

SOUTHEAST VOICE

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

February 2021



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New Bus Routes and On Demand Transit Service Coming to Southeast Communities this Spring

Starting April 25, Edmonton is launching a whole new bus network. This means the way you get to work, school, appointments and other activities is changing. The new routes are more direct, more frequent and better connected, so more Edmontonians get to where they need to be. One part of this new bus network is On Demand Transit, which is a shuttle bus serving some southeast communities, seniors' residences and industrial areas. On Demand Transit is a convenient and safe way to connect transit customers in these neighbourhoods with the regular bus and LRT networks.

How does On Demand Transit work?

Once booked via a smartphone app, website or phone, an On Demand Transit shuttle



will pick up customers at designated pick up and drop off locations within each neighbourhood or close a seniors' residence, and take them to/from a transit hub. This table shows the transit hubs for each southeast neighbourhood, industrial area and seniors' home

Transit hubs for On-Demand Transit service areas

Pick up/drop off locations	Bonnie Doon (future LRT Station)	Capilano Transit Centre	Millgate Transit Centre (future Davies Transit Centre)	Connors Road/95 Avenue (future Muttart Station)
Neighbourhoods and industrial areas Hours: Monday-Friday: 6 a.m.-10 p.m. Saturday: 9 a.m.-7 p.m. Sunday/holidays: 10 a.m.-6 p.m.	<ul style="list-style-type: none"> Avonmore Kenilworth King Edward Park Gainer Industrial Girard Industrial 	<ul style="list-style-type: none"> Portions of Eastgate Business Park 	<ul style="list-style-type: none"> Portions of Roper Industrial Portions of Weir Industrial 	<ul style="list-style-type: none"> Cloverdale
Seniors' residences Hours: 9 a.m.-4 p.m., 7 days/week (including holidays)	<ul style="list-style-type: none"> Gateway Manor Grace Garden Ottewell Place St. Andrew's Selo 	<ul style="list-style-type: none"> Gateway Manor Grace Garden Ottewell Place St. Andrew's Selo 	N/A	N/A

*Neighbourhoods, seniors' residences, industrial areas and transit hubs

that is receiving On Demand Transit during the two year pilot program.

Note: Sixteen large seniors' homes will receive On-Demand Transit because they are located on existing community routes that are not continuing in the new bus network. Other seniors' residences are not included in this pilot program.

An interactive map is available on edmonton.ca/ondemandtransit and shows pick up/drop off locations for each eligible neighbourhood and seniors' home. If you plan to use this service, you must book your trip up to 60 minutes in advance and be able to get yourself to and from the pick up/drop off locations.

City of Edmonton Announcements



Fun Outdoor Activities for all Edmontonians

It can be extremely challenging to keep active and healthy during the ongoing COVID-19 Pandemic. Here are some opportunities available in our City:

Tobogganing Hills - The City maintains toboggan hills at several locations with safe run-outs, safety signage and reduced hazards. For more information, please visit <https://tinyurl.com/wpgxnxe>

Cross-Country Skiing - Edmonton's River Valley is home to a large number of cross-country ski trails. These trails are accessible, open to everyone, regularly groomed, and accommodate different levels of skiers. For more information, please visit <https://tinyurl.com/svbuohy>

Outdoor Skating and Rinks - Skaters can use public outdoor ice skating surfaces in major parks or at community leagues. For more information, please visit <https://tinyurl.com/sxmpxw3>

Connected Neighbours Contact Card

Thinking about checking in on your neighbours? If so, Neighbourhood Services has a Connected Neighbours card that you can use!

This card can be used to reach out to neighbours who might be at home isolating or need help. To download the contact card, please go to <https://tinyurl.com/y6r7mfda>.

Please remember to adhere to the AHS public health guidelines when interacting with and checking-in on your neighbours.



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SECLA Board Contact List

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
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Strathearn	James	strathearn@secla.ca
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Projects	Connie L	projects@secla.ca
SECLA SEV Liaison	Erika	SEVLiaison@secla.ca

Cultivating Empathy in Children

Foster a sense of well-being for both yourself and your child by practicing kindness. Children love to help others and to make others happy. This year, perhaps more than any other, people need kindness and empathy, adults and children alike.

In February, we open our hearts to others — on Valentine's Day on the 14th and on Random Acts of Kindness Day on the 17th. To celebrate Valentine's Day, make homemade cards with your child.

