting pictures of Holiday light displays! If you want to show off your handiwork at stringing hundreds of feet of lights, beautiful Christmas urns or holiday blow up lawn inflatables, we want to see your work! Perhaps your street or crescent in Capilano does

something special, let us see! All submissions will be posted on our various social media outlets and our webpage! Please send pictures to Jean at jeanlostyhalko@gmail.com Thanking you in advance for sharing in our virtual Bright Lights of Capilano!

Holiday Activities Covid 2020

As you are all aware, due to COVID-19 Capilano Community is limited in hosting in-person events. However, we would still like to engage the community with virtual events and activities. Please look to our social media and webpage for current updates! We are looking at doing

Holiday Word Search, 12 days before Christmas, Snowman building, Winter Walk pictures! If you have an idea for a virtual activity to engage the community we would love to hear from you - send your ideas to jeanlostyhalko@gmail.com. Virtual activities will commence in December.

Help us make our Community Park more winter friendly!

We are looking for residents to help with clearing snow off the path that crosses our park from the playground to the corner by the sign. Do you have a little time and a snowblower you love to use? If enough people are interested, we could make a week to week

schedule. Also, if you have any innovative and low-cost ideas to improve our community park through the winter, please share. If you are interested in helping with the snow clearing, or have ideas for our winter park, please contact Jill at 780-718-7270.

Scavenger Hunt Thank you!

Capilano Community League thanks Calum and Ada for creating and organizing the recent Capilano Community Scavenger Hunt activity. Participants thoroughly enjoyed completing the course!

If anyone has an idea for an activity or program (that is Covid compliant) that they would like to organize in our community, our Board is interested in supporting you. Please contact Maria, who leads CCL Programs.

Nordic Ski Club – Jackrabbit Registration

Registration for the Edmonton Nordic Ski Club's Jackrabbit's Program will open on November 1 on the Edmonton Nordic Ski Club website. Lessons will take place at Goldbar Park on Saturday and Sunday afternoon, and there

is the potential of adding a Monday and Wednesday Jackrabbits Program, if there is demand for these times and additional certified coaching resources are available. Please register early, the program is expected to fill up quickly.

Save Gold Bar Park Alliance Update

Save Gold Bar Park Alliance is continuing to partner with our elected city council representatives to ensure that the invalid decision to reroute a major future sanitary sewage trunk-line to Goldbar Park, instead of the

facility for which it was intended, is revisited with appropriate city council governance, transparency, and public input. We will notify all community members of the next important city council meeting.

Hardisty Gymnastics Update

It is with regret that the director of Hardisty Gymnastics has canceled the 2020/2021 season. Due to COVID and the frequent high touch surfaces, this program will be cancelled for this season. The program also runs out of EPSB and

ECSD facilities which are currently closed to outside rentals. Thank you for the continued community support of this program, please watch as always for updates through the Capilano Community League website, Facebook page and SouthEast Voice publications. Shauna D, Director of Hardisty Gymnastics

Board Member Contact Sheet

Position	Name & E-mail
President	Name: Darryl Email: president@cloverdalecommunity.com
Past-President	Name: Reg Email: pastpresident@cloverdalecommunity.com
Vice-President	Name: Michelle R. Email: vicepresident@cloverdalecommunity.com
Secretary	Name: Braden Email: secretary@cloverdalecommunity.com
Treasurer	Name: Lindsay Email: treasurer@cloverdalecommunity.com
Civics Director	Name: David Email: civicsdirector@cloverdalecommunity.com
Folk Festival Liaison Director	Name: Vacant Email: folkfest@cloverdalecommunity.com
Communications Director	Name: Vacant Email: communications@cloverdalecommunity.com
Social Director	Name: Bob Email: socialdirector@cloverdalecommunity.com
Program Director	Name: Michelle K. Email: programdirector@cloverdalecommunity.com
Membership	Name: Marilyn Email: membership@cloverdalecommunity.com
Committee Leads	
Casino	Name: Bev Email: casino@cloverdalecommunity.com
Coordinators	
Edmonton Ski Club Liaison	Name: Lisa & Clay Email: skiclub_chair@cloverdalecommunity.com
Flood Mitigation	Name: Eric Email: floodmitigation_chair@cloverdalecommunity.com
Community Garden (CCGC) Chair	Name: Margaret & Germaine Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: Vacant Email: seniors@cloverdalecommunity.com
LRT Citizens Committee	Name: Vacant Email: lrtcommittee_cochair@cloverdalecommunity.com
Gallagher Park Master Plan	Name: Vacant Email: lrtcommittee_cochair@cloverdalecommunity.com
Abundant Community - Neighbourhood Connectors	Name: Marilyn Email: neighbourhoodconnector@cloverdalecommunity.com
Hall Manager	
Hall Rentals	Name: Janet E-mail: rentals@cloverdalecommunity.com

Programs and Hall Rentals

Due to the ongoing COVID-19 situation, the Cloverdale Community League board decided to suspend all programs and hall rentals for the remainder of 2020. The board regularly monitors provincial and municipal COVID-19 safety protocols. We look forward to reopening in a safe and secure manner when it is safe and practical to do so, subject to COVID-19 protocols in effect at the time. We appreciate your support and understanding.



Stay safe. Stay well. Take care of yourselves and other.

Board Vacancies

The CCL board currently has two vacancies. The board is looking for interested volunteers to fill the role of Communications Director and Edmonton Folk Music Festival (EFMF) Liaison Director. Both positions are voting members of the CCL board of directors. The terms are for two years, until the CCL AGM in 2022 and are renewable.

The Communications Director works with a team to promote the CCL and inform CCL members via electronic media including the website, Facebook Page and print media including the Cloverdale Chronicle, published quarterly and the Southeast Voice, published

monthly.

The EFMF Liaison Director chairs the committee that deals with the EFMF and the City of Edmonton about issues related to the EFMF's impact on the Cloverdale neighbourhood, issues the parking passes for the EFMF and the Accidental Beach (as necessary).

The EFMF committee provides an annual evaluation and recommendations to the City of Edmonton and the EFMF for improvements to mitigate the impact of the EFMF on Cloverdale.

Contact Reg at pastpresident@cloverdalecommunity.com for more information.

Benefits of Membership

Community League membership has benefits for the whole family:

- A voice in neighbourhood decision making
- Participation in Cloverdale community activities
- Discounts at various Edmonton businesses

- Reduced rates to City of Edmonton recreation facilities
- Access to outdoor community league skating rinks
- Discounts at various sports and equipment suppliers
- Discounts at the University of Alberta bookstore

Check out details at the Edmonton Community League website (efcl.org/member-benefits/)



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

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

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

Marlin Schmidt
MLA Edmonton-Gold Bar

Membership Renewal

Cloverdale Community League renewals moved online in 2021. An initial emailing was done to current CCL members early in September. In case we missed you, please contact Marilyn, our membership director at membership@cloverdale-community.com to renew your membership. The family rate is \$25 + GST.

The individual membership rate is \$12 + GST. Check out the Cloverdale Community League website (cloverdalecommunity.com) to renew online.

Abundant Community

The Cloverdale community is part of the city-wide Abundant Community Edmonton (ACE) initiative. “Get Neighbouring” is a way to care for and build the social networks in our neighbourhood. ACE supports the collaboration of Cloverdale residents, the Cloverdale Community League, and other local associations and institutions for the purpose of building a sustainable, safe, and proactive community where people participate in community life.

