

SOUTHEAST VOICE

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

August/September 2021



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Terrace Heights takes it to the streets

Residents of 101A Avenue in Terrace Heights were excited to learn that, out of over 400 applications, they were chosen to host one of the The Taking It to the Streets concerts. Terrace Heights community members David and Fran applied for a show, knowing their block on 101A Avenue would be a perfect venue. Neighbours on the block gathered a few friends and family, set up on the centre meridian and in front yards, and enjoyed the breathtaking live performances by local artists, Chloe Albert



and Celeigh Cardinal. Both artists showcased powerful vocals and beautiful original songs. Thanks to the Edmonton Folk Fest and EPCOR for this incredible opportunity!

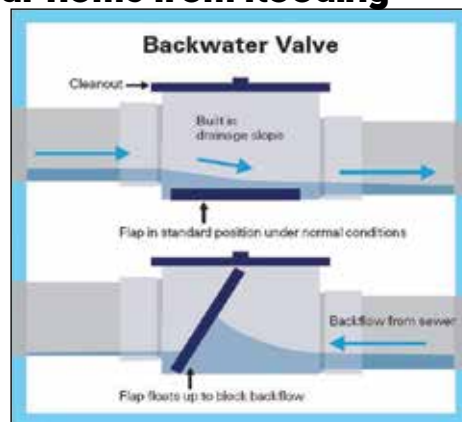
Get a subsidy and protect your home from flooding

Weather in Edmonton is unpredictable, and summer storms can creep up on us very quickly. If you live in a neighbourhood that has experienced flooding or you have had your basement back up, then you know how quickly it can happen. One way to protect your home from a sewer back up is to have a backwater valve installed. This valve is installed on the private sewer pipe, and installation can be done from inside or outside of your home. The valve is designed to close if water moves back up the sewer pipe from the public sewer line, preventing the water from entering your basement. It's a small investment that can make a big impact in your home.

Homes built in Edmonton before 1989 may not have a backwater valve on their private sewer line. At the time, it was not required by the building code to put one in. However, EPCOR has a subsidy program for homeowners who want to install a backwater valve and protect their basement. The program offers \$800 to Edmonton homeowners.

To access the subsidy:

1. Call the EPCOR Flood Prevention Team at 780-944-7777 to arrange for a backwater valve pre-approval consultation. After the consultation, an advisor will let you know if you are approved for the program and if the installation of the backwater valve can proceed.



2. Contact a professional plumber to arrange for the installation of the backwater valve.

3. the backwater valve subsidy application to EPCOR within six months of the consultation. You will be required to show proof of the installation and payment for the backwater valve. We will also require a photo of the green City of Edmonton Acceptable sticker including the permit number for the installation.

Act today to protect your basement and belongings. Call us at 780-944-7777 to book an appointment. For more information, go to epcor.com/floodprevention.

All Candidate
WARD METIS - EFCL DISTRICT J CIVIC
ELECTION FORUM
THURSDAY - SEPTEMBER 9 - 625PM
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Greater Hardisty
LIVE, LEARN & PLAY
SUBJECT TO ANY POTENTIAL PUBLIC HEALTH RESTRICTIONS THAT MAY BE PRESENT AT THE TIME. VIRTUAL LIVE STREAM MAY BE OFFERED AS WELL. OR IN PLACE IF.

EDMONTON PICKLEBALL CLUB
Pickleball at Bonnie Doon Courts
Hours of operation (summer):
Tuesday, Wednesday 9 am - 3 pm
Saturday and Sunday 9 am - 3 pm
Never tried pickleball before?
Pickleball is a great social activity for all ages and all athletic ability levels, with simple rules that make it easy to learn and fun to play.
In agreement with the City of Edmonton, EPC has access to 8 courts (west side) at the Bonnie Doon site adjacent to Vimy Ridge school. Two courts are dedicated to local community use. During the hours of operation, these 2 courts will be set up with temporary pickleball nets by our monitor and there are paddles/balls to be borrowed. The monitor will be available to answer questions, provide a little guidance/introduction to pickleball if desired and arrange for people to play together.
DROP IN AND JOIN US!

SECLA Fulton Ravine South Park Grand Opening Celebration - Save the Date
The Southeast Community Leagues Association (SECLA) invites you to celebrate the completion of construction at the Fulton Ravine South park, located next to the skatepark on Terrace Road across from the Capilano Mall.
This park is the result of years of effort by the southeast-area leagues and community members and will be a great community space for years to come.
Join us for fun, music, food, entertainment and more on September 25, 11 am-1pm.

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SECLA Board Contacts

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
Fulton Place	Miles	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
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Idylwylde	Scott	idylwylde@secla.ca
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Vice-Chair	VACANT	holyrood@secla.ca
Projects	Connie L	projects@secla.ca
SECLA SEV Liaison	Erika	SEVliaison@secla.ca

Exciting Volunteer Opportunity Available

SECLA is looking for a volunteer to collect, review, and forward first- and second-page submissions for the Southeast Voice monthly. If you have:

- Microsoft Word,
 - A vector graphic program, such as Adobe Illustrator,
 - 4 hours per month, and
 - A passion for your community,
- we need you! For more information, please contact SEVliaison@secla.ca.

Backyard camping with your toddler

Now that the temperatures are warm and the days long, take your toddler for a camping adventure right in your own backyard. Explore your garden, neighbourhood, or community park, and see how many flowers and crawling or flying creatures you can spot and name (you can both draw your favourites later). After "hiking," set out an outdoor picnic supper, sing campfire songs before bedtime (with or without the fire) and then

crawl inside your "tent" and sleeping bag or pile of blankets - all right outside your own backdoor and indoor bathroom. For useful tips about backyard camping check out: www.parents.com and search for "7 Backyard Camping Ideas for Kids"

We are volunteers affiliated with child and family serving organizations in Edmonton and are committed to raising awareness of the critical importance of the early



years to success in life. Enjoy these last weeks of summer and stay healthy and safe.

New to Capilano Library - Lodge (2005) by Clay Ellis

Edmonton Public Library is pleased to present Lodge, a sculpture by Clay Ellis, originally commissioned by The Places Program. The sculptor's intent was to create a work that can be perceived as both object and place. Images collected by the artist are lit from within and projected onto the interior of the oblique mesh walls of the triangular shelter, bending the pictures into flashes of light, likened to a memory or a feeling. The idea for Lodge flourished from an unlikely source—a pilot on a return flight from Toronto. The pilot announced that the flight path would allow passengers on one side of the plane to see the stadium where a Heritage Hockey game had just been played. As passengers leaned over to catch a glimpse of the rink for an opportunity to be part of the day, the game, and the community, Ellis was struck that an image so small and abstract could have such an effect. This inspired the use of images that are meant to emulate a fleeting moment.



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Southwoods
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CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



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Programs	Kaitlyn/Garrett	programs@avonmore.org
Assistant Treasurer	Leigh	treasurer@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

Active Avonmore

Hi everyone, today we have 8 community members participating in our active Avonmore initiative. We are looking for more people to participate. Once your email is registered with me, I will send you an email on Sundays to send me your kms on Monday from the previ-

ous Monday to Sunday to make it easier for the bikers and will match what time frame Strava uses. We know there are others in the community who are logging steps from walking, running, biking etc. Please join us by sending your email to active@Avonmore.org.

Hall Rental

The Avonmore Community League is happy to announce that we will begin offering Community League Hall rentals to the public in September assuming no changes occur in regards to Covid-19 guidelines. Please contact hallrental@avonmore.org to book your time or for additional information.

Avonmore Garden Club

It was a challenging July for gardeners - hot and dry. Still lots of great looking yards and gardens. The club is just putting together their list of activities for the fall and winter. Watch for information in the fall flyer and/or join the Avonmore Garden Club Facebook page.

Message from the President

It has been great to see so many families out enjoying the spray park and playground, playing soccer, riding bikes and scooters and generally enjoying the freedom to be outside and to gather with family and friends. The League looks forward to offering more of our regular programming again this fall with some additions.

We are already planning for a return of Pancakes in the Park on September 18th. We also

hope to offer weekly programs such as parent and tots and yoga classes. We welcome your ideas for other activities and events. Contact me (president@avonmore.org) or Kaitlynn and Garret (programs@avonmore.org) with your ideas.

We are always looking for volunteers/community members with talents and skills that will help us offer more in the way of programming and activities.

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: avonmoreleague

Avonmore Book Club

The Book Club continues to meet in person on Sunday evenings.

New members welcome. Next get together is August 29th at 7:00 p.m. Contact president@avonmore.org if you are interested in

joining this group or would like to start a new club that meets on a different night. Every month we put together a list of "good reads." If you'd like a copy of the list contact president@avonmore.org

Soccer

The outdoor season has wrapped up and we would like to extend our congratulations to all the athletes and a sincere thank you to all the parents, volunteers, coaches, and organizers. The Avonmore Soccer Program is entirely

dependent on many hours of volunteers and coaches and the season cannot go on without them. Keep an eye on future SEV editions or emsasoutheast.com for information regarding the Indoor Soccer season for 2021.

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EDMONTON | Youth and Children's Choirs

On Line Programs for Parenting

To register for all programs please contact Jessica Mantel
at 780-667-4383 or jessicam@fultonchildcare.org

• Autumn 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# given at registration)

September 8 - 29; October 13 - November 3

• 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 9:30 - 10:00am

Zoom Meeting (ID# given at registration)

September 7 - 28

Fulton Child Care Association spaces available

for children 3 to 5 years of age.

Please call 780-465-4383

ext. 30 or 31 to register.

• (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# given at registration)

September 9 - 30; October 14 - November 4

• Rhymes that Bind

An oral language development program that promotes positive parenting. Parents learn to enjoy rhymes, finger plays, and simple movement games with their infants and toddlers. Find out how Zoom Zoom Zooming to the Moon can help build your child to build a rich vocabulary!

Tuesdays from 10:30 - 11:15am

Zoom Meeting (ID# given at registration)

September 14 - November 23

• Family Book Club

An engaging program for participants to develop their literacy, numeracy and language skills through interactive story sharing. Each family has the opportunity to share stories and discover a variety of activities they can do together. Each family gets a Family Book Club Kit full of everything they need to bring their story to life!