Grandparents who can't hug their grandchild will cherish a child's homemade card, now more than ever, as will a friendly neighbour. On Random Acts of Kindness Day, ask

your child how they could help someone outside your family, and then do it together.

Practicing empathy helps develop children's social and emotional competence and early literacy skills. For some ways to foster empathy, go to <https://tinyurl.com/yakv4nt6>. The Edmonton Public Library also has children's books available. Search epl.ca to find a list of stories about empathy to share with your child.

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

Front Yards In Bloom: Winterscapes

The Winterscapes photo contest is all about awarding gardens, art and play in the winter. You can create a winterscape using snow, ice, natural objects and lights in your front yard or at your community hall, office/business building or school.

Winterscapes help beautify our Edmonton neighbourhoods.

Nominate your own winterscape or someone else's through to the end of February by going to <https://tinyurl.com/yxabv3jq>

Nominate a Community Champion

Edmonton Federation Community Leagues (EFCL) invites you to nominate a neighbor who dedicates their time and effort to make

the community better.

Submit your nomination at <https://tinyurl.com/y4bajzw6>

100 Years EFCL

100 snowy years ago
The Federation started
Communities of Edmonton
Their noble goals imparted
To foster healthy neighborhoods
More vibrant and more giving
Where people get together
That's the place of better living
Helpful and supportive
Planning healthy recreation
Advocating and engaging

Better city, better nation
For no matter where your castle
There's a league for everyone
Great communities are warmer
Here in snowy Edmonton

C2021 Garth Paul Ukrainetz
In tribute to the 100th Anniversary of the creation of the Edmonton Federation of Community Leagues January 1921 - January 2021

Community Conflict Resolution



During COVID times, having a difficult conversation may be even harder. As trained Mediators, we're here to help you have these difficult conversations as our way of supporting our communities and community leagues during these challenging times. We are offering our services for free until March 31, 2021 to help individuals that may benefit from a trained Mediator. We want to use our unique skills to help you resolve conflict.

Does our mediation fit your needs? We

provide phone assessments to let you know if you meet the criteria for a free community mediation and meet with you virtually to help limit the spread of COVID-19.

We look forward to talking to you. Stay safe and healthy, Paulette & Stacy.

CONTACT US:

Stacy Grainger-Schatz, MSc - media-tionsgs@gmail.com

Paulette DeKolver, LLB - pmdekolver@gmail.com

CHILDREN AND YOUTH OF KENILWORTH

WE WANT TO HEAR FROM YOU!

If you are in elementary, junior high, or high school, follow the link and complete the survey to help us make our community better for you!

Fill out the survey on your own or have a parent/guardian help you out for a chance to win a gift card!



<https://bit.ly/38Ewg6y>

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Community League Board

President	Anita	president@avonmore.org
Vice President	Leigh	vicepresident@avonmore.org
Secretary	Allison	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Communications	Nathan	communications@avonmore.org
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Volunteer Coordinator	Bob	volunteer@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Kaitlyn	programs@avonmore.org

Message from the President - Hello Is Anyone Out There?

Please send an e-mail to president@avonmore.org if you read this article and any of the other Avonmore information in the SE Voice. By sending an e-mail your name will be entered in a draw for a free family membership and a Tim Horton's gift card. The League wants to know if this is an effective way to get information to community members. We would also like your comments on how the League could get information out more effectively. What's your preferred source of community information – the website, Facebook, Instagram, other? Should we bring back the community newsletter we used to deliver three times a

year? Would a community bulletin board at the hall be helpful?

We all miss getting together in person. Until we can do that please stay connected with the League and the rest of your community. Buy a membership, join an online event, add your comments on social media or email a board member with a question or idea.

We will be limited to mainly online programs and gatherings for the next month at least and probably longer. To increase the number of options we are partnering with other Leagues both close to us and across the City.

Take care everyone.

New Avonmore Website

We are happy and proud to announce that our newly re-designed website has been live since Dec 5! The Avonmore Community League contracted a local web designer to update and modernise the existing site to better meet the

needs of our community. Along with some added functionality, the new site is much more user friendly, especially when being accessed on mobile devices. We're still located at avonmore.org so take a few minutes to check it out!

Avonmore Skating Rinks - A \$10,000 Annual Investment

Avonmore's skating rinks, like all community rinks, are maintained by the local league. That means that every year the Avonmore Community League has to either find enough cash or enough volunteers or a combination of the two to make and maintain the ice as well as the boards, lights etc. The average cost per year of our two rinks is \$10,000 plus volunteer time. That doesn't include the extras such as new lighting, new equipment etc. Some of the money comes from grants from the City, however, most of it comes from money raised through casinos, membership dues and other fundraising.