The goals of ACE-Cloverdale are to:

- Nurture the strong spirit of Cloverdale and enhance the social fabric of the community
- Reduce social isolation by promoting community connection, belonging, and neighbourliness
- Build neighbourhood identity and pride by encouraging all residents to take ownership of the collective vision and well-being of the community
- Work to preserve and improve the quality of life currently enjoyed by residents by fostering an environment of care for one another, addressing concerns, and building a future based on the strengths of the past
- Build the capacity of the neighbourhood to engage with the Cloverdale Community League and other community supports

For more information contact Marilyn, the Cloverdale Neighbourhood Connector at neighbourhoodconnector@cloverdale-community.com.



Sustainability

In 2019 the Cloverdale Community League completed major renovations to the hall increase the comfort of the hall, extend its lifespan and reduce operating costs. We’re seeing the benefits of this investment in lowering the operating costs of the hall through a number of energy efficiency upgrades and installing solar panels that generate renewable energy that reduce our energy load and environmental footprint.

The benefits speak for themselves (note the 2020 date is to August 2020):

Since commissioning of the solar panels August 2019, the CCL has generated 28,140 kWh of electricity which has been exported to the electrical grid and received \$1,828 for that microgeneration.

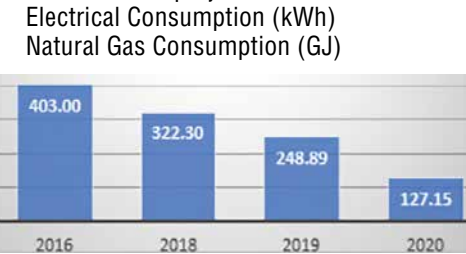
The average home in Alberta uses 7,200 kWh of electricity per year (2014). In two years, the solar panels have produced renewable electricity to supply 3.9 homes.

Spending less on utility expenses, due to these upgrades, is a huge benefit to the CCL. It’s another way for the CCL to meet the challenges that the CCL is facing due to COVID-19.

Changes to the plumbing system in the rink shack eliminated waste water treatment and drainage charges. This led to big savings which will be ongoing. In the first year, the



CCL’s saved \$1,707 on its water bill. A City of Edmonton grant covered 50% of the capital costs. The CCL portion of the costs was \$1,455. In one year, we more than recovered the costs of this project!



The Cloverdale Community League is demonstrating leadership for energy conservation and responsible facility operations and management among community leagues in Edmonton. We’ve achieved a lot with these renovations and will continue to reap the benefits.

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Board Member Contacts

President/website	Curtis	President@forestterrace.org
Vice-president	Kathleen	VP@forestterrace.org
Secretary	Allison	Secretary@forestterrace.org
Treasurer	Amber	Treasurer@forestterrace.org
Hall Rentals	Tina	Hall@forestterrace.org
Maintenance	Simon	Maintenance@forestterrace.org
Programs	Sarah	Programs@forestterrace.org
Rinks	Scott	Rink@forestterrace.org
SECLA Rep	Connie	SECLA@forestterrace.org
Soccer	Anj	Soccer@forestterrace.org
Babysitting	Anna	Babysitting@forestterrace.org
Casino	Anna	Casino@forestterrace.org
Grants	Jane	Grants@forestterrace.org
Memberships	Sonya	Memberships@forestterrace.org
Signs	Anj	Signs@forestterrace.org
Newsletter	Kerry	Newsletter@forestterrace.org
Events	Molly	Events@forestterrace.org
Civics	Yvonne	Civics@forestterrace.org
Marketing	Joanne	Marketing@forestterrace.org
ACE	CoraLee	ACE@forestterrace.org
Nbrhood Watch	Madison	Madison@forestterrace.org
Garden	Amber/ Francois	garden@forestterrace.org

Add imagination to a child's life

The Forest Terrace Heights Community League is proud to announce we are launching Dolly Parton's Imagination Library in our neighbourhood! The program puts books into the hands and hearts of children across the world and encourages families to spend time enjoying books together.

Through this partnership, we will provide a free, hand-selected, age-appropriate, high-quality book each month to children from birth to age five. The books are personalized with each child's name and mailed directly to their home.

So far, we have the funding to sponsor 45 children in Forest Terrace Heights for a full year!



We are working to secure enough for all the children in the community for years to come.

For more information, to register a child or to sponsor/donate to this program, please email Allison at allison@forestterrace.org.

2020/21 league memberships now pay-what-you-can

Purchase of a community league membership will be on a pay-what-you-can basis for the remainder of the 2020-2021 year. Those who purchased a membership prior to this decision can email the membership director to request that their fee be applied to 2021-22 or to make other arrangements.

To get your 2020-21 membership, contact memberships@forestterrace.org or call Sonya at 780-463-1613. You can also get one at Mother Hubbard Food Stuff (7923 106 Ave NW) or Grower Direct (7231 101 Ave NW). It's possible to get a membership online from efcl.org, but you'll pay the full price of \$30 for a family, \$15 for an individual and \$10 for a senior.

A membership will get you discounts at several local businesses, city recreation centres and fitness programs at the hall, reduced rates for hall rental, access to The Heights community garden and free outdoor skating. For a full list of perks, visit forestterrace.org.

The community league board meets online these days, but members and other residents are welcome to join us. Email president@forestterrace.org for the meeting link. Meeting minutes are always available on forestterrace.org. Click on "About the League" in the main menu and scroll to the bottom of the page to find links to the current and past years' minutes.

Pitch in for a new playground

Ticket sales end Nov. 18 for the 50/50 cash raffle organized by the Forest Heights School playground committee. You can buy tickets at rafflebox.ca/raffle/ffhs.

School boards don't fund playground infrastructure, so it is up to the school's parent society to raise the money to replace the playground, which has reached the end of its lifespan. Its wooden structures no longer meet safety standards and the sand surface makes it inaccessible to students with mobility issues. Some structures are damaged and cannot be repaired. The society says a new playground will be an important infrastructure upgrade and will increase the quality of life for all community members.

There are two other ongoing fundraisers, where the playground fund receives a percentage of your online purchases from a va-



riety of retailers, including Amazon, Walmart, Indigo and Home Depot. To start contributing, go to flipgive.com, click on Teams and enter "Forest Heights" under Find a Team. The Flipgive code is P992BF. Or go to fundscrip.com, click on Support a Team and enter the code FK2QV2.

Nominate-a-Neighbour Bouquet Winner

Judy nominated her neighbour Sharon (pictured) for our Nominate-a-Neighbour Bouquet. Sharon has been a longtime supporter and organizer of community organizations in Forest Terrace Heights. She has demonstrated community spirit in many ways, including by organizing Canada Day celebrations each year. She was especially creative in organizing this year's event by providing individual



treats, a trivia game and prizes. Sharon has also provided hot meals to neighbours when

they needed some encouragement and continues to check up on them to ensure their needs are met during this pandemic.

Has a neighbour reached out to you or made a difference on your block? If so, email Sonya at memberships@forestterrace.org or leave her a voicemail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour Bouquet. Please in-

clude your contact information so Sonya can ask what makes your neighbour special.

Virtual Babysitting Courses

The City of Edmonton is offering virtual babysitting courses this fall. These courses offer basic first aid and caregiving skills for youth 11-15 years old. Participants learn how to provide care and respond to emergencies.

The courses also offer youth the skills to promote themselves as babysitters to prospective families. Courses are available in October and November, register online at Movelearn-Play.Edmonton.ca or Call 311.

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Hall rental update

The Forest Terrace Heights community hall is open for rentals to groups of no more than 15. Renters and their guests must abide by all municipal and provincial pandemic restrictions, as well as sanitization protocols. For amenities and rates, visit forestterrace.org. Contact hall@forestterrace.org with questions.