Tuesdays from 1 - 1:45pm

Zoom Meeting (ID# given at registration)

September 14 - November 23

Avonmore Community League Membership

Welcome Neighbours, thank you for your continued support and making Avonmore a great community. We need your support to help build our great community league! United we stand, as COVID continues to affect our communities, we are striving to keep everyone safe by following all provincial and municipal recommendations.

We hope to engage, develop, and connect our community by bringing residents together to improve our amenities and enhance the quality of life for our neighbourhood. Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. In addition, we are thrilled to welcome two local businesses offering exclusive membership discounts to YOU! The Love Shaving Club is offering a 20% discount for ALL online purchases and FREE local shipping and for coffee lovers, the Candid Coffee Roasters are offering an in-store 10% discount.

We must sustain and build our community for the future generations by fostering the neighbourly spirit. We reside in one of the best communities, so support your neighbourhood because every member matters!

We welcome new residents by celebrating with a FREE first-year membership, please contact membership@avonmore.org for more details. Memberships can be purchased by emailing membership@avonmore.org, or buying directly from Dairy Queen on 75th Street, or

online at <https://efcl.org/membership-purchase/>. After about 6 weeks, Phase 1 is winding down so we can start putting together Phase 2. The idea boards and signs will be taken down, but you can still take the survey or email the project with your thoughts. Thank you to the +170 people who provided feedback. Over the next few weeks we will be reading through your comments for themes and issues to explore in phase 2.

In the meantime you can still complete our survey at www.Avonmore.org/vision/, comment on our facebook page (www.facebook.com/avonmore.vision) (www.facebook.com/avonmore.vision) or email us (vision@avonmore.org).

If you missed our previous posts: The Avonmore Vision is a community led project to get a "Vision" that will help shape Avonmore's future. A "Vision" is just a record of what we want from our community and what our values are.

With a vision in hand, our community can speak with a common voice. It helps both developers and City Planners understand what we want while also showing we are organized and have done our homework. With such a diverse community, putting together a vision is no simple task, so we'll be doing this in three phases. The first phase is a short survey and "Idea Board" you can write on that we will be out until mid June. More information, and the survey can be found on our web page (www.Avonmore.org/vision/) Also, if you are interested in joining our team, please email us at (vision@avonmore.org).

Coming Events

Watch for a flyer delivered to your mailbox at the beginning of September for a complete list of what's happening this fall in Avonmore.

In the meantime check Avonmore Community Chat on Facebook and [avonmoreleague](https://www.facebook.com/avonmoreleague) on Instagram.

Mural Project

We had our first committee meeting in early July. Planning will continue over the fall with an opportunity for community input as to

themes and location. The goal is to have the mural completed by the end of summer 2022.

Vision Zero Street Labs and Avonmore Community

Avonmore Community League is working with Vision Zero to make some crosswalks in the community more visible and increase the safety of pedestrians. If you know of an area of concern contact president@avonmore.org and we will add the area to our list.

Vision Zero Street Labs creates an opportunity to trial temporary traffic safety solutions on your streets by combining the expertise

and power of Edmontonians and City of Edmonton staff to creatively address neighbourhood safety and livability concerns. Each Street Lab is tailored to the unique needs of the community. You could convert a block to a shared street, add a parklet to narrow sections of the road and slow traffic, install curb extensions to shorten a crossing distance, or paint a crosswalk to capture the attention of drivers.

Community Swim Postponed/Discounted Passes

Free to Avonmore Community League Members with valid 2021/2022 membership card starting September 6! Phone 311 or check www.edmonton.ca for updates on closures before you go. As of printing, times for the community swim have not been finalized, but rough

times and locations are given below.

Commonwealth Pool 11000 Stadium Road: Saturdays Late Afternoon

Bonnie Doon Pool 10535-65 Street: Sundays Early Afternoon

Visit www.edmonton.ca for more info.

Avonmore Community Playschool

Fall is fast approaching and even though we have all enjoyed the summer with our families, here at Avonmore Community Playschool we are very excited to welcome everyone back for another fun and adventurous school year. Classes start again on September 15th and there are still spots available.

We have made a few changes to the Classroom this summer painting and repairing all our furniture and creating a more functional space for the children to enjoy.

Our teachers have been busy planting carrots for harvest in class, flowers/beans for the children to gather their seeds for spring, collecting cool rocks to inspire awesomeness

and recovering weathered mountain river sticks to use this fall with our favorite book "Not A Stick". We can't wait to see our old friends and to meet new ones.

On a final note, we would like to say that we have worked very hard over the past year keeping our families and teachers safe. We feel that even though restrictions have been lifted, we will be continuing most of our safety/cleaning procedures for the coming school year just as a precaution.

For more information email playschool@avonmore.org or to see a little of what we are doing check out our new Facebook page.

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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

Capilano Community is using the Nextdoor app!

Choose Capilano Hall for your Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new flooring and a fresh new coat of paint and all amenities are available to make any

event special. Hall capacity is 80. Single weekend daily rates for Fri., Sat. & Sun. are \$225/members & \$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 or visit our website at capilanocl.ca.

Capilano Community Memberships

Memberships for September 2021 to August 31, 2022 are available.

Family \$20.00

Senior couple \$10.00

Single \$10.00

Need a Capilano Community Membership? Contact Jean at 780-863-0914 or memberships@capilanocl.ca.

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 Ave.(Cash only). Note: \$5.00 fee attached to the purchase.
--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.

Capilano Community League Sign Rental

Contact Patrick at: 780-995-8818 or patrick.ccl@shaw.ca

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

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

Small business/commercial advertising -

\$25. Guaranteed 3 days.

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

Community announcements take precedence over small commercial business announcements.

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

Be a Capilano Community Park Helper!

We can keep the park clean and safe with everyone's help. Please use the litter bins and encourage others too. Sand on the sidewalk is slippery, if you are feeling ambitious and know that you are going to be hanging out at the park for some time, then feel free to bring a broom and sweep the sidewalks. It's great exercise! Thank you to those who have already been helping to keep our park safe and clean!

Also, it is wonderful to see the spray deck being used on hot days. However, please consider refraining from pressing the spray deck "on sensor" if you or your children are not planning on going into the water on a cooler day.

For health reasons (children sometimes drink it), the water flowing out of the spray deck is fresh water (not recycled). Only press if you're going in! Thanks!

2021 Capilano SUMMER Green Shack Program

Attention all kids of Capilano community! Come join our Green Shack leader at Capilano Community Park (10810 - 54 St.) for a summer full of fun and games!

DATES: July 12 - August 27, 2021

TIMES: 2:30 - 5:30 p.m., Monday to Friday

A playground leader will deliver FREE playground programs for children 6-12 years old that includes drop-in sports, games, activities, and crafts.

Movement Journey Classes-Capilano Community Hall

Does moving confidently, effortlessly and moving happy appeal to you? These classes are designed for you to experience movement that does not deplete but encourages and energizes you to be resilient, adaptable, and youthful.

Come and explore ways to optimize your move-

ment potential.

Visit www.movementjourney.ca for additional information on class schedule at Capilano Hall, pricing OR email Pearl at: pearl@movementjourney.ca for any inquiries.

Fall Tai Chi Chih-Capilano Community Hall

Start: Six-week class begins October 18, 2021

Date/time: Mondays from 12:00 p.m. - 1:00 p.m.

Tai Chi chih is a series of 20 energizing/relaxing movements. It is a moving meditation emphasizing self-awareness, health, and energy flow.

Very little space is required, no special equipment or clothing is needed. This class is for both beginners and repeat students.

Please call Sharon (Accredited Instructor) at 780-288-2004 for more information/to register

www.relaxwithtaichi.com

Enjoy summer Karate at Capilano!

Looking for something to do this summer? Want to get out, get active and try an exciting and challenging activity? Well, here are the top five reasons to try karate:

5) Great for helping you set and achieve goals: how do you get a black belt? Practice! Lots of practice. Start by creating a measurable and attainable short-term goal, like improving your flexibility... or getting your yellow belt!

4) Great activity for all ages and skill levels: Why put it off - the best time to start karate is now. Whether you're a beginner or advanced student, come with a desire to learn and grow. No one is left behind.

3) Improved focus/ memory: it may seem repetitive, but the benefits of regular training include enhanced alertness, sharpening thinking

- and a calmer, less anxious mind!

2) Proven health benefits: beyond increased flexibility, balance and coordination, regular training is also good for strength development and improving your cardiovascular capacity. Build a healthier, stronger you!

1) A sense of community: your fellow students become friends and you become a member of a community of over 100 million karate practitioners. With regular training opportunities with fellow karate students here and across Western Canada, you will also have the opportunity to travel, meet and train with senior karateka in Okinawa, Japan.

Bonus: our classes are outside this summer! Bring yourself or your family! For more information, visit www.kaizendojo.ca or call/text 780-619-3136.

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We are an online and in-person thrift store - every pair of pants, every piece of furniture, every trinket and doo-dad helps women recovering from addiction build new lives. All profits directly support Adeara Recovery Centre, an addiction recovery centre for women and their children located in Edmonton.

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Donation Drop off:
Tues. Thurs. & Sat.
10am - 2pm



**Capilano Community League's
6th Annual
Chili Cook-Off**

Saturday, October 2, 2021

Tickets \$10 (tickets sold in advance)
includes chili tasting & sides
Location: Capilano Community Hall 10810-54 St
Cash Bar: \$3/drink (Adult Event Only)
Doors Open at 6PM
Tasting starts at 6:30PM

CHEFS NEEDED:
Would you like to submit a chili for the chance at bragging rights as this year's chili cook-off champion?
You will need to bring all the fixings and email/ text your fun creative chili description to Heather.
Contact Heather: 780-818-1456 or heathergail7@hotmail.com
to purchase your tickets or to register as a chef!
Deadline to buy tickets or register as a chef is Sept 25.

**In Support of
Hardisty School's
Playground Expansion Project**

 **CAPILANO
COMMUNITY LEAGUE**

Martin Kerr in Capilano

**CAPILANO COMMUNITY
LEAGUE**

GREEN SPACE BY HALL

AUGUST 22, 2021 5:00 PM



**BRING YOUR CHAIRS, BLANKETS, FRIENDS AND FAMILY TO
ENJOY SOME OUTDOOR MUSIC WITH ONE OF EDMONTON'S
FINEST.**

**SMALL CONCESSION AVAILABLE WITH SNACKS AND
BEVERAGES**

**THIS IS A FREE EVENT HOSTED BY CAPILANO COMMUNITY
LEAGUE**

CONTACT: MARIA AT (780) 984-6839 FOR MORE DETAILS

Capilano Playschool – Register for 2021/2022!