The rinks are always well used by residents of this community and many visitors from other

areas. This year they've been especially busy as many other activities are not available. The Avonmore Community League would appreciate the financial support of rink users so we can continue to provide this amenity in the future without having to sacrifice other programs and facility maintenance. Avonmore residents can support the rink by buying a membership and/or by donating cash. We know that many of the users are not from this community so we will be putting up signs at the rink as well.

Donations can be made in cash or by cheque made out to Avonmore Community League and either dropped in the mailbox at the hall or mailed to Avonmore Community League, 7902 73 Ave, Edmonton, AB T6C 0C5

Avonmore Garden Club

Our club has been busy working on the programming for the next several months. All presentations are via Zoom. Contact gardenclub@avonmore.org to join the group and register for coming events. You are also welcome to join our online community on Facebook - look for Avonmore Garden Club under groups.

February 27 - 10:00 a.m. Planning and Growing a Small Space Garden : Learn to make a plan and optimize growing conditions for Edmonton veggies and herbs that are easy to

grow, harvest and store. We will focus on food you can grow in small spaces and containers.

Cost \$5 Platform: Zoom Registration: EventBrite. Search

March 2021: Success and Failures by garden club members - A collage of pictures from various club members on success and failures in your garden.

We have not done this event in a couple of years, so it's perfectly fine to submit items from previous years.

Meet Your Community League Board

Treasurer - Ken Stadt

Ken is a long-term resident of Avonmore, renting his present house in 1998, then purchasing it in 2004, with his wife Sandie. Although they considered moving closer to their son's school, they realized they'd miss the neighbours and the ravine too much, so renovated in 2017 and stayed on. For a surprisingly low cost solar system, their house is now net-zero for electricity and, thanks to good insulation and a steady supply of firewood from neighbors, uses very little gas. A forest monitoring analyst for the province, Ken's work takes him to all corners of Alberta, but he ap-

preciates coming home to the quiet streets and trails of Avonmore.

Ken took on the Treasurer role in 2015 to contribute to the excellent sports and family programs offered by the community league. He transitioned the league to all-digital financial record-keeping, which keeps the work minimal. Since he is wrapping up his third term this spring, it is time to train a new Treasurer (executive members are limited to 3 terms). For anyone interested, Ken will help with the books and reports in their first year, or longer if needed. In the future, he plans to continue supporting many of Avonmore's awesome programs.

Volunteer Opportunities

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

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

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

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

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

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

Avonmore Community League Membership

As COVID continues to have a major effect on our family and work lives, it is an opportunity to spend more time supporting our neighbourhood. This support can be displayed in any number of ways. The first one that comes to mind is spending more time outside, which promotes good health and makes Avonmore a safer neighbourhood with more eyes on the street. The skating rink is also open for member skating. Throughout the COVID situation, your community league is actively researching how to incorporate COVID restrictions into such activities as Family Day, soccer, playschool, and more. Membership sales is a valued source of funding for our Community League to support these activities, so I am asking for your contin-

ued support to our community by purchasing a membership.

A few of the direct benefits of an Avonmore Community League membership include discounts on pizza orders, snow removal, lawn mowing, paint, furnace cleaning, and more.

We are striving to keep our city and community safe by following all provincial and city recommendations, and if we all stay aware of the risk, we will soon be back to normal.

Memberships can be purchased by emailing membership@avonmore.org, or buy directly from Dairy Queen on 75th Street (when lockdown is over), or online at <https://efcl.org/membership-purchase/> (there is a \$5 fee for online purchases)

Valentine's Day Paint Night - February 13, 2021

Join us for this virtual Valentines Day Paint Night! Each ticket will give you the paint/canvas and brushes needed to create the art below!

Jeanette from Some Fine Art will be guiding us through a virtual online paint night. With the purchase of your ticket you will receive a paint pack that contains all the paint, brushes and canvas you need to create the artwork below.

Sign up by yourself, sign up with a partner or make it a family night and sign up with your whole family! * a video recording of the instructions will be provided after the event if you can not make the specific time and day of the paint night.*

Further details on Facebook and the website Register on Eventbrite.