Community safety under the microscope

Hateful graffiti in Forest Heights spurred a recent meeting between residents and elected officials, city administrators and police.

Johanna Cavanagh, a longtime resident of the vandalized area from 76 to 80 Street and 102 to 106 Avenue, said she reached out to NDP MLA Marlin Schmidt, who organized the Oct. 7 virtual meeting along with Coun. Ben Henderson.

Cavanagh's home wasn't affected, but the graffiti caused her family "some pain and fear," along with the rise in crime, violence and a feeling of unease they see in the community, she said.

"We want to nip this in the bud and not be a community that has constant problems. ... People in the neighbourhood want to know how they can do that."

Sgt. Gary Willits of the police hate crimes unit said two vehicles and four homes were tagged with black spray paint on Sept. 14. Most messages were nonsensical, but some were homophobic. The graffiti did not appear to be targeted.

Police knocked on 30 doors to talk to residents and ask for security video, but found no evidence, he added. No one had seen anything or anyone.

"We recognize the impact this has on a community," Willits said. "It is an attack. It's disgusting. It's horrible. You don't know the message behind it. It's intimidating."

He acknowledged that police lack a mechanism to notify communities about the steps they've taken to investigate a specific crime or address a general crime or safety issue in an area.

Henderson said the graffiti was more surprising and threatening because residents of Forest and Terrace Heights aren't used to such crimes. He said he has seen a spike in

the number of garage break-ins and other property crimes in his ward. People seem more desperate these days, he added.

Both Henderson and Jackie Foord of the city's social development branch said housing and proper supports are key to addressing that desperation, especially as the pandemic and its restrictions push more and more people into homelessness.

Resident Eva Kuzyk mentioned a stabbing at a problem property near her home this fall. Her family added more security cameras and lighting, but she wants to know how to better support herself and her neighbours, and how to stay informed.

Jenna Pilot from the city's Neighbourhood Empowerment Team (NET) urged residents to get to know their neighbours better and to always report problems.

"Even if it feels inconsequential and you don't want to make a fuss about it, report it," Henderson added. Every report provides more data to help police and city officials spot larger patterns that may need to be addressed.

Annah Jaricha, NET community safety liaison for the southeast, said her job is to connect with residents, via community leagues or other groups, to find holistic solutions. In Bonnie Doon, for example, NET helped organize an effort to trim overgrown trees and shrubs to allow more light into alleys to discourage garage break-ins.

Jaricha is meeting with the Forest Terrace Heights Neighbourhood Watch representative, Madison Myrfield, to discuss next steps. If you would like to know more about Neighbourhood Watch, or to get involved, email neighbourhoodwatch@forestterrace.org and watch for updates on the community league Facebook page.

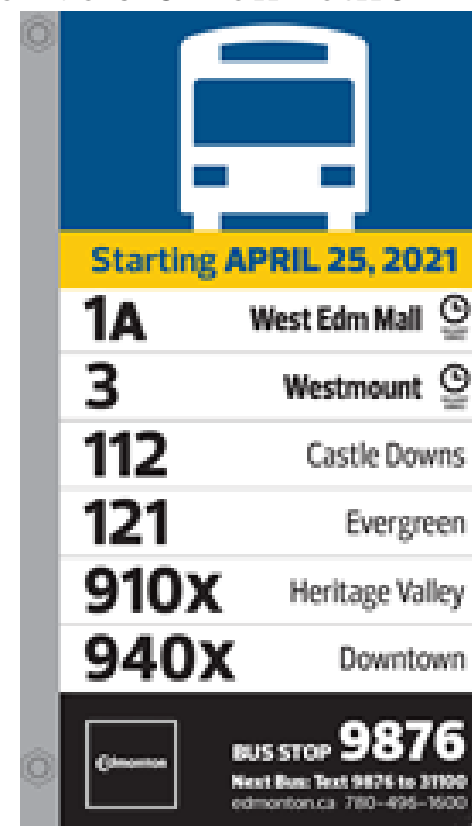
New bus stop signs prepare riders for new network

Starting October, residents will start to see new bus stop signs around the city but current bus routes will remain the same. These signs are a key step in preparing for the new bus network launching on April 25, 2021. City crews are starting to install the new signs now because it will take several months to change over all 7,000 signs.

The early timing will also allow customers to get familiar with the new sign design and future new route numbering system. The user-friendly signs incorporate universal accessibility standards so they can be easily seen by a wide range of people. Customers should take note of the coloured temporary stickers on the signs that indicate if the stop will be opening, closing or routes will be changing in spring 2021.

These new bus stop signs indicate a significant and exciting transit change is coming that will give Edmontonians access to a more direct, more frequent and better connected bus service. "The new bus network is part of Edmonton Transit's ongoing efforts to modernize public transit to meet today's needs and provide a foundation that connects to future changes as the City grows to two million people," said Eddie Robar, Branch Manager of Edmonton Transit Service.

Customers can also find information about the new bus stop signs and network bus routes at edmonton.ca/newbusroutes. Individual bus



route maps and schedules will be available online in early 2021

On Line Programs for Parenting

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

• Infants Can Talk with Their Hands

Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. Using both sign language and speech will not only ease your frustration, but also the frustration of your child. In this 4 week program, participants and their infants will learn a few basic sign language skills through the use of fun songs, stories, and handouts, all while promoting their infant's whole brain development.

Tuesdays from 9:45 – 10:30am
Zoom Meeting (ID# to be given upon registration)
November 24 – December 15, 2020

• Winter Fun for Everyone!

In this 4 week program, children will be able to join along in some songs, stories, movement, and crafts that are seasonally appropriate and fun to explore.

Wednesdays from 9:45 – 10:30am
Zoom Meeting (ID# to be given upon registration)
November 26 – December 17, 2020

• (A little) Messy Play is Fun Play

In this 4 week program participants will be encouraged to explore various types of messy play. A copy of any of the recipes used during the program will be available so that messy play can be created again and again.

Thursdays from 9:45 – 10:30am
Zoom Meeting (ID# to be given upon registration)
November 26 – December 17, 2020

Fulton Childcare & Fulton Afterschool care spaces available

Fulton Child Care Association is in the unique position to have **2 spaces available** for preschool or kinder aged children. These spaces include hot lunch.

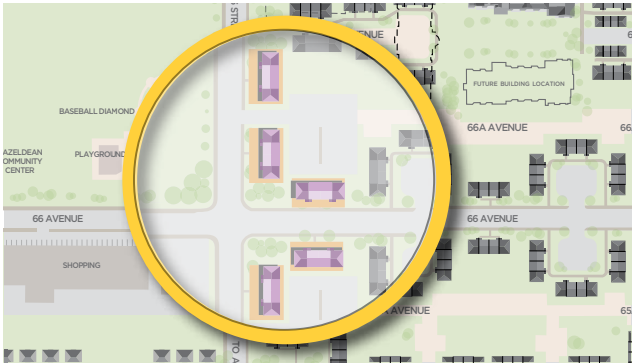
Fulton Afterschool Association also has a **few spaces available** for children in grades 1 – 6.

Please call
780-465-4383
ext. 30 or 31
to register.



CHRISTENSON

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or by appointment **780-975-2509**



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or phone Diane **780-432-3222**

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Healthy tips for raising children



Raising children is a big job. It can be overwhelming to think about all the things your child needs to learn to stay safe and healthy.

In addition to teaching children good eating and activity habits, you can also teach them some basic health and safety habits.

Remember that your child learns habits by watching you. If you and the rest of your family follow healthy habits, your child will learn them from you. And if you have bad habits, your child will learn those too.

