SOUTHEAST VOICE

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

December 2021 / January 2022

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Holidays with Kids

Let's Celebrate!

December and January bring so many opportunities for you to introduce and share holidays and festivities with children.

Find delicious new foods to cook, new songs to sing, colourful decorations to make. Take your preschooler to your local library and explore books filled with stories about many of the special days at this time of year for people in Edmonton and

around the world.

Celebrations you can consider: Hannukkah, from November 28 to December 6; Winter Solstice, December 21; Christmas [and various cultural traditions around it], December 25; Kwanzaa, December 26; Omisoka, as well as New Year's Eve, December 31; New Year's Day, January 1; Ukrainian Christmas, January 7; and, although Chinese New Year will be on Tuesday, February 1, you may find bright displays to enjoy around the city in late January.

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.

We hope you all stay healthy and safe. This December and January, celebrate the diverse community we live in.

Hardisty School Bottle Drive for Playground and Raffle Thank You

Hardisty School needs your help to expand the playground for younger children and those with mobility issues! The Hardisty bottle drive has raised \$70,000 dollars, so far, but must reach a goal of \$325,000 dollars to update the playground.

The proceeds will go to the construction of a state of the art climbing structure and several swing sets.

Please DROP OFF your bottles at the Hardisty School parking lot (10534-62 St) on

Friday, January 7: 2:45-3:30PM or

Saturday, January 8: 10AM-3PM

For those unable to drop off during these dates, text your address to 780-982-9876 by Thursday afternoon to coordinate pickups.

Thank you for supporting our fundraiser and our local kids!

Come Celebrate the Opening of Tawatinâ Pedestrian Bridge

Cloverdale and Riverdale neighbourhoods will again be reconnected with a ceremony of celebration on Sunday, December 12 at 2pm when the new pedestrian bridge opens. Most importantly, the significance of this pedestrian walkway will be recognized with acknowledgement of the land that we occupy and the Métis and Indigenous connection this bridge brings to all of us. Tawatinéneans "valley" in the Cree language, and the name recognizes how valuable the valley is as a recreation and meeting place.

There are nearly 400 pieces of art that are installed on the ceiling of the pedestrian portion of the bridge, which is located on a separate level underneath the LRT tracks. The art was com-

missioned and provided by Mess artist David Garneau and his students. David, who is originally from Edmonton, will be present for the opening of the pedestrian walkway and the unveiling of the art. In turn, we are asking for any children that would like to come to the opening to please bring a drawing they have made of the new bridge. We have a surprise treat for them all after the celebration.

All who use the river valley system will be invited to be present and join in with representatives of key amenities that have been long separated: Edmonton Ski Club, River Valley Adventures, Muttart Conservatory and Culina to-go Muttart—to just name a few. Meeting at the bridge, we will witness a short

but meaningful Indigenous ceremony to commemorate this bridge that connects nature and the people who enjoy it. As we meet, we want to share with our less fortunate neighbours by asking attendees to bring a donation of warm outdoor gear.

We are asking all who wish to attend this event to bring a donation of gloves, mittens, toques, hats etc. for distribution via https://www.warmhandswarmhearts. ca/ to distribute to those that are braving this winter without these items.

Those wishing to join in the celebration can contact Marilyn at neighbour-hoodconnector@cloverdalecommunity. com for more information, as further details will be solidified closer to the event.



Thank You

Congratulations to Kerry McKinstry who won \$2,645 in the 50/50 raffle.

Kerry has donated her winnings back to the playground project! This generous donation brings us to \$70,297 raised to date. THANK YOU Kerry!!

Thank you to everyone who purchased tickets in support of the Hardisty Playground Expansion Project.





Andy Verhagen 780.907.8202

email andyv@telus.net

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South East Community League Association

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
Holyrood (Chair)	Claire	holyrood@secla.ca
Idylwylde	Scott	idylwylde@secla.ca
Kenilworth	Kevin	kenilworth@secla.ca
Ottewell	Sandra	ottewell@secla.ca
Strathearn	James	strathearn@secla.ca
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Vice-Chair	VACANT	holyrood@secla.ca
Projects	Connie L	projects@secla.ca
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Community League Board

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Free Sand From the City

Now that winter seems to be upon us, icy sidewalks can be a problem. Every year the City and the Community Leagues partner to provide free sand for residents to put on icy sidewalks. In addition to being easier on your wallet, it is also less damaging to our new side-

walks. To get sand, take your own container to the hall parking lot, (7902-73 Ave) where you will see 2 green boxes at the north edge of the lot. The community hall in King Edward Park (7708-85 St) also has a box, on the north side of the building, if that is more convenient.

Active Avonmore - Avonmore Moves

We are currently running a movement initiative in support of mental health that runs until at least the end of December 2021, and we're thinking of extending into 2022. We know there is a definite connection between mental health and exercise! Since the beginning of June, we've encouraged Avonmore residents to track their movement in kilometers. Some residents use a device that tracks their movement of steps, running, biking or they calculate 20 minutes of workouts which equals 1.6 kms. Community members record their movement and send their data in so we record the numbers for the whole neighbourhood. We have 23 people who regularly track their movement and send in their numbers. Between June 1st and November 14, 2021 Avonmore community members have moved and travelled a total of 38,874.98 kms. That is equivalent to movement of walking, running, biking or workouts from Vancouver to St John's return, Edmonton to Disneyland return and Edmonton to Disneyworld return! We've had a lot of fun playing and our next destination we are heading to the North Pole to become Santa's Elves!!! Who knows where 2022 will take us, so join us in the fun!!!

To encourage your participation, we are enhancing our movement initiative to not only include kms from a device for walking, running and biking but now INCLUDE workouts: yoga, swimming, dance, skating, hockey/soccer (games and practices), YouTube workouts, Zoom exercises, etc. Anything you or your kids do that is active is eligible - 20 minutes of exercise is equivalent to 1.6 kms.

We would like everyone who can log their workouts, steps or biking kms to join us! Please join us the rest of Avonmore is this fun way to improve our physical and mental health by doing these two things:

- 1. Send us an email at active@avonmore.org and get started recording your own movement.
- 2. Share our email address with everyone in your Avonmore contact list so they can join in.

If you have any questions, please email active@avonmore.org. We look forward to hearing from you!

Hall Rental

The Avonmore Community Hall will be operating under the Restriction Exemption Program. Please vist https://www.alberta.ca/

covid-19-public-health-actions.aspx for more information or contact Tanya at hallrental@ avonmore.org

Yoga Classes - January to April

A new yoga session will start in early January. In person classes on Tuesdays and online classes on Wednesday.

Kat Boehm (movingmindfully.ca) will offer online classes on Wednesday and Tori Lunden and another instructor will be offering classes in the hall on Tuesdays.

Online Classes: Wednesdays at 7:00 p.m. January 5 to April 13th. The fee for the session of 15 classes is \$180.00 for members of any community league and \$195.00 for nonmembers. Sessions are offered over Zoom

and recordings of the sessions are made available after the class in case you miss or want to repeat the class later in the week.

In Person Classes: Tuesdays at 6:00 p.m. and 7:30 p.m. from January 4 to April 12th at Avonmore Community Hall. The fee for the session of 15 classes is \$180 for members of any community league and \$195.00 for non- members. There is a limit of 12 per class. All registrants must have proof of vaccination and wear masks when entering and leaving the hall. To register contact president@avonmore.org.

Community Coffee - Ist and 3rd Wednesdays Next Community Coffee is December 1 your neighbours. The League

Next Community Coffee is December 1 from 10:00 a.m. to noon. Starting in January, Community Coffees will be the first and third Wednesdays of each month until March. Everyone is welcome. These are casual events where you can share news, concerns and meet

your neighbours. The League operates under the Restriction Exemption Program so attendees will need to show proof of vaccination and wear a mask until seated. Transportation to the hall can be arranged if you need it by emailing president@avonmore.org.

Parents and Tots - Mondays at 9:30 a.m.

HI Everyone! We've been having fun at playgroup on Monday mornings, with a few regulars and some drop in visitors every week. We have been playing with toys and doing crafts, made ghosts at Halloween, doing lots of colouring and wrote letters to Santa as well! Our current project is Christmas cards for some community league members. Please feel free to join us on Mondays at 9 a.m. at the Avonmore Community Hall for some crafts and fun. Can't wait to see you there.

Note: Adults must show QR code as proof of vaccination, either paper or digital, and wear masks.

League Ice Rinks

Proof of League Membership Required for All Users after December 15th

Heads up to those who haven't purchased a membership or forgot to get skate tags with the membership. Rink attendants will be checking all users for proof of membership either membership cards or skate tags - starting on December 15th. See details on how to purchase a membership elsewhere on this page. Membership in any community league in Edmonton will be accepted.