Capilano Playschool is accepting registrations for the 2021/2022 school year. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3- and 4-year-olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through

physical activity, art and crafts, field trips, stories, music and more. We are located in Hardisty School (10534-62 street).

For more information on our parent cooperative playschool, or to get a registration package, please contact Bethany at 780-660-6993 or capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com; or find us on Facebook! Hurry as space is limited!

Capilano Babysitting Registry

Need a babysitter? Contact the Capilano Babysitting Registry to be connected to sitters in your area!

Are you a babysitter looking to meet some new families? Contact us as well!
babysittingregistry@capilanoocl.ca

Cloverdale

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

Board Member Contact Sheet

Position	Name & E-mail
President	Name: Dave 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: Al Email: treasurer@cloverdalecommunity.com
Civics Director	Name: Carly Email: civicsdirector@cloverdalecommunity.com
Folk Festival Liaison Director	Name: Jayne Email: folkfest@cloverdalecommunity.com
Communications Director	Name: Alexa Email: communications@cloverdalecommunity.com
Social Director	Name: Leigh Email: socialdirector@cloverdalecommunity.com
Program Director	Name: Michelle K. Email: programmedirector@cloverdalecommunity.com
Membership	Name: Marilyn Email: membership@cloverdalecommunity.com
Committee Leads	
Casino Coordinators	Name: Braden Email: casino@cloverdalecommunity.com
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 Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: Vacant Email: seniors@cloverdalecommunity.com
LRT Citizens Committee	Name: Graham Email: lrtcommittee_cochair@cloverdalecommunity.com
Gallagher Park Concept Plan	Name: Kirsten Email: lrtcommittee_cochair@cloverdalecommunity.com
Abundant Community - Neighbourhood Connectors	Name: Marilyn Email: neighbourhoodconnector@cloverdalecommunity.com

Don't Forget to Renew your Membership

How do you get/renew your membership? Memberships run September 1st to August 31st and need to be renewed annually. The family rate is \$25, individual and senior memberships are \$12. Cloverdale Community League renewals moved online in 2021, using Square to process credit card payments. If you have a current membership, you will

receive an email with a link to the Square site for renewal.

If you are new to Cloverdale, please contact membership@cloverdalecommunity.com and you will be sent the link. Membership cards will be distributed at various events during August or the Saturday pop-up market 9–10 each Saturday.

Get Social! Upcoming Events on the Hill

Folk Fest Lantern Parade: Friday, August 6 Line the streets on Friday, August 6th at 9:30 pm for a parade! The parade will include a band, stilt walkers, and the famous Folk Fest Lanterns! It will wind through the neighbourhood for about 45 minutes, starting and ending

at the Muttart. Candles will be distributed (as available) to any neighbours sitting outside during the parade. This event is planned to be in person for Cloverdale residents, and live-streamed to the larger public. Visit our community website to see the parade route.

Block Parties are Back!

A Block Party is an opportunity for residents living on the same street to build social connections between neighbours. It creates an opportunity to meet each other, build relationships and have fun. New residents have moved in; make them feel welcome by arranging a casual gathering in the park or boulevard space. Perhaps arrange a bocce game or simply a walk through the neighbourhood to share our neighbourhood treasures like the Community Garden, spray park, river valley trails and Accidental Beach.

Do you know who your Block Connector is? Do you have one on your block or multi-family

building? Cloverdale still needs BLOCK connectors, whether that block is a street or floor of a condominium building. The following spots are in need of Connectors: Cloverdale Hill condos on 92 Street, The Clove, SoHo, Waterside, The Landing, 96A Street South of 97 Avenue and Cloverdale Manor on 96A Street. For more information contact Marilyn, the Cloverdale Neighbourhood Connector at neighbourhoodconnector@cloverdalecommunity.com. She can assist with getting something started for your block/building. Let's help make Cloverdale a friendly community.

Folk Fest Taking It To The Streets: August 8

Take a low lawn chair or a tarp to Gallagher Hill at 6pm on Sunday, August 8, for a small Folk Festival performance! Bill Bourne and D'orjay will be performing live music, free

of charge, to residents of Cloverdale as part of Folk Fest's Taking It To The Streets initiative. Join your neighbours for a fun evening of good music and good times.

Ski Club presents Winter In Summer Music Events

The Edmonton Ski (Bike) Club is keeping busy over the summer months by offering some live music events on the section of Gallagher hill behind the Ski Club chalet. August 11 features Edmonton's Martin Kerr with members of the Edmonton Symphony Orchestra.

August 12 starts off the official "Winter In Summer" series with Kane Incognito and guests Dylan Farrell Band; The Royal Foundry

and FKB on August 13; Whale & The Wolf and El Niven and the Alibi on August 14; Altameda and Laur Elle on September 17; Scenic Route to Alaska and Josh Sahunta on September 18; and additional patio music sessions throughout August and September. Visit edmontonskiclub.com for more information on the upcoming performances being held this summer, or to take part in other summer programs offered at the club.

Missed the AGM? Here's an update!

On June 27th the CCL (Cloverdale Community League) membership held our Annual General Meeting to receive reports on the past year, review our financial situation, bid adieu to board and committee members who were moving on to other opportunities, and to welcome new members to the ranks. It was no surprise to learn that COVID-19 had a huge impact in our community league. Social events, such as the Cross Canada Walk, were reformatted to fit a virtual landscape. Recreational activities were cancelled. The hall was closed to the public for over a year.

Despite the challenges there was much to celebrate! The River Valley Clean Up and Big Bin events helped spruce up Gallagher Park and personal spaces. A group of young people partnered with residents for a successful snow shoveling program.

We gathered (safely) for a concert and movie night in the park. New LED lights and a partnership with the Edmonton Ski Club turned the local rink into a hub of activity. Kids of all ages got involved in Halloween and Easter 'treasure hunt'. Energy and cost saving measures continued to be implemented throughout the year to the community hall. The year was challenging, but Cloverdale pulled together to knit a stronger and more vibrant neighbourhood.

Why have a membership?

Join one of Edmonton's longest-running community leagues! For over 100 years, the Cloverdale Community League has been a central part of our neighbourhood's community. Becoming a member of the Cloverdale Community League gives you discounts on community activities, rentals, and gives you access to neighbourhood events (such as the Community Garden, programs, and more).

The membership also allows you to take part in shaping the community at AGMs, voicing your opinions, and staying up to date on what's happening in our neighbourhood. Your membership also helps support the community hall and initiatives. If you have any questions about the community league membership program, contact Marilyn at membership@cloverdalecommunity.com.

Green Shack Program Returns

Now until August 27th, Mon-Fri from 10:30 AM to 1:30 PM.

Get active and join in on games, sport, crafts, music, drama and special events! A complete list of activities and special events are posted on the side of Green Shacks each week. If there is a game or activity that peaks your child's interest that you would like to have included in programming, just ask the Program Leader. Program leaders will be hosting a variety of games, challenges and activities that are sure to get kids active and having fun!

Visit the neighbourhood Green shack near

the gazebo in Gallagher Park for more details, and watch out for the Live Active logo! Programs Leaders are easily identified by their blue shirts and may be assisted by volunteer leaders in training. All leaders have completed a security clearance process, are trained in first aid, and are certified specialists in fun! Please remember that parents are responsible for their children at all times and must be available in the event of an emergency for their safety. Programming is still available on rainy days, but may be cancelled during severe weather. For more information, see edmonton.ca/greenshack or call 311.

Take Part in "Fruit Forest" Planting

Want to help keep Edmonton green and growing? Join with your neighbours and enhance our natural environment by planting fruit bearing seedlings—such as cranberries, saskatoons and gooseberries—on Wednesday, August 25 from 6–8 pm.

This initiative is part of the City of Edmonton Root for Trees program and is a guided

event that provides shovels, seedlings and gloves. It is free of charge and open to all ages. This is a great event for camaraderie and knowing that these native species will help with the biodiversity of the river valley. Contact Marilyn at neighbourhoodconnector@cloverdalecommunity.com by Monday August 23 to confirm your spot.

Aperitivo Hour: Patio Cocktails and Appies Brought Out Smiles

CCL President Dave Bourne and neighbour Mark Klopoushak dished out smiles along with cocktails and appies on Saturday July 10 from the concession window to deck patrons. Many residents took advantage of the warm day and brought out their four-legged friends also. The proceeds for the beverages

and goodies were collected to fix a section of hall façade that needs repairing and painting. Thanks Dave and Mark!

As we continue to slowly add more community events, please visit the Cloverdale website's calendar to learn what's happening in the community.

Rault Brothers: Saturday, August 7

Celebrate summer with live music again! On August 7th at 8pm, please join your neighbours in listening to the Rault Brothers! The band will be playing at the community hall, and beer and wine will be available for purchase.

Tickets are available exclusively to Cloverdale before August 2, after which they then go on sale to the larger public. Get your tickets on the cloverdale website, or buy at the door.

Cloverdale Community Garden Club

The Cloverdale Community League Garden Club is thriving this season, despite the heat and drought. Twenty-six gardeners are tending their individual plots as well as several flowerbeds, compost bins and the Edmonton Food Bank plots. One mandate of the garden club is to share our bounty. We do that by growing and contributing fresh vegetables to the Edmonton Food Bank. Since our start five years ago, we've shared hundreds of kilograms of fresh produce with families across the city. The 2021 zucchini harvest is just beginning. We made our first of many deliveries in mid July of about 10 kg of zucchini. More

is on the way.

Two important projects this season included sowing mustard seeds instead of potatoes as a way to help renew the soil, and improvements to the Bennett Berm squash hill. Old tires were used to support the vines on the slope.

If you would like to take part in the community garden next season, learn more, or volunteer to help harvest or deliver the produce, please visit <https://cloverdalecommunity.com/garden-club/> or contact Margaret directly at communitygarden_chair@cloverdalecommunity.com.



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Gud Food Box

The Forest Terrace Heights Gud Box is a large box of fresh, seasonal produce available twice a month. The boxes provide affordable produce delivered to our neighbourhood and is supplied by a local Edmonton company.