Good general habits for a healthy life

Help your children learn to:

- Think. Children need to learn that actions have consequences. They need to learn the difference between fantasy and reality. Before your children act, encourage them to stop, take a breath, and think about the consequences.

- Talk openly. Encourage your children to talk about what is bothering them.

- Relax. Learn relaxation skills, and teach them to your children.

- Eat well. Encourage your children to

learn about and enjoy healthy foods.

- Be active. Help your children find physical activities and hobbies they enjoy. Limit daily screen time (not including time for schoolwork).

- No screen time for children younger than two years

- One hour or less for children ages two to four years

- Two hours or less for children five years and older.

Preventing illness

Kids get dirty. They play with other kids who may be sick. Teaching them the following habits will keep them healthier:

- Wash your hands each time you use the toilet, after you blow your nose, and before you eat.

- Don't share hats, combs, toothbrushes, or other personal items with other children.

- Cover your mouth when you cough or sneeze.

- Don't touch other children's blood, urine, stool, or other body fluids.

Breast Cancer Awareness

Breast health is part of your health and well-being. Breast cancer starts when breast cells become abnormal and start to grow out of control. Men and women may both develop breast cancer. A mammogram is an X-ray of the breast. It is one test that is commonly used to look for breast cancer. There are two types of mammograms. A screening mammogram looks for signs of breast cancer before any symptoms appear. A diagnostic mammogram looks for breast cancer in women who have symptoms. Or it is done if you had an abnormal screening mammogram. It's also used to find an area of suspicious breast tissue to remove for a biopsy. Surgery is a main treatment for breast cancer. Surgery is most often a lumpectomy to remove part of the breast or a mastectomy to remove the whole breast. If you have been diagnosed with breast cancer and require surgery, breast surgery in Alberta is a same-day surgery, so you'll come to the hospital and go home (be discharged) on the same day.

Same-day surgery is safe and most people



prefer to recover at home rather than in the hospital. Your surgeon will consider your health and living arrangements to make sure it's safe for you to go home the same day of your surgery. In special cases, you may need to stay in the hospital overnight.

If you have been diagnosed with breast cancer, contact your local chapter of the Canadian Cancer Society or call 1-888-939-3333 to find a support group in your area. Talking with other people who have faced similar situations can be very helpful.

Content provided by: Alberta Health Services, myhealth.alberta.ca

Fulton Place

6115 Fulton Road
(780) 466-8140
fultonplace.org

Board members

Mike President
president@fultonplace.org
7808867794
Miles
Vice President League Affairs
vpleagueaffairs@fultonplace.org
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Gavin
Vice President Civic Affairs
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Krystina
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krystina@fultonplace.org
Fulton Place Garden
fpcgcontact@gmail.com

Sunshine Garden Wrapup



Our amazing Sunshine Garden wrapped up the season on Oct 17th with a work party, where we trimmed and mulched and prepared everything for winter. Our major task that day was to top up our garden beds with 13 cu yards of dirt, which we accomplished in just over an hour. We are proud of the many hands that contribute to making our garden wonderful, and a special place for the community to gather. Photos of our work party are above.

AGM

Fulton Place Community League AGM Notice:

Monday November 16, 2020

7:00 p.m. at the Fulton Place Hall, 6115 Fulton Rd NW

November Board Meeting to follow at 8:00 p.m.

Come meet your community league board and learn more about your community! Discuss volunteer opportunities with the league board, or for one off events! Learn how you can plan your own community events!

Rink Attendants Wanted



Throughout the outdoor ice season our community league rink is monitored by fantastic volunteers that work hard to keep the rink open as a community resource. We are looking ahead to our 2020-2021 rink season, and if you are interested in volunteering as a rink attendant this year, please get in touch with Shawn Coffill at Shawn@metromech.ca. Please indicate preferred shift times.

MEMBERSHIPS

Memberships are available for sale on our website, at Servus at Capilano Mall and now at All Care Pharmacy at 5016 106 Ave NW. Family is \$25, Adult is \$15, Senior is \$5.

HALL RENTAL



Fulton Place Community League Hall is now available for rent under COVID-19 guidelines. Capacity is 50 currently. We have available:

Tables, chairs, stage.

Well-equipped kitchen & bar. Caterers with COVID-19 food-handling experience required.

Roomy entry-way & cloakroom

Available on weekends, weekdays and some evenings - also available on an hourly basis

For availability, pricing, and viewing please email sherry-lynn@fultonplace.org or call 780.466.8140. We will return your message within 48 hours.

Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Cody Charlene	codycharlene86@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Jessica Negrey	negrey@shaw.ca
Bingo Director - Parkway	Charlene Lazenby	charnelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
G. 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



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Follow on



COMMUNITY MEMBERSHIPS AVAILABLE NOW!

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP (5010-106Ave)-CASH ONLY, ALL CARE PHARMACY (5016-106Ave) come check out these wonderful businesses and pick up your community membership. On the second Tuesday of every month, show you membership card at Blues Java Café receive a FREE hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card. You can purchase memberships at any

of the above places or Call Amy Cooper 780-668-6836. Adults/Family \$20 and seniors \$5. Everyone who buys a membership gets entered our contest!! You will win a \$20 gift card to BLUES JAVA!!!

Reasons to buy a membership: Needed for Registration for sports, Community swim, perks at Blues Java (first Tuesday of the month, you get a hot beverage) Join in free community events, and is needed at your local community skating rink.

Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands and kettlebells. All ages and all fitness levels are welcome. Social distancing and cleaning will be practiced.

Sundays 7-8pm. And 815-915pm This ses-

sion runs Nov1 – Dec 13. 12 people maximum Contact Lisa to register or with any questions.

Sundays \$70. Sorry no drops in (thanks covid)

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

BINGO

Bingos have now resumed, and we are looking for workers to help out. Funds raised from these bingos are used to fund community events, and our lovely hall. If you would like to volunteer to work any of our community bingos, please contact Lorie @ 780-447-1110. These events generate revenue for our

community

Parkway:

Tuesday, Nov.3 evening/late night

Thursday, Dec 31, evening/late night

Fort Road:

Sunday, Nov 1 afternoon/evening

Sunday, Dec 20, afternoon/evening

Mom and Me Fitness Class

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn, the kids must be able to stay in your taped square on the floor. Bring a yoga mat, water, and anything your kids need. People without kids are also welcome to join.

This class runs Mondays from 930-1030am at Gold Bar Community Hall. 8 people maxi-

mum.

This session runs from Nov 2- Dec 14 although you're welcome to join anytime.

Contact Lisa to register or with any questions.

Mondays \$70. Sorry no drops in (thanks covid)

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

CONGRATULATIONS

Membership Contest!

August's winner is

Patrick Meads

Winner receives a \$ 20 gift card to Blues Java. We will be having a winner once a month (2020/2021). Buy your membership now!!!!

Passed winners:

July's winner -Desiree Blank

***Remember to be entered all you have to do is buy your membership at Blues Java or All Care Pharmacy, online or by calling Amy 780 668-6836.

on your membership. We will be drawing a winner monthly from everyone that has purchased a current membership.

HALL RENTALS

Gold Bar Hall has reopened for rentals and events! Some restrictions apply; no more than 50 people indoors and social distancing must be practiced. Please contact goldbarhallrentals@gmail.com for more info!

Yoga at the Hall

Instructor: Nancy Conlin

Social distancing and other precautions will be practiced. Register by emailing Sharon Harker at gbhallfun@gmail.com and etransferring payment.