This change may be new to many users; however, it is how most community league rinks operate and it is how the Avonmore rink used to operate. This change helps to ensure that community members of all ages have safe and increased access to the rink.

Booking the Rink for Team Practices, Birthday Parties and Shinny

This year groups of all kinds can rent the rink at various times during the week and on weekends.

Hockey teams who want some extra practice can book the rink for the same time each week or just occasionally.

Families are welcome to book for 1 to 2 hours for family gatherings, birthday parties, shinny games etc. We are not able to open our rink shack this year due to COVID concerns and shared use with the Playschool. However, we will offer a rental package that includes use of the rink and the hall for an af-

ternoon or evening.

Weekend shinny players who are not members of any community league will be required to book and pay for use of the rink for shinny games on Friday, Saturday and Sunday evenings. The rink can be booked in advance.

If you would like more information on booking the rink please contact president@avonmore.org.

Rental rates will be posted at the rink, on Facebook on the Avonmore Community League Chat and Main page as well as on our website avonmore.org.

Attendant Needed to Keep our Rink a Safe and Friendly Space for Everyone

Avonmore Community League is looking for a rink attendant(s) to support our rink operations this winter. The attendant(s) will be responsible for opening and closing the outdoor rink and facilities, checking that users are League members or have paid to rent the ice, ensuring rink rules are followed and for some activities checking for proof of COVID vaccination.

The attendant(s) hours will average 15 hours a week from the beginning of December to the end of February, with most hours occur-

ring on weekends. The wage for attendants is \$15-20/hr dependent on age and experience of the contractor. The contractor will work as part of our rink operations team.

Time permitting attendants may also be asked to support the ice makers with light duties. Groups and families are welcome to take on the role together. This could be a great fundraiser for a team or school. If you are interested in this role and/or would like more information, please email your questions and/or your resume to president@avonmore.org.

COVID Restrictions and Avonmore Community League

Avonmore Community League will be operating under the province's Restriction Exemption Program (the name for the province's proof of vaccination program). Anyone participating in a League organized activity in the hall must provide proof of vaccination.

Provincial rules for anyone renting the hall:
•Renters must check for proof of vaccination and must enforce capacity limits for

participants 12 and older. It is the renter's responsibility to be familiar with current provincial and municipal public health orders and bylaws, and abide by them. •The League will include a COVID-19 clause in all rental agreements.

For more information go to https://www.alberta.ca/covid-19-public-health-actions.aspx

Start Your Own Club or Group

Do you have an interest or skill you would like to share with your neighbours? Avonmore has several active groups such as the book and garden club that use the hall for meetings and other events. We also had a lego club for kids up pre-COVID.

We welcome more groups who would like to use the hall at no cost and/or use our Zoom subscription to meet online.

All it takes is one or two people with a keen

interest in an area and a willingness to to promote and organize some regular gatherings - and it's a great way to get to know people! The League also has some funds set aside for small groups to purchase supplies, pay for

If you have an idea for a new group or club contact president@avonmore.org or programs@avonmore.org and we can help to get you started.

Avonmore Community League Membership

Welcome and thank you for your continued support and for making Avonmore a great community. Are you excited to use the skating rink? Please note that you will need proof of membership and skate tags! Please, contact membership@avonmore.org to purchase your Avonmore membership and receive your skate tags for the Avonmore rink. Already a member but need skate tags? Please contact membership@avonmore.org for further details.

Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. 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 is

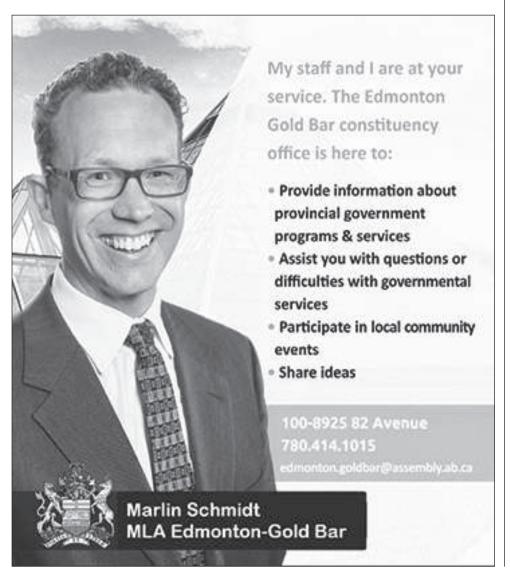
offering an in-store 10% discount on ALL beverages.

We must sustain and build our community for future generations by fostering the neighbourly spirit. We



reside in one of the best communities, so support your neighbourhood because "members make the difference!"

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



Avonmore Community League Merchandise

Feeling the cold? We have Avonmore merchandise available for purchase by emailing the Membership Director at membership@ avonmore.org. Should you need to keep your beverage warm, the 10 oz. Insulated Mug will satisfy your needs.

Or want to add color to your wardrobe and/ or stay warm? Our colourful Toques have you covered. Community league members received a discount as each item is \$15.00; otherwise, without a membership, each item is \$20.00.

Avonmore Vision Phase 2 (Online Survey): We need to hear from you again!

If you weren't able to attend one of our workshops, we still need to hear from you. There is an online survey with the same questions we had at the workshops.





Just use the QR code below or go to Avonmore. org/vision and click on "Take the survey".

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 Con-

cert 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 Playschool

Here at the Avonmore Community Playschool we have been having lots of fun enjoying the wonderful, warm, weather this fall, but are excited to welcome the snow and all the fun activities that we can now do in the cold. We have already been out sledding and painting the snow, now we are ready to start doing fun winter activities inside too. One of the activities we love to do every year is making cinnamon ornaments. This is an easy activity to do with little ones and they smell

wonderful too. Check out the link below to make some for yourselves, or you can find it on the Avonmore Community Playschool Facebook page where we will be posting other fun activities that we will be doing over the winter season. Have a great winter and registrations for next September will be accepted starting February 1, 2021, with details of our open house to follow.

https://www.allrecipes.com/recipe/11638/ non-edible-cinnamon-ornaments/

Soccer & Winter Shinny

*Avonmore Community League is looking for a new soccer director for Avonmore soccer, all inquiries please contact sports@avonmore.org**

Shinny ice hockey has begun! These sessions run on Friday evenings at Kenilworth Arena. For more information please email Boris at sports@avonmore.org.

Swim Postponed/ **Discounted Passes**

Free community swim times have been postponed. We will keep you posted when this great benefit of Avonmore membership resumes. Discounts on monthly city recreation Center passes are available if you show your membership card. Please visit www.edmonton.ca for more info.



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	Treasurer	Kyle	treasurer@capilanocl.ca
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	Hall Rental	Marzena	780 909-5886
	Grants/Planning	Allan	587 989-4031
	Casino Coordinator	Jean	780 863-0914
	Memberships	Jean	memberships@capilanocl.ca
			780 863-0914
	City Programs	Kristin	780 238-7795
	CCL Programs	Maria	780 984-6839
	Social Director	Heather	780 466-1380
	Neighborhood Watch	Jeff	780 469-0026
	Southeast Voice	Jill	780 718-7270
	Webmaster	Katie	webmaster@capilanocl.ca
	Social Media	Jean	780 863-0914
	Sign Rental	Patrick	780 995-8818
	Building & Grounds	Carson	587-930-6977
	Civics Director	Monte	780 243-7547
	Babysitting Registry	Becky	587 589-5848
	Capilano Playschool	Bethany	780 802-9307
	Tennis	Daniel	780 245-1285
	Soccer Programs	Shelley	780 497-0395
	Soccer Programs	Curtis	780 908-3889
	Ice Allocation	Lyris	780 242-8874
	Hardisty Gym/Preschool So	occer Shauna D	780 966-3205
	SECLA	Monte	780 243-7547

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!

Tyler

Choose Capilano Hall for your Event

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

If you're planning on hosting a weekend daily rates for Friday, Saturday and Sunday are \$225/ members and \$300/non-members. The entire weekend rates are \$325/ members and \$450/non-members.

> With the new Covid-19 restrictions in effect; Capilano Community League is participating in the Restrictions Exemption Program.

Anyone entering the hall must provide a proof of vaccination, document of a medical exemption or proof of a private paid PCR/ rapid test within 72 hours. Masks must be always worn in the hall, except for when eating or drinking. Additionally, the hall will provide disinfectant for cleaning after your event but will not provide PPE (such as masks).

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 1, 2021 to August 31, 2022, are avail-

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!

--SEESA (Southeast Edmonton Seniors Association), 9350 - 82 Street.