Produce boxes purchased through Forest Terrace Heights Gud Box raise funds that sup-

port free and low-cost programs and events in the community.

Boxes ordered online are available to pick up at Forest Terrace Heights Community Hall, 10150 80 Street, on the scheduled Friday.

For more details go to: <http://www.thegudbox.ca/ftth>

Burgers & comedy highlights

On July 7, Lars Callieou's Firepit Comedy Tour returned for its second annual show in our neighbourhood.

We had a great turn out to our first visit from the Fox Burger Food Truck Community Crawl. It was wonderful to see so many community members and get a chance to try their amazing burgers.

Lots of people were asking when the food

truck would be coming back... We are working on another date, please watch the website and Social Media for details.

Once again, Lars Callieou and the Firepit Comedy Tour brought laughs and lightness to the neighbourhood. 44 people came out to enjoy the show, it was a warm night but we were able to find a nice shady spot in the arena and spread out.

Free drop-in Green Shack programs

The City of Edmonton is offering Green Shack programs at both Forest Heights and Terrace Heights playgrounds until Aug. 27. The free, drop-in programs offer crafts, games, sports and free play for kids aged six to 12.

The Terrace Heights shack at 9835 71 St

NW operates Monday to Friday, 10:30 a.m. to 1:30 p.m. The Forest Heights shack at 10150 80 St NW runs the same days from 2:30 to 5:30 p.m.

For more information and a list of other Green Shacks in the city, go to edmonton.ca/greenshacks or call 311.

Nordic Walking Wednesdays

Nordic walking simulates the movements of cross-country skiing. Nordic poles are shorter than cross-country ski poles, and when used correctly, they propel the walker forward along a trail or sidewalk. Nordic walking uses virtually every muscle in the body.

The Forest Terrace Heights walking group meets Wednesdays at 7 p.m. outside the community hall, unless limited by weather. A membership in any community league is required, but it is otherwise free. Email sonya@forestterrace.org for more information.

Board vacancies & other news

If you are interested in any of the vacant positions on our board – for president, treasurer and hall rental coordinator – please contact Kathleen at vp@forestterrace.org. Members of the board receive free membership in the league and one free hall rental per year. They are asked to attend board meetings, held on

the first Tuesday of every month except July and August. Once health restrictions allow, the board plans to meet in person again, at the hall.

The full list of board members is available on our website, forestterrace.org. Click on "About the League" in the main menu.

The next meeting will be Tuesday, Sept. 15, at 7 p.m.

We have invited all the candidates in Ward 16 to present at one of our meetings.

To buy a 2021-22 membership in FTHCL, valid until August 2022, contact Sonya at memberships@forestterrace.org or 780-463-1613. You can also get one online at efcl.org, at Grower Direct (7231 101 Ave NW) and at Forest Heights Grocery (10130 79 St NW). A family membership is \$30; individual member-

ships are \$15; seniors pay \$10; and, if you're new to the area or have never had a membership before, your first year is free by contacting Sonya. For a full list of membership perks, visit forestterrace.org/membership.

The Forest Terrace Heights community hall at 101050 80 St NW has limited availability for rentals. Contact hall@forestterrace.org with questions.

What makes your block awesome?

The City wants to recognize the most awesome blocks in Edmonton.

Are your neighbours kind, helpful and friendly? Do you take care of each other in tough times? Do you celebrate together and make sure everyone is included? If so, you're invited to nominate your block, building floor or cul-de-sac for an Awesome Block Award.

Share a story – with photos or video if you like – about what you and your neighbours do that makes you special, an event you hold that helps you connect or something inspirational that has happened where you live.

Submissions are open until noon on Aug. 22, 2021. Go to edmonton.ca and search for "awesome block awards."

Rink open

The rink at the Forest Heights hall is open for public use. It's a fun spot for toddlers to run around, or for a soccer or spikeball game.

Please adhere to AHS guidelines to ensure everyone can enjoy the space safely. And remember, no dogs are allowed.

**AFFORDABLE
FRESH, SEASONAL
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Produce boxes purchased through Forest Terrace Heights Gud Box raise funds that support free and low-cost programs and events in the community.

www.thegudbox.ca/ftth

Magic show Aug. 18

We are so excited to welcome back magician Chris Gowen for a family-friendly outdoor show at the hall on Aug. 18 at 6:30 p.m.

Chris started learning the art of magic at age 13 and honed his skill through intense study. In 2017, he was named the Pacific Coast Association of Magicians' children's entertainer of the year.

Tickets are available on EventBrite. Be sure to bring a chair or blanket to sit on, a mask if



you wish to take part in the show, and drinks or snacks.

Crafting Workshops with Blenderz Garment Recycling

The Forest Terrace Heights Community League is excited to announce that Blenderz Garment Recyclers will be bringing 3 of their innovative workshops to our community. Blenderz is a zero waste, zero export, textile recycling company in Edmonton, Alberta. We take garments and other textiles from local thrift stores and charity shops and break down the materials that cannot be resold. They offer clothing and textiles that are still very good to wear, resell, or upcycle yourself.

Session 1 - Tie Dye Fun

Date: Thursday To Be Confirmed 6-9pm
Cost: \$40, Forest Terrace Heights Community League member - \$48.76, Non members

Session 2 - Rag Rug Weaving

Date: Thursday To Be Confirmed 6-9pm
Cost: \$40, Forest Terrace Heights Community League member - \$48.76, Non members

Session 3 - Dog Bed Sewing Class

Date: Thursday To Be Confirmed 6-9pm
Cost: \$60, Forest Terrace Heights Community League member - \$69.98, Non members
Check the Website for more information.

Playground update

Check out the Forest Heights Playground Project website, <https://fhsplayground.wixsite.com/play>, to see what the fundraising committee is up to and options to donate.

Watch for another bottle drive coming up in September. In the meantime, you can contribute to the playground fund by dropping off bottles at Roper Road Bottle Depot at 5618 54 St NW. Let them know you are supporting For-

est Heights School. You can also help by on-line shopping. The playground fund receives a percentage of purchases from a variety 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.

First Annual Forest Terrace Heights Garden Tour

August 24 6:30-8:30pm (w/garden.jpeg)
Here is your chance to see what is growing in your neighbour's yard! Join our garden tour to

help raise funds for our community garden expansion. Join on Eventbrite or email memberships@forestterrace.org for more information.

Fulton Place

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

BOARD

Mike
President president@fultonplace.org
7808867794
Miles Vice President League Affairs
vpleagueaffairs@fultonplace.org
7809515253
Gavin Vice President Civic Affairs
vpcivicaaffairs@fultonplace.org
7805041896
Jeff Treasurer
treasurer@fultonplace.org
Lisa Program Director
programmer@fultonplace.org
Facilities/Memberships
info@fultonplace.org
Joshua Communications
communications@fultonplace.org
Sherry-Lynn Hall Rental
hall@fultonplace.org
Ice Rink Shawn
rink@fultonplace.org
Babysitter Registry and Course
info@fultonplace.org
Miles
Seniors Liaison
info@fultonplace.org
Sherry
Director
sherry@fultonplace.org
Fulton Place Garden
fpcgcontact@gmail.com

Volunteer with the Fulton Place Community League

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

Facilities - our hall needs minor maintenance on an ongoing basis, if you would like to assist us with this we'd love your help!

General Volunteer - if you would like to volunteer a few hours during a one off event we'd like to know!

Secretary - our board needs a secretary, typically a few hours a month, if this would be of interest we'd like to know!

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

Fulton Place Gardeners Swap & Sale

Fulton Place is planning to hold their fall garden swap & sale this year on Saturday September 11 at the hall. We are still finalizing details for the event, and consideration

of current health restrictions are a part of that. Further details to follow via email to our members, our website, our sign, and SEV. Stay tuned!

Fulton Page Turners Club

Fulton Place Community League is starting a book club for all members and non-members. It's free to join.

The Fulton Page Turners will meet every two months either virtually or appropriately in-person (as per AHS regulations) to jointly

discuss a book, share thoughts and ideas, and plan the next reading session.

If you are interested in joining please or learning more please email League Program Director Lisa at programmer@fultonplace.org.

Tool Library

Your Fulton Place Community League is now a member of the Edmonton Tool Library. With your Community League Membership card or number you get year-round access to their inventory of tools and you can borrow up to 8 tools at a time for a one-week rental period.

The inventory is located at Bellevue Community Hall, 7308 112 Avenue NW.



MEMBERSHIPS



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

Hall Rental



The Fulton Place hall is available for rent, following current Covid restrictions. The hall is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members. To book the hall please contact sherry-lynn@fultonplace.org.



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North SEERA Hockey Registration opens July 1st!

For more information on registering please visit our website northseera.ca.

Follow us on Facebook, Instagram, and Twitter.

Rates for the 2021-2022 season are as follows:

Category	Age (Birth Year) <small>Age as of December 31 2021</small>	Fees	Early Bird Fees <small>Fees paid from July 1st to July 15th, 2021</small>
U7 (Discovery)	4 (2017)	\$165	\$165
U7 (Jr. Timbit)	5 (2016)	\$165	\$165
U7 (Sr. Timbit)	6 (2015)	\$250	\$250
U9	7-8 (2013-2014)	\$540	\$490
U11	9-10 (2011-2012)	\$600	\$550
U13	11-12 (2009-2010)	\$650	\$600

Gold Bar

4620 - 105 Avenue
goldbarcl.com

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	charlenelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Joelle Zimmerman	Joelle_zimmerman@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Sharon Harker	gbhallfun@gmail.com
Sign Director	Lindsay Kocil	lindsaykocil@me.com

Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands and kettlebells, with a longer mobility focused warm up.

Sundays 7-8pm. This session runs Sept

12- Oct 31, no class Oct 10.

Contact Lisa to register or with any questions.

Sundays \$70.

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

Congratulations!!!/ Bingos Reopen/ Green Shack

• Membership Contest!

July Winner is Lindsay and Cory
Winner receives a \$ 20 gift card to Blues Java/all care pharmacy.We will be having a winner

once a month (2020/2021). Buy your membership now!!!!

***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.

•Bingos Reopen

We are so excited that the bingo halls are allowed to re-open! Please join us in working these or any events to come. All proceeds help the community. For more information or to help out please contact Lorie at 780-447-1110.