New sessions starting November




NOV 3 TUES 11:30 - 12:45 PM

Regular Yoga 6 weeks for \$75



Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - Cassandra	vicepresident@holyroodcommunity.org
Treasurer - Claire	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Kelly	programs@holyroodcommunity.org
Sports & Fitness - VACANT	sports@holyroodcommunity.org
Memberships - Jessica	memberships@holyroodcommunity.org
Facilities & Grounds - Sarah	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 - VACANT	garden@holyroodcommunity.org
Rink - VACANT	rink@holyroodcommunity.org
Soccer - Jared	soccer@holyroodcommunity.org
Playschool - Jessica	playschool@holyroodcommunity.org
Playgroup - VACANT	playgroup@holyroodcommunity.org
Casino - Alison	casino@holyroodcommunity.org

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League
Purchase memberships through efcl.org/membership/
Complimentary memberships are available for newcomers to Holyrood! Contact our Membership Director at memberships@holyroodcommunity.org.

CASINO VOLUNTEERS NEEDED

We are seeking volunteers for our annual fundraising casino. The casino is absolutely important to our operating budget for the community league, and it relies on volunteers like you to keep us funded! This fundraising remains vital to helping the League undertake projects such as the new rink, the upkeep of the hall, and other work that benefits our neighbourhood. All volunteers will be provided with Personal Protective Equipment (PPE) to ensure safety. Our casino will take place on November 18th & 19th at Pure Casino on Argyll Road. Please email casino@holyroodcommunity.org for more information or to volunteer!
Casino shifts needed:



- Nov 18
- 1-day shift
1-night shift
1 on call day (in case someone sick)
1 on call night
- Nov 19
- 3-day shift
1 on call day
2-night shift
2 on call night

YOUR HOLYROOD COMMUNITY LEAGUE BOARD

The board is BACK! Reach out to us via social media, or the website, or check out the email list posted in every issue of South East Voice, to reach out and contact us. We are always looking for more volunteers, whether you have an hour a month or 2 days a week, we would love your help!
We are looking for YOU to help us make Holyrood awesome! We are currently seeking more volunteers for our board. If you want to see Holyrood grow, maybe you'd like to get involved as the Holyrood Community Garden Chairperson? Or maybe you want to see

Holyrood stretch and flow...why not give our board position of Director of Sports & Fitness a go and help us all stay active! Are you out on the ice every chance you get? How about volunteering to be our rink coordinator! Do you have a pre-school aged kid who loves to meet new people? We are seeking a director for our playgroup! There are so many ways you can contribute to make our community a great place to live, we'd love to meet you and find out how you can help! Please email Larissa at presidet@holyroodcommunity.org for more information.



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HOLYROOD COMMUNITY GARDEN



If you'd like to volunteer and get your hands dirty this summer in the demonstration garden, email garden@holyroodcommunity.org.

Watch our Facebook Group - Holyrood Community Garden <https://www.facebook.com/groups/HolyroodCommunityGarden/> for updates!

Do Your General Garden Maintenance Before the Snow Stays!

Empty all of your outdoor containers to keep them from cracking during the winter. Store them upside down.

Hang a bucket over a hook in your toolshed or garage and use it to store hose nozzles and sprinkler attachments.

Mow your lawn as late into the fall as the grass grows. Grass left too long when deep snow arrives can develop brown patches in the spring.

Don't leave fallen leaves in sodden layers on the lawn. Rake onto a large sheet or tarp, then drag to a corner of your yard to give pollinators some winter cover. Or, rake the leaves into loose piles and run the mower over them to turn them into mulch for perennial and bulb beds. Or, add those shredded leaves to your compost bin. Cover your compost pile with plastic or a thick layer of straw before snow falls.

Drain the fuel tank on your lawn mower or any other power equipment. Consult the owner's manual for other winter maintenance.

Scrub down and put away your tools. Some folks oil their tools with vegetable oil to avoid rust.

Do not prune trees and shrubs right before winter. Even if they look a little overgrown, wait until next spring. Pruning involves removing tissue and opening wounds that will have no time to heal before the cold arrives. Pruning also stimulates a tree or shrub to attempt to grow, but any new growth produced in the fall is likely to be killed because it has not had any time to harden off or become woodier.

Cover small trees and deciduous shrubs with a wooden structure to protect them from heavy snow. Or, circle them with a cylinder of chicken wire fencing and fill in the space between the tree and the fence with straw or shredded leaves. Or, drive stakes into the ground at four corners around the plant and wrap burlap or heavy plastic around the stakes, securing it at the top, center, and bottom with twine.

For young fruit trees, it's often a good idea to wrap the lower trunk of the tree with a pestproof tree wrap, which will prevent mice and voles from gnawing on the tree's bark during the winter.

Tree wrap will also help to prevent winter injury caused by premature thawing. In late winter, the combination of warm, sunny days and still-freezing nights can cause the thin bark of young trees to split. This is especially prevalent in trees with a southern or southwestern exposure. Wrapping their trunks with tree wrap or otherwise shading them from the winter sun can prevent bark injury.

~ advice taken from the Old Farmers Almanac - www.almanac.com

HOLYROOD GARDENS/LRT CONSTRUCTION



Have you noticed trucks or heavy vehicles from the construction site at Holyrood Gardens or LRT build driving through the neighbourhood? If you can, take a snapshot, note

the date, time & approximate location, and email civics@holyroodcommunity.org or hdc@holyroodcommunity.org We are currently working on a file of infractions.



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Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	(Vacant)	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Corrina	secretary@idylwylde.org
Casino	Bridget	casino@idylwylde.org
Civics	Lee	civics@idylwylde.org
Programming	Sheri	programs@idylwylde.org
Membership	Michelle	membership@idylwylde.org
Garden	Lauren	garden@idylwylde.org
Facilities	Stuart	facilities@idylwylde.org
Social	(Vacant)	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Kamila	grants@idylwylde.org
SECLA	Scott	
General Inquiries	780-466-7383	league@idylwylde.org

idylwylde.org [@IdylwyldeCL](https://twitter.com/IdylwyldeCL) [Idylwylde Community League](https://www.facebook.com/IdylwyldeCommunityLeague)

New, or know of someone new to Idylwylde? Contact our Membership chair Michelle to receive your community league membership. Welcome to the community, we're glad you are here!

Free Memberships

We've been talking about what's important for our community. We've decided it is really important to us that our activities are accessible to all within the community, and with the uncertainty of COVID times and family finances, the Community League Board has decided to make our memberships free for all of our community members that live in

Idylwylde!

Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idylwylde) will still cost the regular amount.

Please contact our membership chair with proof of residency in Idylwylde to get your membership today!

Fitness Infusion Class

Dates: Monday evenings - 7:00 to 8:15 pm - October 5 to December 14 at the Community League Hall.

A low-intensity class combining moves, sometimes in crazy ways. We'll target a variety of aspects of fitness like strength, agility, endurance and more, making your workout

more functional. We'll combine moves like Pilates, strength, yoga, and cardio, keeping your body and mind engaged. We will be challenging your muscles in different ways to improve your fitness and overall conditioning. Mat, weights and running shoes required.

Hello Neighbour!

Winter is on our doorstep, and we are still being energized by stories of kindness between neighbours during all of this. The Bonnie Doon Playschool re-opened in our hall, and we are figuring out how to offer programs and gatherings in a way that meets the requirements of the local and provincial governments.

In the meantime, we're wondering how you are doing? We'd like to know...

Do you need any help? If you need help with errands or are finding this time hard and just want to talk, please reach out to the league. You can call/text Kate at 780-430-1531. Calling 2-1-1 is also great for learning

about resources to help with things like food, finances, and stress.