Available at the front desk during business hours (Cash only).

--Servus Credit Union, Capilano Mall #110, 5615 - 101 Avenue (Cash only). Note: Only Family Memberships available and EFCL \$5.00 admin fee attached to the purchase.

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

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

Capilano Playschool – Spots Available!

Do you have a child who will be 3 or 4 this Winter?

Playschool is a great way for your child to socialize with other kids in

the community and enjoy a Learn through Play program with our great teacher Ms. Jo! We still have spots available!

For more information, or to register, please contact Bethany at 780-802-9307 or capilanoplayschool@ hotmail.com.

New Seniors' Program at Capilano Community Hall!

780 690-8613

Unfortunately, our November SCONA Seniors afternoon was cancelled due to the inclement weather.

City - NRC

Come and join us for the December gathering. Tuesday December 14th - doors open 12:45 to 2:30pm

To register for the afternoon please all Cathy at 780-433-5377. Cost is only \$5 (Coffee and snack/lunch provided). Hope to see you there! Capilano has brought the SCONA Seniors Centre to the Community League.

We are hoping to host an afternoon once a month on the third Tuesday of the month. This seniors' program is new to Capilano Community. The SCONA Seniors program runs at various venues on the South Side of Edmonton, and we are bringing this to Capilano. If you would like to try us on for size, please call 780-433-5377. Cost is only \$5 (Coffee and snack/ lunch provided).

Potential dates for 2022: Tuesday January 18th, Tuesday February 15th, with doors opening at 12:45 to 2:30pm. Covid protocols are expected to be in place and please watch for changes/cancellation to the program on our webpage and social media platforms.

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@capilanocl.ca

Karate Classes – Capilano Community Hall Looking for something that is heavy on over 40 years' experience

learning, physical activity, and fun, but is light on the wallet? At Capilano Community Hall, we are offering a quality, practical, non-competitive martial arts program that is affordable for the whole family. A small dojo with a welcoming, family atmosphere. Study karate from the birthplace of the art - Okinawa. All classes taught by fifth degree master instructor with

over 40 years experience in the martial arts. Get active, reduce your stress, improve flexibility and focus. Classes available for adults as well as youth/ families. Adults - want a deeper challenge? Why not explore Ryukyu kobudo, the indigenous weapons art of Okinawa? Study one or both arts for the same price. For more information, visit www.kaizendojo.ca or call/ text 780-619-3136. See you on the floor!

Total Body Fitness

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

Tuesday classes at 6:45 p.m. and 8 p.m. Thursday class at 6:45 p.m.

We are inside the hall and participants must show proof of vaccination and be spaced 2 metres apart. Tuesday at 8 p.m. is currently running outdoors but may move inside with more interest.

Session runs November 2/4 – December 14/16.

Next session starts the week of January 3,

\$77 (70 for CCL members) one day a week (7 classes)

\$154 (140 CCL members) two days a week (15 classes)

Drop-in rate is \$13

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

Thursday STRONG

Thursday Strong class focuses on getting stronger, no cardio.

Thursday class at 8 p.m.

Session runs November 4 – December 16. Next session starts January 6, 2022.

\$66 (60 for CCL members)

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

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!



CAPILANO COMMUNITY HOCKEY

PASS, SHOOT, SCORE!

Capilano is running our 6 week community hockey program for kids 6-12 starting in January 2022. Dynamic hockey classes teach kids the fundamentals of stick handling and passing in small sided games. Make sure to check our website and CCL Facebook page for upcoming registration.

MUST HAVE A HOCKEY HELMET WITH FULL CAGE, SKATES AND A STICK.

WWW.CAPILANOCL.CA CONTACT SHAUNA FOR DETAILS AT (780) 966-3205





Heather McPherson

Member of Parliament Edmonton Strathcona

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Capilano Community * League Rentals

ENJOY THE WINTER OUTDOORS OVER THE CHRISTMAS BREAK. RENT KICKSLEDS AND SNOWSHOES BETWEEN DECEMBER 18/21 AND JANUARY 2/22 AT THE CAPILANO COMMUNITY RINK SHACK.

FILL OUT THE REGISTRATION FORM ON OUR WEBSITE OR FACEBOOK PAGE TO SEUCRE YOUR SPOT

KICKSLEDS: \$10/SLED

SNOWSHOES: \$10/FOR UP TP 4 SNOWSHOES

CONTACT SHAUNA FOR DETAILS (780) 966-3205

Capilano Community Outdoor Rink

Winter is officially here and so is our 2021-22 Rink Season! We hope to have the rink open early in December if the weather permits, so keep your eyes on our webpage for any updates to official opening dates and our skate schedule.

We will be accepting team bookings again this year as well as group bookings. For more information on times and availability please contact Lyris at rink@capilanocl.ca.

We are so excited to have another fantastic season with our community! See you on the ice!

Cloverdale

Board Member Contact Sheet

Position	Name & E-mail	
B	Name: Dave	
President	Email: president@cloverdalecommunity.com	
	Name: Reg	
Past-President	Email: pastpresident@cloverdalecommunity.com	
	Name: Michelle R.	
Vice-President	Email: vicepresident@cloverdalecommunity.com	
_	Name: Braden	
Secretary	Email: secretary@cloverdalecommunity.com	
Treasurer	Name: Alan	
lieasurei	Email: treasurer@cloverdalecommunity.com	
Civias Director	Name: Carly	
Civics Director	Email: civicsdirector@cloverdalecommunity.com	
- "	Name: Jayne	
Folk Festival Liaison Director	Email: folkfest@cloverdalecommunity.com	
Communications Divostor	Name: Alexa	
Communications Director	Email: communications@cloverdalecommunity.com	
C : 15: 1	Name: Leigh	
Social Director	Email: socialdirector@cloverdalecommunity.com	
Drogram Director	Name: Jen	
Program Director	Email: programmedirector@cloverdalecommunity.com	
Membership	Name: Marilyn	
	Email: membership@cloverdalecommunity.com	
	Committee Leads Name: Braden	
Casino		
Coordinator	Email: casino@cloverdalecommunity.com	
Edmonton Ski Club Liaison	Name: Lisa & Clay	
	Email: skiclub chair@cloverdalecommunity.com	
Flood Mitigation	Name: Eric	
1 1000 Miligation	floodmitigation_chair@cloverdalecommunity.com	
Community Garden	Name: VACANT	
(CCGC) Chair	Email: communitygarden_chair@cloverdalecommunity.com	
	Name: VACANT	
Seniors	Email: seniors@cloverdalecommunity.com	
LDT Cities of Committee	Name: Graham	
LRT Citizens Committee	Email: <u>Irtcommittee_cochair@cloverdalecommunity.com</u>	
Gallagher Park Concept Plan	Name: Kirsten	
Email: parkplan(@cloverdalecommunity.com		
Abundant Community -	Name: Marilyn	
Neighbourhood Connectors	Email: neighbourhoodconnector@cloverdalecommunity.com	
Hall Manager		
Hall Rentals	E-mail: rentals@cloverdalecommunity.com	
	E mail: rentals@cloverdalecommunity.com	

Get your sidewalk shovelled, for free!

The Cloverdale Community League is running a program this winter where local kids shovel the sidewalks of their senior and physically-challenged neighbours. With the help of a grant from the City of Edmonton, they'll pay the kids each time, so there is no charge to you! To participate in the program, please contact Reg at pastpresident@cloverdalecommunity.com



Skating Returns to the Rink!

The Cloverdale skating rink will open for various skating groups this winter. As details are still being arranged at the time of publication of this article, we ask that you visit the

website (cloverdalecommunity.com) or our social media for the latest information: facebook.com/cloverdalecommunity, or Cloverdale on Nextdoor app.

On Line Programs for Parenting

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

• 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: 9:30 – 10:00am Zoom Meeting ID# given at registration January 4 - 25, 2022

> Please call 780-667-4383 or email jessicam@fultonchildcare.org 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: 9:45 – 10:30am Zoom Meeting ID# given at registration January 6 - 27, 2022

• Winter Fun for Everyone!

In this 4 week program, participants will be able to join along in some songs, stories, movement,



and crafts that are seasonally appropriate and fun to explore.

Wednesdays: 9:45 – 10:30am Zoom Meeting ID# given at registration January 5 - 26, 2022

Festive Outdoor Fun for the whole family

Saturday, Dec 18

Cloverdale is hosting a family-friendly celebration at the Cloverdale Rink on December 18, 2-4pm.

There will be skating, snowman/snow angel contests, hot chocolate, and other winter fun activities.

This event will be outdoors to ensure that we are keeping our neighbours safe, so please dress accordingly!