Parkway Bingo Hall;

Monday, August 16 evening/late night

Tuesday, Sept. 7 evening/late night

Saturday, October 9, evening/late night

Fort Road Bingo Hall:

Thursday, August 26 afternoon/evening
Thursday, October 7, afternoon/evening

• **Come on out to our Summer Green Shack program** at Gold Bar playground! This FREE drop in program run by the City of Edmonton is targeted at children aged 6-12, but all children accompanied by an adult are welcome to attend. Each day of the week you will get active and experience a variety of crafts, games, sports and free play.

Location: Gold Bar Playground

4620 105 Avenue

Dates: All weekdays from July 12-Aug 27

Time: 10:30am-1:30pm

*The City of Edmonton is following Government of Alberta health guidelines so program start dates may be subject to change.

For more information please visit edmonton.ca/Greenshacks or call 311

The City of Edmonton would like to acknowledge that their programs respectfully take place on Treaty 6 Territory and Métis Nation Region 4.

Community Memberships Now Available

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

Please Remember Your Card.

ALL MEMBERSHIPS ARE ENTERED INTO OUR MONTHLY CONTEST. THE WINNER GETS \$20 GIFT CARD TO BLUES JAVA OR ALL CARE.

You can purchase memberships at any of the above places or Call Amy Cooper 780 668 6836

Adults/Family \$20 and seniors \$5. CASH or CHEQUE (goldbar community league)

Mom and Me Fitness

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn. We will be outdoors beside the playground for as long as possible this fall and move inside the hall as the weather turns too cold. 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 Sept 13-Oct 25 no class Oct.11 and Thursdays 930-1030am Sept 9-Oct 28 at Gold Bar Community Hall.

This session runs although you're welcome to join anytime.

Contact Lisa to register or with any questions.

Mondays \$60 and Thursdays \$80.

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

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Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - VACANT	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 - Nor'Ali	memberships@holyroodcommunity.org
Facilities & Grounds - Sarah	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Social - Jeremiah	social@holyroodcommunity.org
Civics - Carlos	civics@holyroodcommunity.org
Holyrood Development Committee - Jaime	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Rink - VACANT	rink@holyroodcommunity.org
Soccer - Andrew & Geordan	soccer@holyroodcommunity.org
Playschool - Christina & Laurence	playschool@holyroodcommunity.org
Playgroup - VACANT	playgroup@holyroodcommunity.org
Casino - VACANT	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.

FREE DROP-IN SUMMER GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Holyrood 9411 Holyrood Road	July 12 - August 27	Monday - Friday	2:30 PM - 5:30 PM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.

This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

For more information, please visit: edmonton.ca/Greenshacks or call 311

The City of Edmonton is following Government of Alberta guidelines, and start dates may be subject to change.

GET IN TOUCH WITH US!

 @GreenShacks

 greenshack@edmonton.ca



LIVE ACTIVE

Folk Fest: Taking It To The Streets

Holyrood has been selected to host one of the much sought-after Folk Fest community concerts! We are so excited to announce that we will have 2 performers making sweet music for the community on August 8th. Bring your blankets or a tarp to sit on, get the whole family together and get ready for an evening of rollicking folk tunes! We STRONGLY encourage you to walk to this event, as Holyrood Road and the community league hall parking lot will be closed to host the performers, the south parking lot will have food trucks, and street parking will be very limited.

JOIN US ON AUGUST 8TH

FOR A RETURN TO THE HILL (sort of)

IN OUR OWN NEIGHBOURHOOD!

SHOW STARTS 6PM

FIELD NORTH OF SEESA



EDMONTON FOLK MUSIC FESTIVAL

Taking it to the Streets

Volunteers Needed

We are looking for a few good volunteers to help the community league with a few upcoming events. Have you been thinking about volunteering but don't have that much time to spare? We have a need for people that have

2-4 hours to devote to our events in the form of crowd control, manning our big bin, or handling hot dogs. If you're interested in joining us and making our events even better, please sign up at <https://signup.com/go/tYzTgTa>

Amazing Events!

Do you have a great idea for something that would make our community more fun? Are you a member of a band that misses performing in front of a live audience? Do you have a small company that you'd love to feature on our social media or see it here, in print? We're looking for community members who want to get involved! The community

league would love to work with you to see your ideas for Holyrood come to life. Even if you only have a few hours, or just an idea, reach out to us and let's see if we can get the ball rolling, together! If you just want to volunteer to help out for one of our events, you can also contact us. Email communications@holyroodcommunity.org

Awesome Block Awards

Are your neighbours kind, helpful and friendly? Do you take care of each other in tough times? Do you celebrate together and make sure everyone is included? If so, you might live on an Awesome Block! We invite you to celebrate your neighbours by nominating your block, building floor or cul-de-sac for an Awesome Block Award. Share a story

about what your block does that makes it special, an event they hold that is helping neighbours connect or something inspirational that has happened where you live. You can also share photos and videos! Email abundantcommunity@edmonton.ca with your story, photo(s) or video attached. Submissions open until noon on August 22, 2021.

Community League Day

September 18, 2021



BIG BIN

OUTDOOR MOVIE

FOOD TRUCKS

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 Idylwylde Community League

Cheery Tomato Community Garden

Spring has sprung and we've planted our community garden for this year. If you would like to turn your thumbs green this summer, contact us at gardenidylwylde@gmail.com and we'll let you know how you can be involved with our amazing little community garden.

Littlebirds Jazz Band

We're excited to present a free outdoor concert by the Littlebirds jazz band. Join us August 19 at the Idylwylde Community Rink from 7 to 8 p.m. Bring a chair or blanket to sit on and enjoy an evening of fantastic music with your neighbours.



Help us make a Heart Garden in Idylwylde

The news of the graves of children discovered at Kamloops Indian Residential School and Marieval Indian Residential School is painful and tragic.

And we know that this is likely just the beginning of the discoveries that will be made across Canada. Our heartfelt sympathy and wishes of strength go out to our Indigenous community members and all who are suffering. If there is any support you need, please

What is a Heart Garden?

Heart gardens were made across the country coinciding with the closing ceremonies of the Truth and Reconciliation Commission in 2015, as a way of remembering the lives lost to the Residential School system and to

reach out to our league. The Indian Residential Schools 24 Hour Crisis Line is also available 24-hours a day: 1-866-925-441. The legacy of the Indian Residential Schools System and the cultural genocide of Indigenous Peoples is an issue of importance for all of us, and there are many ways that we can respond. One way the League is planning to take action locally is to create a Heart Garden in our neighbourhood.

honour the survivors. In response to recent discoveries, some indigenous leaders have made calls to once again to make heart gardens to honour the children who attended these schools.

Would you like to join a team to help plan the Heart Garden?

As a team, we will need help to determine where to situate the garden, what materials to use, how to involve the community in making and planting the hearts, whether to incorporate plants, or traditional medicines, and how the garden will be maintained over time.

If you would like to participate in the planning of this project, please reach out to Kate at pastpresident@idylwylde.org to let her

know how you would like to be involved. If you are an Indigenous Knowledge Keeper and would like to share your knowledge with us, we would be very honoured to connect with you.

Once we have a plan, we'll let all neighbours know how they can participate in planting our garden. Thank you and best wishes for a healthy summer.

Free Memberships

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 any-

one 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!

Monthly Community Meetings

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

Ottewell Dental Clinic

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CONTACT US!

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

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)
Members **Non-Members**
Weekend (Fri.pm – Sun.pm)
\$450.00 \$550.00
Day Rate

\$300.00 \$385.00
Damage Deposit
\$250/day rate \$550/day rate
\$450/weekend \$550/weekend
*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details.
To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Kenilworth Toddler Time

Toddler Time runs Monday mornings from 10:30 to 11:30am.

Kenilworth Child and Youth Engagement Update

Our first youth event to celebrate our newly formed KCL YOUTH group was held at the end of June at KCL was a huge success.

Thanks to all those who attended and the many volunteers who helped! A HUGE special thank you to Carol's No Frills for providing ice cream and popsicles!

At the event there was a variety of different sports and games to play and the people created a great atmosphere for youth in our community to hang out and have a chance to meet a new friend.

Some of the youth even shared what their favorite part was and shared comments like "I liked the games the most" and "the ice cream was my favorite part".

We look forward to this new adventure for KCL and the great efforts of our Youth Committee!

This youth initiative is a result of Kenilworth Community Leagues mission "to further promote the interests of the community of Kenilworth [and] improve the physical, social, educational and environmental benefits of this fine community".

Our youth committee was formed as a



result of our youth engagement survey and town hall earlier this year!

If you know a youth who would like to get more involved in our efforts have them email youth@kenilworthcommunity.com. Please follow on Instagram @kcl.youth and on Facebook @ Kenilworth Child and Youth Group for any announcements and upcoming events!

Mural

We are excited to have Carly Gordon paint a mural on our outdoor shed. It has been a target for graffiti and with the support of the City of Edmonton Graffiti Grant program we are going to brighten the shed up and hopefully prevent future graffiti.

Carly will be adding anti-graffiti coating to her artistry.

<https://www.carlygordon.ca/about-carly>

Kenilworth Playschool

KCL has previously been home to a play school two days a week providing play-based opportunities for children aged 3 and 4. We are seeking community interest. We have shelved the program until April 2022 pending interest.

IN SEARCH OF a teacher as well as a volunteer who could develop a survey to gauge volunteer interest; knowledge of Survey monkey would be helpful Email our KCL President, Irene, at: president@kenilworthcommunity.com

Scrapbooking At Kenilworth Hall

We are happy to tell you that our scrapbooking evening will continue at Kenilworth Hall this fall and winter of 2021-2022

Anyone who is a scrapbooker is welcome to come and spend the evening with a lovely bunch of scrapbookers. There is no vender, so please bring whatever you need. There is room to spread out and have a large table all to yourself or if you prefer digital scrapbooking there is Wi-Fi in the hall for those who want to bring their lap top computers. We are all responsible for setting up and taking down any tables and chairs we use (we help each other). These group sessions are a great way

to get those photos organized, tell your family history, or show off your vacation photos. Coming once a month will help keep you motivated in getting your photos in order.

When: The last Monday of each month starting September 27th. October, November and in 2022...January, February, March, April, May, and June.

Time: 6:30-10:00 pm

Where: Kenilworth Hall 7104 87 Ave

Cost: \$0

Hope to meet some new faces.