Do you have any great ideas for community activities to do at a social distance? If you have a cool project you'd like to lead—apply for a mini grant! The league can offer up to \$100 for supplies and will help to promote it. Just send a paragraph on what you want to do, and why it will benefit the community to league@idylwylde.org.

Please keep sharing your ideas and stories with us, we love to hear from you. Best wishes for a safe and healthy spring,

The Idylwylde Community League Board

Cheery Tomato Community Garden



Now the harvest is over, it's time to start planning our community garden for next year. Our community garden is a great way to get out and stay connected in a safe way.

Contact us and we'll let you know how you can be involved with our amazing little community garden. There's always room for more gardeners to join!

Social Volunteers Needed

WANTED: Volunteers with a creative flair for parties, shindigs, and general community get-togethers. Monthly commitment is one 2-3 hour meeting, as well as answering occasional emails. Time spent on planning and

coordinating will be up to you, but the main responsibilities are organizing things like community league day, and our winter family fun day! If this sounds like something you would be interested in, get in touch with us today!

Monthly Community Meetings

Our meetings have gone digital! Contact our President if you would like an invite to our next meeting.

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Community League Board

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Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Colleen	treasurer@kenilworthcommunity.com
Secretary	Maren	secretary@kenilworthcommunity.com
Adult/Seniors Programs	Loida	please email President for direct information
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Reg	please email President for direct information
Children's Programs	Jo	please email President for direct information
Grant Applications Coordinator	Aly	please email President for direct information
Membership	Rebecca	membership@kenilworthcommunity.com
Play School	Krista	ps@kenilworthcommunity.com
Publicity	Jason	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Kevin	please email President for direct information
Soccer (indoor)	Vacant	please email President for direct information
Soccer (outdoor)	Vacant	please email President for direct information
Social	John	please email President for direct information

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

Bingos

Bingos are back on!!
Please contact Julia at 780 476-2992 if you can volunteer. Our revenue from Bingos is more important than ever right now.

November 19 Evening/Late
December 27 Evening/Late
January 29 Evening/Late

Did you know...?

Yoga Within is a local studio located in the Holyrood Plaza right next to Kenilworth Community.

They are open and offer many types of yoga classes both in the studio and on Zoom.

The 3 month COVID closure and new restrictions has made rebuilding the studio a challenge. Please support them by taking a class or making a donation and help them rebuild the thriving community

Have a New Neighbor? Are You New to Kenilworth?

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

League membership along with information about all the activities this League offers.

Don't have your 2020/2021 membership yet? Need one RIGHT NOW? Go to www.efcl.org and purchase one online!

SNOW REMOVAL

Residential

Please Call Joe

587 334 4578

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A Kenilworth Senior's November to Remember

Attention Kenilworth Seniors Residents
Please register to receive your FREE FROZEN MEAL by calling LOIDA 780 953 1062 or emailing IRENE at president@kenilworthcommunity.com

Dogs Off Leash at Kenilworth Rink

The Off Leash will be open until October 31st but will soon be closing to make way for winter skating.

Cancelled Events

We have cancelled the Chilli Supper/Sleigh Ride and Big Bin events this year. Thank you to all for your understanding and hopefully we can start these again next year.

Hall Rental Rates

Kenilworth Community League has a beautiful facility. We hope you will consider Kenilworth Hall for your special events. Photos are available on our website www.kenilworthcommunity.com
KCL Hall Rental Rates: (Seating 160)
Members **Non-Members**
Weekend (Fri.pm – Sun.pm)
\$450.00 \$550.00
Day Rate
\$300.00 \$385.00

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

Adult Badminton

Adult badminton on Tuesdays and Thursdays 7:30 pm to 9:30 pm at Kenilworth School, 7005-89 Ave, October to May, with no play in December. New members can sign up at the school, Thursday, Oct 1. Cost is \$30 for the full year.

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 doubles 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, our club has members with a variety of skill levels.

To contact the Kenilworth Badminton Club: send email to: kenilworthbadmintonclub@protonmail.com

VOLUNTEER OPPORTUNITIES

Many hands make for light work and we could use some hands.

We have the following volunteer positions available:

Building and Grounds Director: do you enjoy being the maestro of the orchestra. Coordinating projects, keeping track of due dates, liaising with different people to get a job done. This volunteer position has your name on in.

Building and Grounds: are you a craftsman that can share their talent with our community league building? Perhaps you enjoy painting. Perhaps you can help with electrical projects. Or maybe you are just handy and have some time to spare. The hall could use your volunteer help.

Grant Writer: It is always great to have a volunteer that has their ear to where the money is and can create a grant to help us benefit. If you enjoy writing and have some volunteer



time to put grants together, we could use your help.

Neighbourhood Watch: There are many postings on FaceBook and Next Door that speak to thefts, break-ins, and concerns in our community. If you have some volunteer time and can support our community in becoming better informed about safety, etc., this position is for you.

Please contact Irene, President, for more information on the above positions. president@kenilworthcommunity.com

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.

KENILWORTH PLAYSCHOOL

For more information or to register, please contact Irene at: president@kenilworthcommunity.com

Executive Board Members

Executive:
 President – Corinne
 Vice President – Colleen
 Secretary – Sandra L.
 Treasurer – Eric
 Board Members:
 Bingo Director – Kyla/Tyler
 Casino – Colleen
 Hall Manager – Tim
 Grants – Open
 Big Bin – Andrew
 Building Projects – Lukas
 History of Ottewell Committee - We need more members!
 Indoor & Outdoor Soccer Director – Cory
 Summer Playground Director – Colleen
 Social Team – Many OC Members
 Playschool Rep – Jason
 Rink Chair – Tom
 Membership Director – Lindsay
 Communications – Diana
 Website – Tim
 EFCL Rep – Corinne
 SECLA Rep – Sandra
 All positions are volunteer. Please send all inquiries via email to ottewell2212@gmail.com or call 780-469-0093 to leave a message. Someone will return your call.
 Ottewell Community League
 5920 93A Avenue NW
 Edmonton AB T6B 0X2

Ottewell Rink

We will have more information on what the Ottewell Community Rink will be providing this winter. Watch for more information in the following months or check our Facebook Page.



Become an Ottewell Community Snow Angel

Ottewell Community League is looking for volunteers to help our seniors with snow removal this winter.

We are looking for people to help with:

- clearing snow as a SNOW ANGEL,
- the management of our new snow removal equipment,
- keeping a record of our snow angels and contacting them when we have a senior in need, and
- keeping track of seniors in need.

If you are able to help, please send your name, contact information, and the role

OCL Board Meetings

Ottewell has been hosting virtual meetings to connect with board, directors and volunteer members. Our next virtual meeting will be on Tuesday, November 17, at 7pm. If you would like to attend please email ottewell2212@gmail.com or ottewell2212@gmail.com. You will be sent a meeting invitation via ZOOM.

Ottewell Hall

The Ottewell Hall is not available for rentals at this time. OCL board members are working hard to put COVID-19 procedures in place to ensure that we can provide safe access to small group programs in the fall. We will be posting hall rental requirements for future rentals and further program information on our website, ottewell.org.

Community News and Information Board

Post your ideas and share your quarantine adventures with our community! OCL bulletin board, located outside the community hall, is our go-to place for neighborhood information. Whether you have lost a pet, have a service to offer, or simply want to let others know what's happening in your community, please post your messages here.