Move for Mental Health

Give your mental health a boost
This winter, Avonmore Community League has accepted the Ritchie Community League challenge to get outside. Physical activity can improve your mood, reduce stress and anxiety and improve your positive mental health.
So whether you walk to the store or shred the mountain slopes, you are boosting your mental health! This challenge runs for three

months... plenty of time to make daily physical activity a habit that will stick.
There are weekly challenges and every week Ritchie posts the accomplishments of all the leagues that participate.
For details and to join the challenge check the Avonmore Facebook page or the website www.avonmore.org. For fitness tips and motivational messages go to www.ritchie-league.com

Avonmore Yoga Classes Online

A new session of online yoga classes started in January. Classes are on Wednesday evenings at 7:00. Classes are recorded and shared after the session - you never have to miss a class and can repeat a session as often as you

like. Instructor is Kat Boehm. You can register for the remaining 6 classes for \$60.00. No drop ins or single class registrations. To register or for more information contact president@avonmore.org

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Online Trivia Nights

Test your knowledge of trivia against other Leagues from across Edmonton. Registration will be through Eventbrite. Watch the Avonmore Facebook page and website for details.

No cost to participate. Get a team together and enjoy.
Family Trivia - Saturday, February 20 at 6:30
Adult Trivia - Saturday, March 20 at 7:30 pm.

Youth Programming

Avonmore Community League is in the process of creating a youth-led committee to discuss and brainstorm program and activity ideas. We're looking for kids aged 11 – 17 in Avonmore and neighbouring communities who are interested in sharing their ideas for fun events and activities. We'll start out with

a team Zoom call and go from there, based on the kids ideas.
We are also seeking input from parents, as to what types of programs they would like to see for kids in this age group.
Please contact Cheryl at admin@avonmore.org if you'd like to participate.

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Avonmore History Project - Submissions Needed

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

New members are joining, however, no one is posting. We need some posts - pictures, news clippings, anecdotes of events remembered etc. Now that winter is here, take some

time to dig through old photos and share with the group.

If you have material to donate or stories to tell, either add them to the Facebook group and/or contact Anita at president@avonmore.org or 780 222 4482.

Seniors' Centre Without Walls

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

and mindfulness, nutrition, book clubs, coffee chats, and more.

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

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

A Safe & Inclusive Playground

Avonmore Community League is committed to a safe and inclusive playground environment for all. For 2021, we'd like to be more proactive in engaging the community, how we can share messages of inclusion, consideration and respect to all and what the

community response should when there are problems.

If you'd like to share your experiences or ideas on how to achieve these objectives, or if you'd like to become more involved, please email admin@avonmore.org

Avonmore Play School

A new year is upon us and here at the Avonmore Community Playschool we have been working hard, committed to putting the health and safety of the children in our care above everything else. I won't lie, last year was challenging for all of us. In the beginning of the year we were happily enjoying our normal life. Then 3 months later everything changed. All schools/classes were cancelled and we were all stuck at home. So our Playschool teacher Jamie decided to volunteer her time to create an at home program to bring the fun of playschool to the preschool children at home. So for 3 months she did just that (with the help of her mother), They would clean and drop off the at home learning bins every two weeks and seeing the children from their windows smiling made it all worthwhile. Then the summer came and everyone was happily outside enjoying the long warm days/nights. While everyone was outside enjoying the freedom and fun from their homes, Teacher Jamie was preparing the playschool for a new preschool experience, one that still included all the fun things that children loved, but was set up so they can do it all safely.

We are now 4 months into our program and are proud to say that our teachers Jamie and Keri have successfully created a clean, stimulating and creative space/program for the children to learn and thrive in, all while following

all the new recommendations and regulations. Usually right now we would be planning an Open House, getting ready to open our doors to families for a tour of our space and to answer any questions families might have. This year we will not be having a physical open house, but will be doing things a little differently. The Avonmore Community League has just launched a new website and the Playschool is in the process of building our webpage, but while we are figuring it all out, you can email playschool@avonmore.org or Message Teacher Jamie @ 780-222-7275 for more information. We will be accepting registrations for our classes beginning in September on the 1st of March and we hope to have our webpage all ready to go before then.

There is one last thing the Playschool would like to share with you. We have decided to do something extra special for people in the neighborhood. Our Random Act of kindness will be making and delivering valentine cards for people in our community. The Playschool children will be creating valentines cards to drop in neighbors mailboxes, but the problem is we can only walk a couple blocks from the playschool, so we are encouraging others to maybe drop a valentine in their neighbors mailbox, or maybe even do their whole block and help us light up someone else's day this Valentines Day!