For more information: Linda Burns 780-951-5339 lmiburns@gmail.com

Green Shack Program

Green Shack at Kenilworth Playground
Monday to Friday 10:30 a.m. – 1:30 p.m.
July 12 – August 27
Crafts, games, sports, and free play!

Spray Deck open 9-9

Happy to provide community members using our outside space, with an accessible portable toilet located on north side of parking lot.

Kenilworth Off Leash Dog Park

Opened May 1st in the fenced in rink area. 9am-9pm daily- managed by a great group of KCL volunteers. We can always use volunteers to help with the opening and closing of the park. Contact Irene at president@kenilworthcommunity.com

Please use the dog park responsibility: clean up after your dog/ use the garbage cans for doggie bags. Users must maintain 2 metres physical distance from others, comply with Alberta Health gathering restrictions and perform hand hygiene before and after use.

Big Bin September 18th

Kenilworth is planning on having its Big Bin Event on September 18th (weather and health regulations permitting) from 9am to 1pm or until the bins are full.

Connected Neighbors Contact Card

Thinking about checking in on your neighbors? If so, Neighborhood Services has a Connected Neighbors card that you can use! This card can be used to reach out to neighbors who might be at home isolating or need help.

Please remember to adhere to the AHS public health guidelines when interacting and checking-in on your neighbors. To download

the contact card, please visit the following link:

https://www.edmonton.ca/programs_services/documents/PDF/ConnectedNeighboursCommunityCard.pdf
Kenilworth Community will also print a few cards and tack them up on the bulletin board for you to take.

Kenilworth Crib Club

The Kenilworth Crib League plays every Wednesday, starting at 6:30 pm until done, typically around 9:30 pm. Played in pairs, the first round of Crib's names are randomly drawn and every four weeks partners change. The entry fee is \$5.00 and the money goes towards prize money and coffee that the Crib Club supplies.

We are looking for people who make a commitment to play each week, however, things happen and when a person can't make it, we have people that act as substitutes. The substitutes are an important aspect of our club and there is no charge for the "Subs" to play. We are grateful to have these people.

The season runs from September 22 to

April 27th. There is a Christmas potluck on December 15th with play crib after and a windup Potluck Dinner on May 4th where the top three male and female winners are awarded.

We are interested in people who can commit to play every Wednesday night and for those people that would like to play occasionally, we are also looking for those people to act as "Subs".

Registration is on September 12th at the Kenilworth Membership Event from 12-3. If you interested in joining our club and can't make it on September 12th, you can contact Rhys at 780 902-9553 to discuss further options.

VOLUNTEER OPPORTUNITIES

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

We have the following volunteer position available:

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.

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.

Become a member

Memberships

2020 - 2021 memberships are on sale and valid until Aug 31, 2021.

Memberships are a great way to stay connected with your neighbors, community news and events. They are also valid for discounts at city rec centers and pools.

Email Rebecca at: membership@kenilworthcommunity.com to arrange for your membership renewal or purchase.

20\$ family \$15 senior/single

Please do not let finances be a barrier to you joining our community league. Email Rebecca to discuss your options!

Kenilworth Membership Drive

SEPT 12 12-3 pm

We are SO excited for our membership drive this year as we get a chance to reconnect with friends and neighbors after the challenging year we have all made it through. What a great community we live in and it is growing every day with new families and faces.

LET'S CELEBRATE, RECONNECT, AND MEET SOME NEW PEOPLE! Come play some fun old school games like tug of war, bean toss, giant Jenga or sack racing, listen to some live music, do a craft, get a hotdog, and don't forget to get your annual KCL membership!



Your membership purchase shows your community that you care, that you want to develop relationships, and that you support all the volunteers who work so hard to keep the community connected. Your membership also gets you discounts at city amenities!

Look forward to seeing you there!

If you would like to help volunteer for our membership drive day please email [mailto:membership@kenilworthcommunity.com | membership@kenilworthcommunity.com] Nothing happens in this community without the heart, soul, time, and energy of our volunteers!

Adult Badminton

The Kenilworth Badminton Club expects to be playing badminton during the 2021-2022 season. Our normal start time is early October and we usually play on Tuesdays and Thursdays. We are dependent on getting access to Kenilworth School from the city to operate our club. Since access is uncertain and can change, for current status, please contact: kenilworthbadmintonclub@proton-mail.com



Seniors Programs

There are programs available for lower income seniors. Special Needs Assistance for Seniors considers specific items that fall into one of the following three categories:

- appliances/furniture
- health supports
- personal supports

For example, if you earn less than \$38,546 combined couple income, you qualify for snow shoveling services, housekeeping and/or yard maintenance: maximum \$1,226 in a benefit year.

Assistance is provided for light housekeeping, grass cutting, and snow removal only.

For all the information:

<https://www.alberta.ca/seniors-special-needs-assistance.aspx>



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Ready to *SING* Again?

Join the Edmonton Columbian Choirs & *SING* again!

Edmonton Columbian Choirs has choirs for all ages. We rehearse Tuesday evenings starting in September. The "Young Columbian Choir" (ages 6 - 12, and "Vocal Motion" (grades 7 to 12).

For more information, please contact Elaine Dunbar at 780-461-1539, or email: dunbarstudio@gmail.com

Executive board members

Executive:
President – Colleen
Vice President – Michelle
Secretary – Sandra L.
Treasurer – Eric
Past President – Corinne
Board Members:
Bingo Director – Tyler
Casino – Open
Hall Manager – Tim
Grants – Chelsea
Big Bin – Andrew
Building Projects – Lukas
History of Ottewell Committee –
We need more members!
Indoor & Outdoor Soccer Director – Cory
Summer Playground Director – Open
Social Team – Many OC Members
Playschool Rep – Jason
Rink Chair – Tom
Membership Director – Lindsay
Communications – Sandra
Website – Taylor
SEV Liaison – Open
EFCL Rep – Corinne
SECLA Rep – Sandra
All positions are volunteer.
Please send all inquiries via
email to oclpres2021@gmail.com
Ottewell Community League
5920 93A Avenue NW
Edmonton AB T6B 0X2

OCL board meetings

Ottewell has been hosting virtual meetings to connect with directors, the board, and volunteer members. Our next virtual meeting will be on Tuesday, August 17, at 6:30. If you would like to attend, please email oclpres2021@gmail.com. You will be sent a meeting invitation.

New website

Our new website is up at ottewell.ca! We've been working to make our website an easy-to-use hub of all things Ottewell. Take a look and send your feedback or questions through the website. You can also send suggestions to oclwebpage@gmail.com.

Calling all Ottewell historians

Hello, neighbours! Keep sending in those stories! We want to build our history page. Sixty years ago, executive board members voted to be a part of the Edmonton Federation Community Leagues, and a lot has happened since then. Do you have a story to share about the Ottewell community? Do you have stories about your childhood in Ottewell attending different programs or stories that have been shared by family members?

You can share your stories either by email at ottewell2212@gmail.com or by phone at 780-465-7755. You can also drop your written story in the community hall mailbox. Please provide contact information as we want to acknowledge all submissions.

Let's keep the community spirit alive by sharing our history.

Market day volunteers



Thursdays, June - September

We are looking for folks to assist with market day activities at our new farmers' market. We need volunteers to welcome shoppers, staff the information table, assist vendors with inquiries, and aid the market team when needed. We will be adhering to all AHS guidelines. Please email oclfarmersmarket@gmail.com to be a part of this fun team!

Reminder: No dogs at the park or in the rink area



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

Ottewell community news and information board

Post your ideas and share your summer adventures with our community! The 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!

Community tables at the market

Non-profit community groups are welcome to reserve a free table at the market for registration or fundraising opportunities. Please email oclfarmersmarket@gmail.com to book your date!

Exciting volunteer opportunities available

Come join us at the Ottewell Community League! As a volunteer-run organization, the OCL depends on people like you to offer programs and services.

Help us make Ottewell an even more amazing community.

Featured Opportunity:

OCL is looking for a volunteer, starting in September, to collect, review, and forward Ottewell community submissions for the

Southeast Voice monthly. If you have:

- Microsoft Word,
 - A vector graphic program, such as Adobe Illustrator,
 - Experience using Google Docs and Google Drive,
 - 4 hours per month, and
 - A passion for your community,
- we need you! For more information, please contact sev.liason@gmail.com

Community league memberships

Get your 2021/22 Ottewell Community League membership, now available for purchase at the Ottewell Community Artisan Farmers Market every Thursday. If you paid for a membership last year, your new membership will be available for pick up on Thursday, September 9. Please email oclmemberships@gmail.com with any questions or concerns.

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

It's time to start reconnecting with our community and all the great people around us. Come join the Ottewell Community League!

Ottewell Community Park

Did you know that Ottewell Community Park is open for anyone to use? The park hosts many family events during summer and fall, from birthday parties to family picnics. We are thrilled to see so many enjoying the park.

Please take care of our park and pick up

after yourselves. We don't have a full-time groundskeeper; the Ottewell community volunteers appreciate your help in keeping our park clean! Please note that washrooms are only available at certain times. Watch our website ottewell.ca and our Facebook page for washroom availability.

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 Red Swan Pizza for offering a 5% discount to OCL members. Show your OCL membership card at Red Swan Pizza, 4964 98 Ave NW, to receive your discount.

Ottewell Community League members can also get:

- a 5% discount at Anvil Coffee House - anvilcoffeehouse.com
- a 10% discount at Ottewell Eye Care - ottewelleyecare.com
- a 15% discount at Pop Kids Marketplace + Shy Mama Designs - www.shoppopkids.com
- a 10% discount on photography at Light-



work Consulting - www.lightworkconsulting.net

-a 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, on our Facebook page, and in the Southeast Voice.

How does your garden grow?

Hey community members, keep those photos coming! What grows well in your garden space? Is it a specific type of flower or your favourite vegetable? We want to hear from you.

This year we want to see pictures of your garden. Share with us your challenges and your celebrations; we want to hear about them all! Submit your photos to oclfarmersmarket@gmail.com. When you send us a photo, we will put your name in a draw for Ottewell Artisan Farmers Market bucks, valued at \$50. The draw for the winner will take place in August. Happy Gardening!



Ottewell Community Playschool

Now taking registrations for OCL September 2021 Playschool.