If you have any questions, please reach out to socialdirector@cloverdalecommunity.com



Yoga returns for Winter Sessions

Yoga is returning to the Cloverdale Community hall this January! The classes will be offered January 7 to February 11 from 9:30am-10:30am. Other time offerings are being considered, so please visit cloverdalecommunity.com/winter-2022-yoga for the latest information.

The yoga classes are mixed level Hatha Yoga classes that are open to all abilities, with modifications to poses to accommodate range of abilities. The class focuses on postures that strengthen, align, and promote flexibility in the body, as well as breathing and meditation techniques.

All participants will be required to show proof of double vaccination for Covid-19, and masks will be mandatory when off your mat. Space will be limited so please register in advance by contacting the instructor, Colleen, at 780-236-0063 or cl.dibden@gmail.com. Preregistered cost for the 6-week session is \$72 for Cloverdale Community League members, and \$90 for non-members. Drop-ins are allowed at a cost of \$15/class.

Do you get heartburn?

Heartburn and acid regurgitation are common. They happen when food in the stomach backs up into the esophagus (the food pipe that leads from the mouth to the stomach).

This is often referred to as reflux or GERD (Gastro-Esophageal Reflux Disease). It is uncomfortable and over time, it may damage the esophagus lining. It often occurs because the circular muscle that connects the food pipe and stomach is too relaxed and stays open after meals. Other contributors to heartburn include smoking, being overweight, alcohol, caffeine, spicy foods, some medicines and stress.

Proton pump inhibitors (PPIs) are medicines

commonly used to treat reflux. They are acid blockers. They decrease the amount of acid that the stomach makes, which lessens reflux symptoms. More than 10 per cent of Albertans fill a PPI prescription each year. While PPIs are effective at treating heartburn, they are often only needed for a short time. In many cases, heartburn medicines are only needed for four to eight weeks. PPIs are generally safe. However, they can cause headache, nausea, diarrhea (rarely), malabsorption of some important nutrients and rashes. Some people need to take a PPI for a long time. People who may need to continue taking a PPI include those with severe reflux

disease; a condition called Barrett's esophagus; long-term use of nonsteroidal anti-inémmatory drugs (such as ibuprofen); stomach ulcer prevention; or a history of bleeding stomach ulcers.

People over the age of 18 who have been taking a PPI for more than four to eight weeks can talk to their doctor, nurse practitioner or pharmacist about whether stopping a PPI is the right choice for them. Doctors, nurse practitioners or pharmacists can help to decide on the best approach to using less medicine. They can advise on how to reduce the dose, whether to stop it altogether, or how to make lifestyle changes that can prevent heartburn symptoms from re-

turning.

Reducing the dose might involve taking the PPI once daily instead of twice daily, lowering the PPI dosage, or taking the PPI every second day for some time before stopping. Others may only need to use the drug occasionally to relieve symptoms.

If heartburn or stomach pain returns after reducing or stopping a PPI, talk to your doctor, nurse or pharmacist, or call Health Link at 811.

Heartburn can also be reduced without medication by avoiding triggers (such as coffee, alcohol, and spicy foods), avoiding food two to three hours before bedtime, and losing weight.





Get fully protected: influenza immunization in your community

Get Your

Flu Shot

- More than 21 months into the pandemic response, we need to keep working together to protect each other, our loved ones and our communities by rolling up our sleeves again this year to get immunized against influenza.
- By keeping the number of influenza cases and outbreaks low, we can help protect ourselves as well as at-risk Albertans and reduce the pressure on our healthcare system.
- Immunization options:
- o AHS is working with com-

munity pharmacists and physicians to offer influenza immunization to all Albertans. o AHS public health clinics are offering immunization to those under five years of age and their immediate families or household members (under the age of 65). Appointments are required at AHS clinics. o All other Albertans can get immunized at participating pharmacies and doctor's offices.

- o Online booking for appointments at AHS clinics and participating pharmacies is available through the province's centralized vaccine booking tool. Go to ahs.ca/vaccine to book an appointment today. If you do not see appointments available online in your area, please contact your local pharmacy or doctor's office directly to see if they are offering influenza immunization or walk-ins. o Call Health Link at 811 if:
- é you need help booking one or multiple appointments for children and family members you do not have a provincial health care number
- é you live in a community where there are no other immunizing healthcare professionals providing influenza immunization
- o Influenza is serious and immunization works. Book your flu shot today.
- Get fully protected o It's safe to get your influenza and COVID-19 vaccines at the same time. o No community will be without the protection of immunization.
- o AHS is here to support you, your friends, family, colleagues and neighbors in getting immunized.
- o For more information, go to ahs.ca/vaccine and ahs.ca/influenza.



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Simple connections can reduce loneliness and isolation

Isolation and or loneliness can affect anyone. Experiencing social isolation and or feeling lonely can impact your physical and mental health.

Social isolation happens when a person has little or no contact with other people. Isolation may be over a short- or long-term period. It is a physical state of not being around others. Connecting with others can help reduce loneliness and social isolation.

There are plenty of ways to connect nowadays. Even small steps add up.

- Help someone else. Even helping just one person one time is a way to connect. You can try helping a neighbor with groceries, or volunteer for an organization that interests you. This can be a great way to help people and meet others who share your interests.
- Take care of the relationships you already have. Reach out to people you already know. Call a supportive friend or family member you haven't talked to in a while. It doesn't have to be a long call and you don't need to have a lot to talk about. Just reaching out can keep those connections strong. Reaching out to just one person may connect you to others, too.
- Find new connections. Think about your hobbies and interests. Are there groups that get together to do those things? Maybe you can join one. That hobby could connect you to lots of other people who share your interest.

If you, or someone you know, is struggling, help is available. There are many options to get help. Try calling the Addiction and Mental Health helpline at 1-877-303-2642, 24 hours a day, seven days a week, or visit www.ahs.ca/helpintoughtimes.



PRO TIPS FOR BEING A

COOL NEIGHBOUR



 Introduce yourself! If you can't name your neighbours, you've got some work to do. Knowing who you live next to is a great way to build a strong community.



3. Find out your neighbour's favourite beverage. That way, you can stock up at Sherbrooke before inviting them over.



5. Knowing your four-legged neighbours by name is a great neighbour flex. You can even bring them an owner-approved treat- it's the leashed you could do!



2. Go past the line. Being a cool neighbour means shovelling an extra few feet past your property line. It shows that you're open to getting neighbourly.



4. Host a backyard fire. A family-friendly backyard fire is a great way to connect with your neighbours no matter the time of year. BYOWeiner.



6. Show off your neighbourly spirit by offering to keep an eye out for packages and bring in the mail when your next-door pal is away on holiday.

We are beyond excited to be the newest Cool Neighbour in your community, and we can't wait to be your new go-to holiday season shop.

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Forest Terrace Heights

Board updates & changes

-Effective immediately, monthly board meetings will be held on the first Wednesday of every month except July and August. Our next meeting is Jan. 5 at 7 p.m. on Google Meet. Everyone in the community is welcome to attend. Email meagan@forestterrace.org for a link.

The hall is open for rentals to those who can provide proof of vaccination. Contact Connie at hall@forestterrace.org with questions.

We need a board treasurer! It's a great way to get involved in your community and meet some fun and engaged neighbours. The time commitment is only a few hours a month. Members of the board receive free membership in the league and one free hall rental per year. They are expected to attend board meetings, held on the first Wednesday of every month except July and August. Contact

Kathleen at vp@forestterrace.org for more information.

Community league weekly free swims are still suspended but may resume in 2022.

To get a current membership in the community league and take advantage of all our perks, contact Sonya at memberships@forestterrace. org or 780-463-1613. First memberships are always free. You can also buy online at efcl. org/membership, at Grower Direct (7231 101 Ave NW), Forest Heights Grocery (10130 79 St NW), SEESA (9350 82 St) or any Servus Credit Union (\$5 surcharge). A family membership is \$30; individual memberships are \$15; and seniors pay \$10. For a full list of membership perks, visit forestterrace.org/membership.

Board members and their emails are listed at forestterrace.org/board-of-directors.

It's paint party time

We've got two paint party classes coming up on Dec. 11, one for kids and one for adults. Your hosts, Start Me Up Music & Art, will teach basic technique and acrylic painting methods as you create your own piece of art. All materials will be supplied, including painting aprons. Your canvas will be either 11x14 or 12x16.

Kids: 1:30-2:30 p.m. Ages 6 to 18. \$25 for league members; \$30 for non-members. Register on Eventbrite by 9 p.m. on Dec. 8.

Adults: 3-5 p.m. Ages 18 and up. \$30 for league members; \$38.15 for non-members. Register on Eventbrite by 9 p.m. on Dec. 8.