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

OCL Bingo Events

Bingo is back! Come out to Parkway Bingo Hall on the following days:

March 14, 2021
 May 22, 2021
 June 11, 2021

Due to COVID-19 physical distancing requirements, only 132 customers will be allowed in the hall at any time. To check out the specifics, contact Parkway Bingo Hall. Please consider supporting your community event.



you're interested in to Colleen at ottewellsocial@gmail.com

Ottewell residents are amazing and kind. We can make this a great program to support and help our most vulnerable.

Community Playschool

The Ottewell Community League Playschool has moved! We are happy to report that we will be operating out of the Ottewell Community Hall. Classes will resume in Win-

ter 2020. We're accepting registrations for Fall 2020. For registration inquiries, please contact Tyler, Director, at playschoolocl@gmail.com or (780) 271-6846.

Volunteer with the Ottewell Community League



Why volunteer?

Volunteering allows you to connect to your community and make it a better place. Volunteering is a two-way street; it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a volunteer helps you make new friends, expand your network, and boost your social skills.

Something Exciting is Happening in Ottewell

Follow us on our Facebook page to see what it is! 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.



Help Keep Your Community Safe

If you live on 94B Avenue or in the area, please call the City at 311 with any reports of speeding or dangerous driving. Let's work together to keep our streets safe.

Winter at Ottewell Community Park

Here are some fun, imaginative games to play this winter at Ottewell Park!

Footprint Tag - Play tag as you normally would...but stepping only in others' footprints.

Scavenger Hunt- Freeze colored water in ice cube trays. Hide them outdoors for a wintertime scavenger hunt.

Get On a Roll - Pair up for a contest to see who can finish with the biggest snowball. The

FREE Community League Memberships

Ottewell Community League is pleased to offer free memberships for 2020-21. You can get yours by emailing oclmembership@gmail.com for sign-up info, calling 780-469-0093, or clicking on the link on our Facebook page. You will be added to our membership list, and we will drop off your membership card in your mailbox. Already purchased a membership this year? You will be given a free membership for 2021/2022.

Your community league membership comes with some perks, including 5% off at Anvil Coffee House and 10% off at Ottewell Eye Care. Visit our website ottewell.org for more community league perks.

We understand that this year has been like no other, and even though there may not be as many in person community events, we want you to know that we are still active and looking for fun ways to connect everyone in the community! If you are interested in supporting your community league financially, donations will continue to be gratefully received.

PLEASE NOTE: If you choose to sign up for a membership through the Edmonton Federation of Community Leagues, there will be a small administrative fee.

Ottewell 120th Scouting

Thank you for supporting our Fall bottle drive and contributing to our outdoor adventures! Free trial memberships are available until the end of 2020 for girls and boys age 5-26. Register at scouts.ca



Connect Your Business to the Ottewell Community

The Ottewell Community League wants to promote local Ottewell businesses. Please consider offering discounts to OCL members when they present their current community league membership to encourage local shopping and support.

Thank you to Vicki Marleau of Pop Kids Marketplace + Shy Mama Designs for offering a 15% discount to OCL members. Vicki offers wall decor and gifts, including birth info prints, photo collage designs, wooden signs, and many more fantastic items! Email her at helloworldpopkids@gmail.com, check out

her website at www.shoppopkids.com, or find her on Facebook and Instagram at @popkidsdesigns & @shymamadesigns

Ottewell Community League members can also get a:

-10% discount on photography at Lightwork Consulting (www.lightworkconsulting.net).

-10% discount on piano lessons with Diane Robitelle - dianecrobi@aol.com.

Do you have a business that could benefit from local support? Let us know, and we will post your info on our website and Facebook pages, and in the SEV edition.

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Abundant Community Edmonton - Ottewell

Now more than ever, we need to maintain our connections to our neighbourhood and community.

The Abundant Community Edmonton program features Block Connectors throughout Ottewell, your block's point person, party

person, and listener.

If you're in need of support, assistance, or connection during this time, please reach out to ACE Ottewell at ACEOttewell@gmail.com to reach a Block Connector near you. For more information, visit ottewell.org

OCL Swim News

Unfortunately, Community Swim is no longer available for Community League Members at any of the City Pools.

The City will be reviewing this program to determine when and how it will be reinstated in the new year.

OCL Members can still access the Community Wellness Program any time, including:

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.

Present your valid Edmonton Community League membership card at any one of the City of Edmonton's sports and fitness facilities to receive a discounted membership. 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.

BEEF STEW



It's comfort food heaven! This beef stew is the ultimate cold weather comfort food. After a few hours in the oven, the meat becomes meltingly tender and enveloped in a rich wine sauce.

- 3 pounds boneless beef chuck (well-marbled), cut into 1-1/2-inch pieces
- 2 teaspoons salt
- 1 teaspoon freshly ground black pepper
- 3 tablespoons olive oil
- 2 medium yellow onions, cut into 1-inch chunks
- 7 cloves garlic, peeled and smashed
- 2 tablespoons balsamic vinegar
- 1-1/2 tablespoons tomato paste
- 1/4 cup all-purpose flour
- 2 cups dry red wine
- 2 cups beef broth
- 2 cups water
- 1 bay leaf
- 1/2 teaspoon dried thyme
- 1-1/2 teaspoons sugar
- 4 large carrots, peeled and cut into 1-inch chunks on a diagonal
- 1 pound small white boiling potatoes, cut in half

INSTRUCTIONS

Preheat the oven to 325°F and set a rack in the lower middle position.

Pat the beef dry and season with the salt and pepper. In a large Dutch oven or heavy soup pot, heat 1 tablespoon of the olive oil over medium-high heat until hot and shimmering. Brown the meat in 3 batches, turning with tongs, for about 5 minutes per batch; add one tablespoon more oil for each batch. (To sear the meat properly, do not crowd the pan and let the meat develop a nice brown crust before turning with tongs.) Transfer the

meat to a large plate and set aside.

Add the onions, garlic and balsamic vinegar; cook, stirring with a wooden spoon and scraping the brown bits from bottom of the pan, for about 5 minutes. Add the tomato paste and cook for a minute more. Add the beef with its juices back to the pan and sprinkle with the flour. Stir with wooden spoon until the flour is dissolved, 1 to 2 minutes. Add the wine, beef broth, water, bay leaf, thyme, and sugar. Stir with a wooden spoon to loosen any brown bits from the bottom of the pan and bring to a boil. Cover the pot with a lid, transfer to the preheated oven, and braise for 2 hours.

Remove the pot from the oven and add the carrots and potatoes. Cover and place back in oven for about an hour more, or until the vegetables are cooked, the broth is thickened, and the meat is tender. Fish out the bay leaf and discard, then taste and adjust seasoning, if necessary.

Serve the stew warm -- or let it come to room temperature and then store in the refrigerator overnight or until ready to serve.

This stew improves in flavor if made at least 1 day ahead.

Reheat, covered, over medium heat or in a 350°F oven. Garnish with fresh parsley, if desired.

****Freezer-Friendly Instructions:** The stew can be frozen for up to 3 months. Just omit the potatoes because they don't freeze well. If you'd like, boil some potatoes separately when you defrost the stew and either add them into the stew or serve them on the side. Before serving, defrost the stew in the refrigerator for 24 hours and then reheat on the stovetop over medium-low heat until hot.



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Ottewell Community League

Whoville Fundraiser

For more information contact:

Corinne Olson

780-245-5758

Ottewell2212@gmail.com



Each one of our Whoville trees are hand-made locally delivering a fantastic gift for yourself, clients, staff or decoration for your home or office space during the holiday season.

\$45 including GST per tree

Available methods of payment include cash, cheque payable to Ottewell Community League or EMT to ottewell.finances@gmail.com.