Our wonderful teacher Lisa Pirnak has a natural ability to relate to and communicate with her students.

She'll help your little one aged 3-5 develop motor, social, and cognitive skills in a fun and encouraging environment!

Prices start at \$100. Playschool runs Mondays, Wednesdays, and optional Fridays. Register online at ottewell.ca/community/oclplayschool.

If you have any questions, please contact



our Playschool Director Jason McLean at playschoolocl@gmail.com.

Ottewell programs returning Fall 2021

Zumba, yoga, and a some of our craft classes will return to Ottewell Community Hall this fall. It has been a long 18 months without programming! Watch upcoming Southeast Voice issues for more details and reg-

istration information, or check ottewell.ca or our Facebook page. Follow us! If you have an idea for a program to be hosted at Ottewell, please email ottewell2212@gmail.com. We would love to hear from you!

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.

Garage sale and BBQ fundraiser

Garage Sale and BBQ Fundraiser

August 6, 5:00 pm - 8:30 pm

6811 92A Avenue NW

Cash only.

Come to our Garage Sale and BBQ Fundraiser in support of the Terra Centre: a local, non-profit organization that provides support for parenting and pregnant teens in Edmonton. Join us on Friday, August 6 for sizzling hot dogs, and cold drinks, and find treasures for a bargain while you're there! For more informa-



tion, please visit mosaichouse.ca/events.

Free gardening talks

The Waldorf-Ottewell Community Garden announces the first talks in a series covering practical gardening topics. Presentations will be held at Waldorf School, 7211-96A Avenue, in the outdoor classroom beside the patio, or in the school gym if it rains. Talks are free, but please consider donating in support of the garden through Canada Helps at <https://tinyurl.com/2b5yrppt>.

Upcoming Talks:

Thursday August 5, 2021, 7:00-8:00 pm

Soil: What's in that bag, and does it matter?

We'll start with a brief introduction to soil biology and its importance to the health of your plants and harvest. Then we'll dive into the different soils available for purchase at your garden or home center and how to decide which soil to use for your gardening application.

Thursday August 19, 2021, 7:00-8:00 pm



Mulch: Why you should cover your soil... always.

Learn the importance of mulching your gardens. We'll delve into the pros and cons of different mulches, which mulches to use where, and the proper application of mulch to avoid common issues.

To keep updated about future talks, please email communitygarden@wese.ca and follow us on Facebook. We look forward to seeing you!

Girl Guides registration open

Registration is now open for 2021-22 Programs that start in the Fall. Registration and program information is available at www.girlguides.ca. Feel free to reach out to Darcie Johnson, our Helen Burns District Commissioner, for information about local units at any-edmhelenburnsdc@girlguides.ca.



Children's summer programs with the Alberta Safety Council

There are still spots this summer in our children's programs, including Safety & Environment Day Camp, Pedal Pushers half-day bicycle camp for ages 9-11, Pedal Pushers Two half-day bike program for ages 5-8, Babysitting Course and our Home Alone Course. We also offer one hour Scooter Sessions for only \$8! Find us on Facebook @Albertasafetycouncil and Instagram @albertasafetycouncil to see what we have been doing so far this summer. If you have any questions, visit our website at <https://www.safetycouncil.ab.ca/> or call us at 780-462-7300. Use code ASCottewell2021 for 10% off with your Ottewell Community League membership.



Ottewell Community Artisan Farmers' Market

Ottewell Community Artisan Farmers Market

Thursdays 3-7 p.m.

This past month our little market grew, with new vendors every week. We also added a community booth to make it easier for you to buy your 2021/22 community league membership. We post the week's list of vendors on Tuesdays, and we let you know about special events planned at the market. Check us out at Ottewell.ca and on Facebook.

We are always accepting new vendors - email oclfarmersmarket@gmail.com or go to our website ottewell.ca for market vendor information.



Farmers' markets bring vitality, community, and convenience to neighborhoods across Alberta, and support local business owners and artists. Join us to support your community!

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.



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Stay safe in the sun this summer

Get outside this summer. There are plenty of benefits to being outdoors this summer. It's a great way to improve mental wellness, and it helps to reduce stress and anxiety. Time outside can increase your vitamin D and physical activity, too. However, without proper protection those sunny days can raise your risk of skin cancer. Most skin cancers are caused by too much exposure to ultraviolet (UV) light. UV light is the invisible radiation that comes from the sun and can damage skin cells. Protecting yourself against UV rays is important year-round. It is especially important in the summer, when the sun is strongest. In Alberta, UV rays are typically at their peak from 11 am to 3 pm. Below are three important tips for sun safety:

Check the UV Index before leaving home. The UV Index indicates the strength of the sun's daily UV rays and can help inform the steps you take to protect yourself. The higher the UV index number, the stronger the sun's rays are and the more important it is to stay out of the sun. According to the Canadian Cancer Society, any time the index is at a three or above, you must take extra precautions to protect your skin. Use sunscreen and reapply often. Apply a broad-spectrum sunscreen with an SPF of 30 or higher. Remember to apply generously and protect the skin that's not covered by clothing. You'll also want to reapply as needed. Most sunscreens should be reapplied every two hours, especially if you've been swimming or sweating

The mental health benefits of spending time outdoors

Have you ever noticed the sense of calm you feel after spending time in nature? In addition to physical health benefits, outdoor activities have also been shown to promote and maintain your mental health. Being in green spaces (such as gardens, parks or forests) can significantly reduce cortisol (a stress hormone), and raise endorphin levels and dopamine production. Additionally, the vitamin D you get from natural light can help regulate your sleep

cycle. Sleeping away from artificial light and waking up with natural sunlight can also reset your circadian rhythm, which will result in better-quality sleeps and likely leave you feeling more alert and capable the follow-



ing day. That's why one of the best things you can do right now is get outside and take advantage of summer at its peak. Whether it's tending to a community garden, taking a walk through your local park, or having a

picnic outdoors, contact with nature can rejuvenate your body and mind. What does it take to reap the benefits? While some people can't get enough time outdoors, many of us may spend most of our time inside, even in the summer months. Your schedule, lifestyle, and access to green spaces can all play a role, but research has shown that spending at least two hours a week outdoors will allow you to reap the maximum mental health benefits.

How to stay safe on the water this summer

As temperatures rise, Albertans will take to our province's lakes, rivers and pools to cool off and enjoy the outdoors. For many, swimming and water sports are an unmissable part of our short prairie summers. Yet these activities, which typically occur on unsupervised bodies of water, are not without risks. More than 400 Canadians drown every year, making drowning one of the leading causes of death for people under the age of 25. In many cases, these deaths are preventable. According to the Canadian Red Cross, young men ages 15 to 44 and children ages 1 to 4 are at the greatest risk of drowning. July 18 to 24 is National Drowning Prevention Week, a period dedicated to increasing awareness of the risks associated with drowning and offering steps everyone can take to enhance their water safety. Below are a few tips to remember before hitting the water:

• Always supervise children – Distractions, even momentary, can be fatal. Drowning is fast and silent, often occurring in less than 30 seconds. Keep your eyes off your phone and on the water. • Always wear a lifejacket when in a boat – Simply having a lifejacket on board is not adequate as its unlikely you'll be able to successfully retrieve it in the event of an emergency. According to the Canadian Red Cross, only 12.5 per cent of people who drowned in boating-related accidents were wearing a properly-fastened and fitted life jacket. • Use the buddy system - Avoid going on the water alone; instead, invite a friend so you can look out for each other. Do this even if you're a strong swimmer. • Know your limits – According to the Canadian Lifesaving Society, alcohol consumption is a factor in almost 40 per cent of boating-related fatalities. Both alcohol and cannabis use can impair your judgment, reflexes and balance.



Dianne Hopkin

DESIGN CONSULTANT

6037 GATEWAY BLVD.
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Choose the right backpack

Backpacks are handy for carrying books—and lots of other things. But if they're not used right, they can strain muscles and even cause back pain.

Backpack safety is important for everyone. It's especially important for children, who can be hurt if they regularly carry too much weight or don't wear their backpacks safely.

Look for these features:

- **Lightweight.** Leather backpacks may look nice, but other materials, such as canvas or nylon, weigh less.

- **Wide, padded shoulder straps.** A loaded pack will dig into shoulders if the straps are too skinny.

- **Waist belt.** This is an important feature. It takes some weight off of the back and transfers it to the hips.

- **Handy compartments,** the more the better. They help distribute the weight evenly. They also make packs easier to organize.

- **Padded back.** This keeps sharp edges from digging into the back.

- **Wheels.** These are nice if you or your child needs to carry a lot. But check with your child's school to make sure they're allowed. Remember that these packs will still have to be carried up stairs. And they can get messy when pulled through mud or snow.

Then pack it safely

Experts say a child shouldn't carry more than 15 to 20 per cent of their weight. Don't guess—use your washroom scale to weigh the loaded pack. Pack the heaviest items closest to the back. Packs with compartments make this easier to do.

Lift it safely

- Never bend down from the waist to pick up or set down a heavy pack.

- Always squat down, bending at the knee and keeping your back straight.

- If you need to, you can put one knee on the floor and the other knee in front of you while you lift the pack and swing it around to your back.

Wear it safely

Pack wearers should use both shoulder straps. It may seem easier or more comfortable to sling the pack over just one shoulder, but that's a bad habit that can lead to back or shoulder pain.

- Always use the waist belt and tighten all the straps so the pack fits snugly.

- Make sure your child stands up straight while wearing a backpack. If they must lean forward, the pack is too heavy.

- If your child is having back pain or neck soreness, talk to your doctor. Encourage your children to tell you about any pain or soreness.

Healthy workday lunches

Getting fueled for your workday doesn't have to be grueling. Take just a short time each week to create a meal plan will fuel your work week, and save you time, money and stress. Plan to have ingredients on hand to prepare nutrientdense foods that meet your preferences, daily demands for time and whether you are at home or on the go.

Follow Canada's Food Guide and use the Healthy Plate Model to fill your plate with vegetables and fruits, whole grains and protein foods. Get started:

Plan- Planning is key to healthy eating. Without planning, we often turn to foods that are less healthy for us. Set aside a time each week to plan meals for the week. Use a calendar or your favourite app and select recipes to prepare for the week. Don't forget breakfast and snack foods. A little pre-planning goes a long way.