Note: These classes will follow the Restrictions Exemption Program. Anyone aged 12



and older must provide proof of COVID-19 vaccination with a paper or digital copy of your Alberta vaccine record with QR code. Masks are mandatory.

Questions? Email info@startmeupmusic. com.

Inspire a love of reading

The Heights Imagination Library celebrated its first anniversary Oct. 24. In its first year, we handed out more than 300 free books to children in our area!

Imagination Library is an international literacy program founded and sponsored by the Dolly Parton Foundation that provides a free, age-appropriate book once a month to registered children up to age five. The books are personalized with each child's name and mailed directly to their home.

Email Allison@forestterrace.org if you would like more information, to sign up a child or to volunteer to help with fundraising or sponsorship in 2022/23.



Urban poling now on Thursdays

To get more daylight, the start time for the Urban Poling group has been moved to 5:30 p.m. on Thursdays.

The group meets outside the community

hall and usually walks from two to 3.5 kilometres. A membership in any community league is required, but it is otherwise free. Email Sonya@forestterrace.org for more information.

Winter puzzle contest

Last winter's puzzle contest was also a big hit, so we're bringing it back.

Register online and we'll deliver a puzzle to your doorstep on Dec. 11. Choose from our 500- or 1,000-piece puzzles, either regular or mystery — where we don't provide a photo to follow.

Tackle the puzzle alone or as a household. The winner in each category is the first to finish their puzzle and email a picture to events@ forestterrace.org. The prizes are \$25 gift cards to Anvil Coffee House, Fargos, Pho & Bun Vietnamese restaurant or Thié é Vietnamese restaurant.



To enter, you must live in Forest Heights or Terrace Heights.

To register, click on the event at forestterrace.org/upcoming-events or email events@ forestterrace.org for more information.

50/50 playground fun-raiserThe Friends of Forest Heights parent group

The Friends of Forest Heights parent group is excited to announce a 50/50 cash raffle to raise money for a new playground at Forest Heights School. The winner will receive a cash prize equal to half of ticket sales, up to a maximum of \$10,000.

A new playground at the school will increase the quality of life for students and community members, provide free recreation and enable greater connection and engagement.

School boards do not fund playground infrastructure, so it is up to the parent society to raise the money to make this project a reality. Please help by purchasing tickets and sharing our raffle to friends, family and your social network.

Buy your tickets at rafflebox.ca/raffle/ffhs before the draw at noon on Monday, Dec. 13.

We're a neighbourhood that keeps watch

The first two Neighbourhood Watch signs are up in our community. Have you spotted them yet?

The signs are granted to communities that commit to educate about crime, suspicious activity, reporting and mitigation techniques, and are posted as a partnership between the City of Edmonton, Edmonton Police Service, and Edmonton Neighbourhood Watch.

Our first two signs were placed near a couple of community entrances, at 101 Ave and 83 St, and near 99 Ave and 82 St. With more education and more community sign-on, we will be eligible for more signs.

If you would like to have a sign posted near you, reach out to our Neighbourhood Watch



representative Madison at madison@forestterrace.org. Also, if you notice a sign is damaged or looking worn out, please report it to 311 and it will be replaced.

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· Introduction to Keyboard

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Visit the new SEESA.ca. Find your class by day of the week or topic. Register online!



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BOARD

President president@fultonplace.org 7808867794

Miles Vice President Civic Affairs vpleagueaffairs@fultonplace.org 7809515253

Gavin Vice President League Affairs vpcivicaffairs@fultonplace.org 7805041896

Treasurer treasurer@fultonplace.org

Secretary secretary@fultonplace.org

Program Director programmer@fultonplace.org

Akira Facilities

info@fultonplace.org

Communications communications@fultonplace.org Sherry-Lynn

Hall Rental hall@fultonplace.org

Ice Rink

Shawn rink@fultonplace.org

Babysitter Registry and Course info@fultonplace.org

Seniors Liaison info@fultonplace.org

Esther Director/Community Garden info@fultonplace.org

Michelle Director/Walking Group Coordinator info@fultonplace.org

Babysitters in Fulton Place Are you in need of a babysitter? We have

a Babysitter Registry with young community league members who are certified through the Red Cross program. Please email info@fultonplace.org with permission for us to share vou contact with those on the list to contact you and arrange for babysitting services.

Memberships

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



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Fulton Place 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

Gold Bar

Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Cody Charlene	codycharlene86@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Jessica Negrey	negrey@shaw.ca
Bingo Director - Parkway	Charlene Lazenby	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	VACANT	
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director VACANT		
Sign Director Alison Boese		akcurtis23@yahoo.ca

Busy BodiesFor children ages: 2-5 years

Is your child full of energy? Bring them to this exciting program where they will practice moving their bodies through fun games and activities with you, to develop their physical literacy.

Day: Tuesdays

Dates: January 18 to February 22, 2022

Time: 2:00 p.m. - 3:30 p.m.

Where: Gold Bar Community League: 4620 105 Ave NW

Website link:

https://www.familyfutures.ca/programsservices/early-childhood-development/busybodies/

Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 15 min foam rolling and stretching finish. With the current restrictions vaccinated people are welcome to attend, and people are spaced 3m+ apart. Jan 9- Feb 27 (no class Feb 20)

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

Contact Lisa to register or with any questions.

Sundays \$80.

Facebook.com/lisashortenfitness or email

lisashortenfitness@gmail.com

The Gold Bar Ge Box is a large box of fresh, seasonal produce. Selection is always changing but boxes will feature staples such as carrots. apples, potatoes, onions, and a variety of other fresh produce based on seasonal availability. You get 2 big bags for only \$30! Boxes are available twice a month.

Produce boxes purchased through The Gold Bar Ge Box raise funds that support the Community League Hall. Boxes ordered online are available to pickup at the Gold Bar Community League Hall at 4620 105 Ave on the scheduled Fridav. Check out www.thegudbox.ca/goldbar to get more info or to get a box for your household!

Board Vacancies

Ever wanted to know what is going on in the community or have your say in events happening? Meetings are held once a month and are usually about a hour.

The Gold Bar Board is looking to fill 2 board positions

Program Director- in charge of coordinating programming happening in the hall (like exercise programs). Contact Adam if this interests you adamrompfer@yahoo.ca

Green Shack Program Director- Your job would be to promote the green shack program at our community league playground. If you are a Gold Bar resident and don't mind visiting the playground occasionally throughout the summer this could be a great opportunity to get involved in your community!!

If you are interested or would like more information you can contact Joelle at (780)938-

Goldbar Community Memberships Available Now

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.

ALL MEMBERSHIPS ARE ENTERED INTO

OUR MONTHLY CONTEST. THE WINNER GETS \$20 GIFT CARD TO ALL CARE.

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

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

Membership Contest!

Winner receives a \$ 20 gift card to All Care Pharmacy. We will be having a winner once a month. Buy your membership now!

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

Bingo Volunteers – Thank you

A huge thank you to all our bingo workers, those funds support the community events and our hall. We truly appreciate your dedica-

If you would like to join the fun, please contact Lorie Smith @ 780-447-1110. Our next dates are as follows:

Parkway: Monday Dec 27, evening/late night Tuesday Jan 18, evening/late night Friday, Feb 25, evening/late night **Fort Road Bingos:**

Wed Dec 29, afternoon only Tuesday Jan 25, afternoon/evening Sat Feb 5, afternoon only

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. Bring a yoga mat, water, and anything your kids need. People without kids are also welcome to join. With the current restrictions vaccinated people are welcome to attend, and people are spaced 3m+ apart.

Mondays from 930-1030am Jan 3-Feb 28 (no class Feb 20) Contact Lisa to register or with any questions. Mondays \$80

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Holyrood

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
Events - Jeremiah	social@holyroodcommunity.org
Civics - Carlos	civics@holyroodcommunity.org
Holyrood Development Committee - Jaime	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Soccer - Andrew & Geordan	soccer@holyroodcommunity.org
Playschool - 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.

BOARD MEMBERS NEEDED

We have some vacancies on our board that we would like to fill. Are you looking for a fun opportunity to help out in your community? We're a great bunch who love to make Holyrood a great place to live!

Our current positions include Rink Shack Helper and Social Director, and we are looking for more volunteers for our Holyrood Development Committee and the Community Garden Committee. Email Larissa at president@holyroodcommunity.org for more information.

Vice President

The gist of it- helps out as needed. A deeper look- Learns the duties and responsibilities of the president, and keeps informed on community league issues. Works closely

as an advisor and consultant to the president, and fills the president role in his or her absence. Tries to volunteer for key community league programs, events and initiatives as needed.