Choose from three color combinations:

- Silver and Gold (Welcome Christmas)
- Red and Green (The Grinch)
- Multi-colored - Purple, Blue and Pink (Cindy Lou Who)

Our Whoville Trees are made of fresh cedar boughs arranged in floral foam. Each tree will be individually packaged with care instructions included. Approximate height is 17", may not be exactly as shown. Ticked Floral is the original Whoville Fundraiser producer and we are pleased to have helped over \$175,000 go back into our local schools, sport and social clubs! Order deadline November 13, 2020. Pickup date November 28, 2020.

780-417-1627 info@tickledfloral.com

www.tickledfloral.com

#165, 130 Broadway Boulevard, Sherwood Park



A Cozy Winter in Ottewell



As the weather gets colder, we all start craving comfort food. Try one of these recipes and let the warmth go all the way down to your toes.

BORSCHT

Ingredients:

- 4 medium size beets, peeled, sliced thin, and cut into strips
- 4-5 carrots, diced
- Optional: Shredded cabbage, string beans
- 1 medium onion, cut fine
- 1 Tbsp chopped parsley

- 1 Tbsp chopped dill
- 900 ml chicken or beef broth
- 2 Tbsp lemon juice or vinegar
- 1 can tomato soup
- 2 can diced tomatoes
- Salt and pepper to taste
- cup whipping cream

Directions:

Add beets, carrots, onion, parsley, dill, and any other vegetables to a large soup pot.

Add broth and lemon juice or vinegar. Top up with water to cover vegetables, if needed.

Bring to a boil, then reduce to simmer. Cook until vegetables are tender.

Add tomato soup, diced tomatoes, and salt and pepper to taste.

Bring to a boil and simmer for 10 minutes. Add whipping cream, pouring in a thin stream while stirring slowly.

Remove from heat. Serve and enjoy.

Girl Guide Cookies

Mint chocolate Girl Guide cookies are back! When you buy a box of cookies, you're supporting girls build skills, make new friends and help their communities.

If you would like to be connected to one of our local community units sell-

ing cookies, please email Darcie our Helen Burns District Commissioner at any-edmhelenburns@girlguides.ca to be connected to a group with cookies available. The support is appreciated!

Ottewell Artisan Farmers' Market

<https://ottewellafm.wixsite.com/web>

*** UPDATED INFO COMING SOON***

Due to COVID, we are planning to reopen our market in Spring 2021.

The farmers' market is currently closed due to logistical issues, but the Ottewell community is working to secure a location for this market that everyone can access.

The Ottewell Artisan Farmers' Market is an Alberta-approved weekly, indoor/outdoor,

year-round farmers' market.

We bring a variety of farm fresh products to you each Thursday, along with artisan foods & crafts.

Your food is coming to you directly from the grower or producer, so it's fresher, healthier, and lasts longer. Support the local farmers, producers and makers, keeping our dollars in our community.

Consider supporting and shopping local.

Ottewell and Area New Moms' Group

Being a new mom is challenging, especially during these times. If you're looking to connect with other new moms in the area in a supportive and non-judgmental setting, join the Ottewell and Area New Moms Group. We'll meet online

every second Wednesday from 11-12 am to share and discuss challenges, successes, and issues impacting ourselves and our families. Sign up by emailing aceottewell@gmail.com as soon as possible; spots are limited.

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Community League Board

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Leah	vicepresident@strathearncl.org
Treasurer	Jason	treasurer@strathearncl.org
Secretary	James	secretary@strathearncl.org
Membership Director	Annette	membership@strathearncl.org
Building & Grounds Director	Rob	grounds@strathearncl.org
Rink Director	Brent	rink@strathearncl.org
Social Director	Jen	events@strathearncl.org
Communications Directors	Pam/Evan	communications@strathearncl.org
Programs Director	Erin	programs@strathearncl.org
Members at Large	Kim/Robert	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
A.V. Club/Youth Director	Andrew	avclub@strathearncl.org

Brain Freeze

Do you live in Strathearn? Would you like to talk about a topic near and dear to your heart?

We are planning to try out a weekly lecture series each Saturday starting in January, where Strathearners can meet their neighbours (virtually or in-person outside the hall, TBD) and hear from someone with in-depth knowledge on an interesting topic.

It can be anything: local birds, coal mining, trade deficit, acoustic science, film studies, palmistry, etc. We are open to all kinds of ideas and would also be happy to make this available in French if there are participants who can do so. The plan is to have a roughly



20 minute talk and then a period of about 15-20 minutes for questions or discussion.

If you would like to volunteer as a speaker or would like to nominate a neighbourhood expert on a subject, please email events@strathearncl.org to let us know!

Much Gratitude to our SCL Casino Volunteers!



Strathearn Community League appreciates the many dedicated volunteers who spent long hours and late nights to make our recent Casino a great success!

This fundraiser is a major source of revenue for our community, and we couldn't have done it without you, thank you very much.

Rock'n Roll Bookclub

This month we are reading Utopia Avenue by David Mitchell, and will meet to discuss on Thursday, November 26 at 7:30pm.

Weather permitting we meet around the fire behind the Hall, alternatively we may gather via Zoom.

Email avclub@strathearncl.org for more information.



Best Fried Chicken in Town

While at Ralph's (9508-87 St.) picking up chicken and wedges, you can also buy your 2020-21 Strathearn Community League membership for only \$20/family or \$10/individual. Memberships are also available at Massage Therapy Supply Outlet (9206-95 Ave.) and the Strathearn Heights Office (8768 96 Ave.) or on our website at strathearncl.org. If you've just moved into the Strathearn neighbourhood, your first year membership is on us - drop us an email at membership@strathearncl.org to set it up!

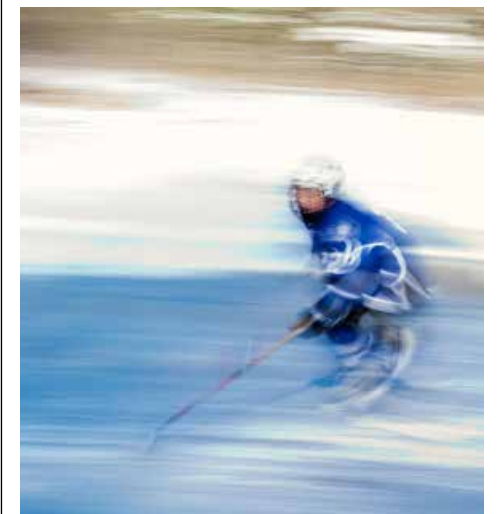


Park Adventures



This past summer a group of volunteers were active in a community initiative to encourage children and their families to be more active outdoors and become curious about the natural and human history of their communities. These Edmonton park-lovers partnered with Strathearn Community League, Kompany Family Theatre, Edmonton Heritage Council, and Riverford Productions to create fun and informative videos that feature some neighbourhood kids exploring and learning all about our local parks. Watch for the launch of the project website in Spring 2021!

Rink Watch



As the winter weather takes hold, we will plan to flood the rink next to the Community Hall and welcome skaters, with some new Covid restrictions in place.

Please watch our website and social media for the latest! Follow us on Facebook (@StrathearnCL), Twitter (@StrathearnCL) and Instagram (strathearn_community) for timely updates!



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SOLD

King Edward Park: Semi Bungalow, newer OVERSIZED double garage, sewer line, electrical service, 14.2 m X 39.9m lot.



SOLD

Kenilworth: 1700 sq ft Bungalow, 7 bedrooms, 5 bathrooms, quiet mid - block location.