- Look at the upcoming week's activities. If you know that you have activities or commitments after work, maybe that's a good night to plan a slow cooker meal or leftovers.

- Consider recipes that use the same ingredients. It helps reduce waste and save money. For example, use lettuce one day for salad and another day for tacos.

- Involve your family. Ask them for input and get them to share ideas for new recipes to try or old favourites to include.

- Before you shop, make a list of the ingredients needed to make the recipes you selected.

- Keep previous menus and favourite recipes for later use.

Purchase: Shop for ingredients to make meals and recipes, not just food. If you don't have a plan for perishable food, it can lead to food waste and higher food costs over time.

Check your pantry, fridge, and freezer for staples. Make your list based on what you need to make the recipes you have selected.

Prepare: Choose healthy ingredients. Start with healthy, whole ingredients like fruits, vegetables, whole grain foods and protein



foods. Save time and money with these ideas:

- Use time-saving appliances and tools such as a slow cooker, pressure cooker or mini chopper.

- Prepare ingredients ahead of time. For example, wash and chop vegetables and fruit as part of putting groceries away.

- Involve the family in food preparation. Delegate tasks that match the food preparation skill or ability of the helper.

- Cook once and eat twice. Make larger batches of recipes so you have a meal to eat now. Then freeze meals for another time.

- Consider time-saving ingredients such as mini carrots, pre-cut vegetables, shredded cheese and rotisserie chicken.

- Cook chicken, fish, beans or tofu that can be supper one day. Then add leftovers to wraps, salads or quesadillas, or toss into soup.

Pack: To ensure that we get good healthy fuel during our work days, we need to pack that healthy fuel with us. Some packing tips include:

- Have the right supplies on hand to make portable meals and snack easy, such as containers, ice packs, lunch kit, Thermos.

- Make packing your next day's lunch part of your supper kitchen time routine, to free up time in the morning.

- Individually package multiple days of the foods you eat often. For example, package overnight oats into containers in the fridge for several breakfasts.

Don't forget about snacks and hydration to fuel your workday:

Snacks aren't just for kids. Unpredictable schedules can turn our mealtimes upside down. Snacks:

- keep you energized;
- provide important nutrients missed at meals.

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What is blue-green algae and why does it matter?

Are you living near a lake with blue-green algae issues? It is common in Alberta, especially in the summer.

Blue-green algae occurs naturally, and often becomes visible when weather conditions are calm. It may look like scum, grass clippings, fuzz or globs on the surface of water. It can be blue-green, greenish-brown, brown, and/or pinkish-red, and it often smells musty or grassy.

People who come in contact with visible blue-green algae or who drink water containing bluegreen algae may experience skin irritation, rash, sore throat, sore red eyes, swollen lips, fever, nausea and vomiting and/or diarrhea. Symptoms usually appear within one to three hours and resolve in one to two days. Symptoms in children are often more pronounced. However, all people are at risk of these symptoms.

If blue-green algae is on your lake, you are advised to take the following precautions:

- Avoid all contact with blue-green algae (cyanobacteria) blooms. If contact occurs, wash with tap water as soon as possible.

- Do not swim or wade (or allow your pets to swim or wade) in any areas where bluegreen algae (cyanobacteria) is visible.

- Do not feed whole fish or fish trimmings from this lake to your pets.

If you suspect a problem related to blue-green algae or if you require further information on health concerns and blue-green algae, please call Health Link at 811. Additional information, including current health advisories, can be found online at www.ahs.ca/bga.

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Soccer Director	David	rec@strathearncl.org
A.V. Club/Youth Director	Andrew	avclub@strathearncl.org

Strathearn-based Business Profile

Our spotlight series on local neighbourhood businesses continues, and this month we connected with our Strathearn neighbour Franck Bouilhol, the proprietor of Little Bear Gelato.

So first of all, we're all wondering who is this 'Little Bear' – the namesake for your gelato company?

'Little Bear' is the nickname I gave to my eldest son (now 4 years old), and it just stuck!

How long have you lived in Strathearn, and what do you love most about the neighbourhood?

It's been almost 7 years now! We love this neighbourhood, especially the green space. Plus, it's perfectly located between downtown and Whyte Ave. I also love the fact that the LRT construction is 'almost done'!

It's been noted that your products are actually French inspired vs. the traditional Italian variety. Can please tell us what is the difference?

Well, our gelato is definitely in pure Italian tradition, our sorbets are 'Plein Fruit' meaning that we put as much fruit as possible inside. That's the artisanal way to do sorbet in France.

Currently Little Bear products can be found at several Farmers Markets, local shops, and online... any plans to open a permanent gelateria shop (in Strathearn, perhaps? Hint, hint)

Hahaha, well that's in the box for the mo-

ment, we're waiting for the right time and opportunity. Strathearn is an option though!

It seems like there are a ton of rotational flavours in the Little Bear collection. What are the enduring fan favourites and what more obscure flavour combos have you experimented with, or would you like to try making?

We have 3-4 rotating flavors every month, and overall our bestsellers are Belgian Chocolate, Sour Cherry and Mango-Passionfruit. More than obscure I tend to like the most pure flavours. We don't use any food colouring or artificial flavours in our sorbet.

Seriously, how much is a #seriouslysmall-batch of gelato? Is each batch taste-tested by a little bear?

We make up batches of just 8 Litres over in our commercial kitchen near Whyte Ave. And yes, my little bear (the 4-year-old) is the Quality Control Manager, and his 2-year-old brother is the assistant. They take their jobs seriously!

And finally, do people tend to eat more gelato during a global pandemic?

I think so... we had a lot of customers buying pints of ice cream for themselves or as gifts for family or neighbours over the past year or so.

Watch for Franck's yummy gelato and sorbet popping up all around town, and find out more at littlebeargelato.com

Strathearn Green Shack Now Open!

Strathearn Green Shack is now open and ready for fun! A reminder that Silver Heights Park (at the Strathearn Community Hall grounds) is again hosting a Green Shack this summer. The Shack is open Mondays through Fridays between 10:30AM - 1:30PM, all the way from July 12 through Aug. 22.

For those of you new to Green Shack, this is a FREE City of Edmonton program filled with games, sports, crafts, and activities for kids. Program leaders host a variety of games, challenges and activities that are sure to get kids active and having fun!

Program Leaders are easily identified by their blue shirts. All leaders:

- Have completed a security clearance process, are trained in first aid, and are certified specialists in fun!

- Ensure participants play safely (Parents are responsible for their children at all times



and must be available in the event of an emergency).

Note - programming is still available on rainy/snowy days but may be cancelled during severe weather.

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We Need to Talk about Opioid Poisonings in Our Community

By: Dr. Kathryn Dong, Strathearn neighbour

Opioid poisonings are happening in our neighbourhood. They are happening in every neighbourhood. And we need to start talking about it. Between January and April 2021, 159 Edmontonians died from opioid poisoning, more than one per day. Nationally, deaths from opioid poisonings increased 89% during the COVID-19 pandemic.

As a doctor who cares about, and treats, people who use substances, I am asking every Edmontonian to do three things. The first is to be a safe person to talk to about substance use. Be someone who understands that people use substances (legal and illegal) for a variety of different reasons. Addiction is a treatable, chronic medical disease that involves complex interactions between brain circuits, genetics, the environment, and someone's life experiences; it is not a moral failing or a choice. If someone trusts you enough to talk about their substance use, listen with compassion, not judgment. Use non-stigmatizing language. Even better, start the conversation with the people you care about and more broadly in your community.

Second, educate yourself about substance use treatment and recovery. Learn about the services available in our community, such as Access 24/7 (780-424-2424), and local opioid dependency programs, including a virtual option (<https://vodp.ca>), which do not require referral from another physician. For people who meet criteria for an opioid use disorder, treatment with medication can reduce the risk

of death from any cause by more than half. Lastly, understand how to identify and respond to someone experiencing opioid poisoning. People experiencing opioid poisoning will have slow or no breathing, be difficult or impossible to wake up, appear pale or blue, and have tiny pupils. Call 911 and initiate basic life support. Naloxone is a medication that temporarily reverses the effects of opioids. If you think you may witness an opioid poisoning, pick up a naloxone kit, and learn how to use it, free of charge from any emergency department or your local pharmacy (see the footnote for an interactive map).

If you are someone who uses non-prescribed opioids, or any substance purchased from the illegal market, you may be at risk of death from opioid poisoning. The street drug supply is poisonous and unpredictable, and many substances are contaminated with highly toxic synthetic opioids. You may not be using what you think you are. Please don't use alone, have naloxone available, and talk to someone you trust about a safer use plan; or, if you are by yourself, use a virtual service like the National Overdose Response Service (www.nors.ca, 1-888-688-NORS).

I watched our community help each other during the COVID-19 pandemic. When my family had COVID-19, our neighbours checked in on us, brought us food, and texted daily for support. This crisis also requires a neighbourhood-level response. Start the conversation, know where to go for help, and be prepared to respond. We are still in it together.



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

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Marlin Schmidt
MLA Edmonton-Gold Bar

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Silver Heights Park

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It's Back! Strathearn Art Walk!

The Strathearn Art Walk is back again this year! Join the festivities on Saturday and Sunday September 11th and 12th, 2020 from 12-7PM each day. The Strathearn Art Walk is a free, family-friendly event. This annual celebration of the arts strives to bring out the best in our community by bringing people together to celebrate emerging and professional art, all with the scenic backdrop of our beautiful river valley and city skyline. Previous years have featured over 300 artists and attracted more than 25,000 visitors. Keep an eye out on our communication channels and visit strathearnartwalk.com for more information.

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2000 sq ft River Valley BUNGALOW: STUNNING vaulted family room with ceramic fireplace, open concept kitchen, large master bedroom with 4 piece ensuite, main floor laundry, Bright & Unique property with all the extras.



Ottewell Bi-level: Quiet location backs onto green space, new shingles on house and garage. Other recent improvements: all windows updated, lower bathroom, most paint & flooring. Perfect starter home.



Old Strathcona: 1- 1/2 Storey : 3 Kitchens, 3 newer bathrooms, 3 separate living areas, Oversized double garage.



University Condo: Impressive 1200 sq ft 2nd floor unit, 2 bedrooms, 2 bathrooms, ensuite laundry, underground parking w/storage, concrete & steel construction, pet friendly complex.