Fitness & Sports Director

The gist of it- keeps the community's sports and fitness classes and programs running smoothly. A deeper look- Oversees the sports and fitness programs offered by the league. Helps

recruit program coordinators, and acts as the board's liaison with them. Organizes new sports and fitness classes. Applies for grants, arranges registration and payment of classes, keeps records, and organizes facility access.

Social Director

The gist of it- Plans & executes opportunities for our community to connect! A deeper **look**- This is a new portfolio for the Board. We envision this person taking the lead on the smaller initiatives in the community (such as gingerbread houses and scavenger hunts), but also helping brainstorm for the socially distant events that make our neighbourhood so fun! You will have assistance learning how to apply for grants, assess new connection opportu-

Rink Shack Helper

The gist of it - A position that assists with rink shack issues. A deeper look - Is there an alarm goour hero! This position is not at all time intensive, vices.

nities, organize volunteers, and work closely with various members of the board to bring things to fruition.

ing off in the rink shack? Did someone graffiti the rink? If the answer is yes, you are requiring occasional phone calls to utilities or other ser-



GINGERBREAD HOUSE DECORATING

Do You Love Gingerbread? Candy? Holidays?

Get creative with your fellow Holyroodians and show us your best candy gingerbread house! Email Kelly at programs@holyroodcommunity.org if you want to participate, and we will give you a gingerbread house kit. Decorate it, take some photos and send your best photo (or 3) to communications@holyroodcommunity.org. If you participated last year, you'll know our prizes are a frozen delight, so be sure to send your photos of your dazzling creations to us! We will pick 3 winners and display their houses on our social media pages and in the South East Voice, so stay tuned to check out these creative concoctions!

WINTER CLOTHING DRIVE

Thank you so much to all of our community members who donated warm clothing to the Hope Mission during our Winter Clothing Drive! Thanks to you, more of the city's most vulnerable population will be dry and snug this winter. As you may know, Holyrood Community League is working to support our wider community after a fire in early October wiped out most of Hope Mission winter supplies for the community's most vulnerable population. If you missed the clothing drive but you would like to donate clothing please send an email



to programs@holyroodcommunityleague.org. For more information, give them a call at 780-422-2018.

ICE ICE BABY

The rink will open this year...sometime soon! Stay tuned to social media and the website for the official opening, and updates about ice conditions.

The rink shack will be closed this year, and for now the ice will be community skating only. As the Covid-19 regulations change, we

may look at an ice booking system and different processes later in the year. We would like to remind our neighbours and their fuzzy friends that the ice is not safe to walk on, so please make sure to keep your pets out of the rink and off the snowbank rink! We need to let our ice maker work his magic!

Physical activity improves health at any age

Everyone needs to be physically active. Why?

- It keeps your bones and muscles strong and healthy
 - It improves your balance
 - It helps you move easier
 - It keeps your heart and lungs healthy
 - It increases your energy
 - It helps you sleep
- It improves your confidence when walking

At any age, your body can get stronger with activity. It is never too late to start.

Do at least 150 minutes of activity every week if you are over 18 years old. These activities should make you sweat a little and breathe a little harder. You can break this into 10-minute periods. If you are just getting active start slowly, and add a few minutes each day.

Being active will help you with your dai-

ly living tasks like getting up from a chair or into a car. Activities should strengthen both your arm and leg muscles. Arm strength is needed just as much as leg strength for daily tasks.

If it is hard to get started, find a buddy to encourage you, make a plan or try something new to keep it interesting.

Always talk to your healthcare provider before starting a new physical activity. Examples of physical activity include:

Strength and balance activities such as Tai chi, stair climbing, exercising with weights or exercise bands, and doing wall pushups

Endurance (heart) activities such as walking, dancing, gardening, and swimming

Flexibility activities such as Tai chi, yoga and stretching.





Emergency Medical Services



Yielding to Emergency Vehicles



For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren active. You can help EMS, police, and fire get to the scene guickly and safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection:
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;
- Move right or left to the nearest curb on 1-way streets.
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before reentering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include shoulders or turning lanes, etc., in order to pass other traffic.

When operating a vehicle:

- Motorists must reduce speed to 60 km/h or the posted speed, whichever is lower, when passing emergency vehicles or tow trucks that are stopped with their lights flashing. This law applies to the lane(s) immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it is recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field

www.albertahealthservices.ca

Ask Charles

I'm shopping for a vacation home on Vancouver Island, and I'd like my Alberta real estate agent to help me, can she?

No, unfortunately, she can't. To work in another province, someone needs to be licensed in that province. Real estate has different licensing rules and criteria from province to province, and while there are a lot of similarities, individuals need a licence in a jurisdiction before working there.

The fact is, if you're buying a property in B.C., or any other place outside of Alberta, don't you want someone looking out for your interests who is familiar with the market and the rules in the area in which you want to buy? While I'm sure your Alberta real estate professional is a consummate professional and knows the ins and outs of our industry, the fact is, she knows Alberta real estate and Alberta real estate rules.

You will be better represented by working with someone in the area in which you're buying, someone who is licensed by the provincial authority in that province (in the case of B.C., it's the Real Estate Council of British Columbia).

However, there are other things that your Alberta real estate professional can do to assist you. Many real estate professionals have networks of professionals in other provinces and your real estate professional may be able to make suggestions of someone to work with.



Alternatively, if you have friends or family that live there, you can ask them for a recommendation and of course, you can do Internet searching on your own.

I also suggest that you do as much as you can to research the market in which you're looking for a property.

Real estate transactions are significant commitments, with a full slate of obligations and responsibilities. And, things can certainly be a bit trickier when you're buying in a location in which you don't primarily live. The best advice I can give you is to do all you can to ensure you're represented by a licensed industry professional who is knowledgeable about the market in which you are about to trade.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email askcharles@reca.ca.

Learn more about acne

Did you know that September is Acne Awareness Month in Canada?

Acne, or acne vulgaris, is a skin problem that starts when oil and dead skin cells clog up your pores. Some people call it blackheads, blemishes, whiteheads, pimples, or zits. When you have just a few red spots, or pimples, you have a mild form of acne. Severe acne can mean hundreds of pimples that can cover the face, neck, chest, and back. Or it can be bigger, solid, red lumps that are painful (cysts).

Acne is very common among teenagers. It usually gets better after the teenage years. Some women who never had acne growing up will have it as an adult, often right before their menstrual periods.

How you feel about your acne may not be related to how bad it is. Some people who have severe acne are not bothered by it. Others are embarrassed or upset even though they have only a few pimples.

The good news is that there are many good treatments that can help you get acne under control.

What causes acne?

Acne starts when oil and dead skin cells clog the skin's pores. If germs get into the pores, the result can be swelling, redness, and pus.

For most people, acne starts during the teenage years. This is because hormone changes

make the skin oilier after puberty starts.

Acne can run in families. If one of your parents had severe acne, you are more likely to have it.

What are the symptoms?

Symptoms of acne include whiteheads, blackheads, and pimples. These can occur on the face, neck, shoulders, back, or chest. Pimples that are large and deep are called cystic lesions. These can be painful if they get infected. They also can scar the skin.

How is acne treated?

It can take time to get acne under control. But if you haven't had good results with non-prescription products after trying them for three months, see your doctor. A prescription gel or skin cream may be all you need. If you are a woman, taking certain birth control pills may help.

If you have acne cysts, your doctor may suggest a stronger medicine, such as isotretinoin. This medicine works very well for some kinds of acne.

What can be done about acne scars?

There are many skin treatments, such as laser resurfacing or dermabrasion, that can help acne scars look better and feel smoother. Ask your doctor about them. The best treatment for you depends on how severe the scarring is. Your doctor may refer you to a plastic surgeon.

Idylwylde Community League Board

	injuly the community longue board			
President	David	president@idylwylde.org		
Past-President	Kate	pastpresident@idylwylde.org		
Vice President	Matthew	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	Yulia	social@idylwylde.org		
Publicity	Rachel	publicity@idylwylde.org		
Grants	Kamila	grants@idylwylde.org		
SECLA	Scott			
General Inquiries	780-466-7383	league@idylwylde.org		
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Idylwylde.org 2 @ldylwyldeCL 1 Idylwylde Community League

It takes a herd of volunteers to keep the rink open and we would love your help!

The Idylwylde Community League is seeking snow removal volunteers to help clear snow off our community ice rink this winter. This is a fun & healthy opportunity to enjoy the outdoors while meeting neighbours and giving back to the community.

Many hands make light work! If you are willing to help please reach out to Darren at darrenbrennan130@hotmail.com.

Monthly Community Meetings

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

Join our Special Events Team

Do you enjoy organizing and promoting events? Do you want to be involved in the community?

Why not combine the two into one exciting volunteer opportunity by joining our ldylwylde Special Events Team?!

We are looking for creative and enthusias-

tic people to be part of the collaborative team of other volunteers and Community League board members to plan, promote and run special events, such as our upcoming Community League Day.

If you are interested, email us at social@idylwylde.org.

Fitness Classes

Fall into Fitness

Mondays until December 13, 7:00 - 8:15 p.m.

A fitness class involving a number of modalities including Pilates, Yoga, strength, stretching and movement to get your heart rate elevated. All levels are welcome. A friendly non judgemental atmosphere to meet your neighbours and challenge yourself. Bring runners, yoga mat, water bottle and light weights. The weights are not absolutely necessary but definitely an added bonus.

If you have any questions, call Kelly at 780-983-5403.

Yoga

Thursdays to December 16, 6:30 - 7:30 p.m. Come join Tori Lunden at the hall for a yoga class. These gentle, all-level classes are a great way to venture into a new yoga practice and/ or compliment your existing exercise regime. These slow moving, occasionally challenging

classes are perfect if you are looking to build strength along with increased mobility.

Each class combines a variety of functional mobility exercises with breath work, relaxation techniques, and feel-good stretching. Modification options are always given to accommodate personal wants and needs.

This class is great for beginners and folks who are rehabbing injuries. All movements and breath work are trauma sensitive. Free for ldylwylde community league members (memberships available at the hall)! To register email programs@idylwylde.org.

To participate in our fitness classes, we require proof of vaccination or a proof of a privately-paid negative rapid test result taken within 72 hours of service, or documentation of a medical exemption.

Card size vaccine records can be accessed at alberta.ca/CovidRecords. Masks and distancing are also required.

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

anyone who can give and associate memberships (if you don't live in Idylwylde) will still cost the regular amount. Please contact our membership chair with proof of residency in Idylwylde to get your membership today!

Ask Charles

I want to learn what I can about the real estate industry in Alberta, but it's hard to keep track of all the organizations and their acronyms. The regulator, the provincial association, the local real estate board; what do they do, and who's looking out for me?

This is understandable. The real estate industry has so many players and acronyms that even some industry veterans get them confused at times.

It may make things simpler by thinking about the organizations in two main groups: the regulator and trade associations.

In Alberta, the Real Estate Council of Alberta (RECA) is the regulator of real estate professionals. RECA sets the industry practice standards and is responsible for enforcing them, and all real estate professionals must be licensed by RECA.

RECA's mandate is to protect consumers. In the unlikely circumstance that your real estate professional breaks the rules that are in place, RECA can investigate the situation and can issue discipline. That discipline can include licence suspension or cancellation, and fines of up to \$25,000 per offence. RECA also provides services to real estate professionals that en-



able them to provide competent, ethical service to consumers. Among other things, these services include a practice advisor, information bulletins, and ongoing education.

The other organizations within the real estate industry that you've probably encountered are trade associations. Membership in a real estate industry trade association is voluntary.

In Canada, the primary trade association for residential real estate professionals is the Canadian Real Estate Association (CREA). There are also provincial trade associations that operate under CREA, and there are local real estate Boards, which operate under the provin-

cial associations as well as under CREA.

To make things easier, it may be helpful to think of all of these associations as the same organization, but at different levels (national, provincial, and local). When your real estate professional mentions their 'board,' they mean their local real estate board, which is the local level of the national and provincial associations. By being a member of their local board, they are also members of their provincial association and of CREA, the national association.

Broadly speaking, the real estate trade associations work on behalf of their members and their members' commercial interests. The

trade associations own certain trademarks that only their members can use, such as the word REALTOR®, and at the local board level, they operate the local real estate board listing database. Trade associations typically have government relations or lobbying departments, they provide advocacy for their members, and while they have rules their members need to follow, their rules aren't found in legislation, and they're not industry-wide requirements or practice standards.

I hope this information helps, but if at any time you feel overwhelmed by acronyms or unsure about any aspect of the real estate industry, contact RECA or let your real estate professional know. Licensed real estate professionals are there to help you understand your transaction and the industry.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email askcharles@reca.ca.



Kenilworth

7104 - 87 Avenue (780) 469 - 1711 kenilworthcommunity.com

Kenilworth Community League Board

President	Irene	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Maren	secretary@kenilworthcommunity.com
Adult/Seniors Programs	Loida	loida@loidahomes.ca
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Neighborhood Watch	Luann	
Buildings/Grounds	Louisa & Karen	grounds@kenilworthcommunity.com
Children's Programs	Jo	childrensprograms@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

CONTACT US!

General inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com Hall Rental requests: rentals@kenilworthcommunity.com

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

Kenilworth Senior's Lunch and Fun

Wednesday, December 8 at 12 Noon

\$7 per person

Please call Cathy if you wish to attend at 780-433-5377

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

https://www.edmonton.ca/programs_services/documents/PDF/ConnectedNeighbhoursCommunityCard.pdf

Kenilworth Community will also print a few cards and tack them up on the bulletin board for you to take

VOLUNTEER OPPORTUNITIES

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

We have the following volunteer position

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.

Kenilworth Crib Club

The KCL Crib Club is very successful this year. We have several new members, and also some younger members which have ioined and that is great.

The Club runs from mid September to the

end of April. We take on members at the beginning of September only. Now, we have a list of players that want to join the Club next September.

For more please call Liz: 780-465-5188

Memberships

Memberships are a great way to stay connected with your neighbors, community news and events.

are also val-They discounts at city id for centers and pools. Email Rebecca at: membership@ kenilworthcommunity.com arrange for your membership renewal or purchase.

become MEMBER 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!

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.

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.

Skating Rink

Rink Hours and Shifts Operating hours: Monday to Friday 4-9 p.m. Weekends 11 am – 9 pm

Rates: rental \$50/hour for all junior hockey and special events, junior hockey must be under 14 years.

Temperature range (actual not including wind chill): rink will be open 0 to -22 degrees

It takes a great community to make this happen and your donation is always welcome for our ice rink. If you wish to donate please reach out to Irene at president@kenilworthcommunity.com or you can donate online



with CanadaHelps.

ice-rink-2021-2022/

You will receive a donation receipt right away and the funds are deposited into our KCL account. So easy.

Thank you for your generous support. https://www.canadahelps.org/en/charities/ kenilworth-community-league/campaign/kcl-

Scrapbooking At Kenilworth Hall

We are happy to tell you that our scrapbooking evening will continue at Kenilworth Hall with events in 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 January, February, March, April, May, and June in 2022.

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

Senior's 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-specialneeds-assistance.aspx

Adult Badminton

The Kenilworth Badminton Club is resuming play Jan. 4, 2022. We play on Tuesdays and Thursdays 7:30 pm to 9:30 pm at Kenilworth School, 7005-89 Avenue. Cost is \$25 for the term January to May.

This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can be playing doubles at one time. We have a rotation system of play, so players do not pick and choose their team mates or

opponents. The club is not equipped to train beginners, but you don't need a lot of experience at the game to become a member, our club has members with a variety of skill lev-

New players are welcome but due to Covid regulations you must pre-register to play at the school. Drop-ins are not permitted.

For more info please contact the Kenilworth Badminton Club: kenilworthbadmintonclub@ protonmail.com

Ottewell



From the Ottewell Community Board family to your family, sending wishes of warmth, joy and tranquility this holiday season. / Our thanks to you for supporting the community in different events and fundraising projects through this difficult year. We couldn't have done it without you!

Wishing you happiness & health in 2022.

Cross-Country Ski Tracks in the Heart of Ottewell

For many years, Ottewell residents have been setting informal cross-country ski tracks around the perimeter of Braemar field. These tracks have been designed by your neighbors who are looking to enjoy the park space in our front and back yards.

Please have fun using the tracks and leave them in good condition for the next family to enjoy!

The ski tracks:

make a nice loop to ski

are a great way to get outside in the winter and get some exercise

Are convenient. Just walk out your front door with your skis and enjoy a stress-relieving, energy-giving ski in your own neighborhood.

"Our family loves the fact that we can literally cross the street and go for a ski in the park. Sometimes someone else has been out before us to set track or we set it. We can ski



the loop as many times as we want depending on whether we just want a little ski or a bigger workout. It's so convenient to not have to load everything in the van and drive somewhere, and I always feel happier and more energetic after a ski. Skiing in the park will be a great activity this Covid winter for mental and physical health."

To learn more about the health benefits of cross-country skiing, visit https://tinyurl. com/y2o4ffaz

Ottewell Rink

The OCL rinks will look the same as last year. Again this year due to the COVID the rink shack will not be open. We will have benches outside to use, and our patio area will be accessible. There will be a porta-potty on site. Hand sanitizer will be provided.

Ottewell will be opening the Pond Rink close to December, with the potential to open the Hockey Rink later in the season. Pond ice lights will be on from 5pm to 9pm, 7 days a week. Please note that there will be no attendant or staff member on-site.

Thanks to our Volunteers that are giving their time to flood and maintain the ice to ensure the kids of Ottewell have some outdoor fun!

Skate at your own risk.

Wear your helmet.

Share the space. We all want to enjoy the pond rink.

Play safe, and if you don't feel well, stay home.

> Please use the garbage cans provided. Keep our rink area clean!

As per AHS guidelines: Physically distance when

multiple cohorts are sharing the ice;

Wash or sanitize your hands before and after each skate; Refrain from spitting and

clearing nasal passages; Refrain from sharing equipment or

water bottles; Refrain from touching your eyes, nose, mouth, and face; and,

Stay home if you are experiencing CO-VID-19 symptoms.

Ottewell Community Celebrates 60 years

During this past year we shared stories from the past community members as well as the current community members. We want to celebrate them all, we hope within the coming months we can gather at our community park to host an in person celebration.

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.

OCL Board Meetings

Ottewell has been hosting virtual meetings to connect with board, directors and volunteer members.

Our next virtual meeting will be on Tuesday, January 18, at 6:30 pm. If you would like to attend please email ottewellsecretary@ gmail.com. You will be sent a meeting invitation via ZOOM. Come join this great group of volunteers, find out what is happening in vour community.

Ottewell Community Artisan Farmers Market

Wishing all our customers a very happy, merry and peaceful Christmas.

Thanks for your support this past year, you

We are here year round to bring you quality items from our local vendors. You can find us inside the community hall from 3pm to 7pm Thursdays! Please support local and buy local!

PLEASE NOTE: The market will be closed December 23 & 30. We wish our farmers and vendors the best of the season....and hope they get a good rest!

We'll see you back at the Market on Janu-

ary 6th (Thursday) 3pm-7pm Keep Supporting Local!

Snow Angel Program

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

We are looking for people to help with: Clearing snow as a SNOW ANGEL

Contact us with your address and we will provide you a list of Seniors that need assistance with snow removal within your area of Ottewell.

Team Lead for the Snow Angels

Maintain a Map of Ottewell to ensure that all requests for assistance from the program

are met.

Seniors that request assistance from our Snow Angel Pro-



gram please call 780.469.0093 to leave a message to have your name added to our Community Snow Angel Map!

We will call back to confirm.

If you are able to help with our Snow Angel program please contact Michelle at oclvp2021@gmail.com

Reminder: No Dogs at the Park or Rink Area

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



Have you Seen our NEW WEBSITE??

Check out Ottewell.ca for market hours, hands on deck to build up our website to be all hall rentals, and local Ottewell based shops and businesses. Subscribe to keep up to date with news sent directly to your inbox!

Are you interested in photography, telling stories, or connecting people to programs and events they love?? We're looking to bring more things OTTEWELL!! No experience necessary, wordpress training provided. Commitment is 2-4 hours/per month that you can do from home with your computer. We're also looking for content creators, training provided. Visit ottewell.ca/home/volunteer for more details!

Tool Library

Ottewell Community League has opted to become a supporter of The Edmonton Tool Library which means all members of the community league can now claim an individual annual membership which will allow you to borrow up to eight items from the large inventory of hand, power, and yard tools for a week at a time.

To claim your membership please visit our location at the Bellevue Community Hall (7308 112 Avenue NW Edmonton) and bring photo identification and your ottewell community league membership card. To make the process faster you can complete a tool library membership application and review the release of liability waiver and borrowing policy. If you are not yet a member of your community league you can join online through the Edmonton Federation Of Community Leagues website or at any Edmonton Servus Credit Union branch.



The Edmonton Tool Library Society is a not-for-profit organization based in Edmonton, Alberta, Canada. Note: reduced winter hours go into effect as of November 1, 2020. http://www.edmontontoollibrary.ca/

We are currently piloting a curbside service. For more information, visit our website or email us at EdmontonToolLibrary@Gmail. com. We're open every second Wednesday and Saturday- check our website for specific

Happy borrowing!

Something Exciting is Happening in Ottewell

Follow us on our Facebook page to see

Keep up-to-date on all the events by sub-

scribing to email updates at Ottewell.ca or by following us on Facebook at facebook.com/ OttewellEvents.

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 nonjudgmental setting, join the Ottewell and Area New Moms Group.

We'll meet online every second Wednesday from 11-12 am to share and discuss challenges, successes, and issues impacting ourselves and our families.

Sign up by emailing aceottewell@gmail. com as soon as possible; spots are limited.



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Season Greetings to Everyone!

2022 Registration is open for all girls, boys and adult membership! Register at

https://www.120scouts.org or

Call Scouter Glen for more info 780-235-6379



Programs:

Beavers - Ages 5-7

Cubs Scouts - Ages 8-10

Scouts - Ages 11-14

Venturer Scouts - Ages 15-17

Rovers - Ages 18-26

Looking to be a part of a creative TEAM?

We are looking for a few folks to help us with the SEV. Brush up on your writing skills while you help keep the community connected, write about current events, and coordinate the different volunteers to submit updates for their area of focus.

All you need is a few hours a month, a computer and a willingness to learn. We'll teach you how to do the rest! Email sev.liaison@gmail.com to be a part of this team!

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

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:

-Participate in the Tool Shed Program

-A 5% discount at Anvil Coffee House - anvilcoffeehouse.com

-A 10% discount at Ottewell Eye Care ottewellevecare.com

-a 15% discount at Pop Kids Marketplace + Sh-y Mama Designs - www.shoppopkids.

- a 10% discount on photography at Lightwork Consulting - www.lightworkconsulting.

-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.

Quick and Easy Holiday Appetizer These festive "Brie Bites" are oh so deli-

cious and easy to make.

You need: Puff pastry (I use Pillsbury crescent dough in the can), Brie cheese, whole cranberry sauce (or whatever you prefer figs, pepper jelly, etc) Rosemary sprigs.

Unroll your pastry - cut into 24 squares and place in small muffin tin with nonstick spray

Top with Brie cheese and the cranberry sauce.

Bake for 15 - 18 minutes at 375 degrees until puffed and golden brown.

Cool in pan for a bit and transfer to serving dish. Add a sprig of rosemary for the festive touch. ENJOY!!



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- Activity and wellness programming
- Computer, activity and craft room
- Easy access to public transit

- Exercise equipment and library
- Courtyard and garden
- Hair salon
- Laundry machines
- Friendly and welcoming staff



Strathearn

SCL Leadership

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

Strathearn A.V. Club News

Our rock-steady, pandemic-proof Rock 'n Roll Bookclub will meet again on Thursday, February 10, 2022 starting at 7:30pm at the Strathearn Community Hall. All aged 18+ welcome, proof of Covid vaccination required. Books up for discussion: Rememberings by Sinead O'Connor, and How to Write One Song

by Jeff Tweedy. For more information, email avclub@strathearncl.org.

Meanwhile, regular Film Club showings remain suspended. However, please keep an eye on our website and social media channels for information regarding an awesome upcoming Family Film Club Pancake Breakfast!

A New Year of SCL Fitness programs for you!

Winter session fitness classes will start the second week of January 2022. Prepare to roll out your mat on Tuesday evenings from 8-9pm for Yoga, then on Wednesdays from 7-8pm you will be called to the Barre, and get your

groove on Thursdays from 6-7pm for Zumba! Please watch our website and social media for registration details to follow (drop-ins are also welcome as space permits), and please note that proof of vaccination is required.

P: (780) 469-1561 F: (780) 490-7127









The Perks of SCL Membership!

2021/2022 memberships are now available! Strathearn Community League memberships are available online at https://strathearncl.org/ or in person at Ralph>s Convenience Store, Juniper Cafe and Bistro, Strathearn Heights Apartments' main office, or the Massage Therapy Supply Outlet.

Did You Know? Community league membership entitles you to 20% off RMT services at Anahata Wellness Studio? There are similarly substantial discounts at any City of Edmonton recreation facility. As a community

league membership holder you can save 20% on Adult, Family, Child, and Youth/Senior Annual Memberships, 15% on the already discounted multi admission pass (5+ visits), and 20% off an on-going monthly membership.

Another perk of being an SCL member is free membership to the Edmonton Tool Library. As part of your membership you have access to the ETL library of over 300 tools through their reservation system. For more information visit www.edmontontoollibrary.ca

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