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: avonmore league



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

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

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

 **Marlin Schmidt**
MLA Edmonton-Gold Bar

Avonmore Book Club

The Book Club continues to meet online using Zoom. Reading is one activity that is always COVID friendly. New members are al-

ways welcome. We meet next on Sunday, February 21 at 7:00 about. Contact president@avonmore.org if you are interested in joining.

Community Swim Postponed/Discounted Passes

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

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

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

multi admission pass (5+ visits)

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

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

Abundant Avonmore

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

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

Youth Programming

Avonmore Community League is in the process of creating a youth-led committee to discuss and brainstorm program and activity ideas. We're looking for kids aged 11 - 17 in Avonmore and neighbouring communities who are interested in sharing their ideas for fun events and activities. We'll start out with

a team Zoom call and go from there, based on the kids ideas.

We are also seeking input from parents, as to what types of programs they would like to see for kids in this age group.

Please contact Cheryl at admin@avonmore.org if you'd like to participate.

COMMUNITY LEAGUE BOARD

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Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building & Grounds	Carson	587-930-6977
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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	Lyrus	780 242-8874
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June

Capilano Community is on Facebook “Like Us”

Check us out on Instagram @capilanocommunity

Choose Capilano Hall for your Event

If you are planning on hosting a party, meeting, family gathering, wedding or other occasion, then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, wood flooring, and all amenities are available to make any event special. With the new COVID restrictions based on Alberta Health recommendations, we are only able to accommodate events of 25 people or less to ensure the 6ft

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

Capilano Community Memberships

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

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

As well, memberships are available at:

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

--Servus Credit Union, Capilano Mall #110, 5615 – 101 Avenue (Cash only). Note: \$5.00 fee attached to the purchase.

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

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

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

CCL Valentine’s Candy Gram

This Valentine’s Day show your family, friends and neighbours who live in CAPILANO that you care with a heartfelt candy gram.

Shout your love and appreciation out loud (or anonymously) with a personalized candy gram delivered to their door by Cupid herself!

-1 Candy Gram for \$6

-3 Candy Grams for \$15

-5 Candy Grams for \$20

Criteria:

-Recipient MUST reside in the Capilano Community

boundary

-Sender can reside outside of Capilano

-Cut off for purchase is February 11, 2021

-Candy is a pre-packaged chocolate treat

Contact: Call/text Maria 780-984-6839 or Marzena 780-909-5886 for more details.

Go to this link to register your Candy Grams:

https://docs.google.com/forms/d/1nfnYAG2FHCaxt_4dWA9l6Q0tqP70PQ-B2e2W_lzzQq0/edit

All the profits from this event will be donated to the Edmonton Food Bank!

CCL March Casino-Volunteers Required

We are looking for some volunteers to help with our community casino March 24/25.

Volunteers required for:

Wednesday March 24

Cashier/ Chip Runner 9 a.m.-7 p.m.

Cashier/ Chip Runner 9 a.m.-7:15 p.m.

GM/Banker 6:15 p.m.-3:45 a.m.

Count Room 10:45 p.m.-3:30 a.m.

Count Room 10:45 p.m.-3:30 a.m.

Thursday March 25

GM/Banker 9 a.m.-7 p.m.

Cashier/ Chip Runner 9 a.m.-7:15 p.m.

Cashier/ Chip Runner 6:30 p.m.-3:45 a.m.

Cashier/ Chip runner 6:30 p.m.- 3:45 a.m.

If interested, please contact Jean at jjhalko@telus.net.

Movement Journey Classes

Experience Movement Journey classes at Capilano Community Hall!

Your body is like an instrument and needs/wants to be “tuned” on a regular basis. The intention of the classes is to start “fine-tuning” into the areas that are stuck/stagnant or painful. You will be encouraged to explore safely while optimizing your body’s movement potential to its fullest.

Classes are held in person at either Capilano Community League or Kenilworth Community League (compliant with COVID-19) protocols OR in the comfort of your house online.

Please visit my website at www.movementjourney.ca for additional information on classes, schedule and pricing. Email Pearl for any further questions or to register at: pearl@movementjourney.ca for any inquiries.

CCL Virtual Paint Night Feb. 27 – Save the Date!

Join us for a fun night of socializing over Zoom while you paint an amazing picture under the guidance of Capilano’s very own local artist Elaine Croft.

When: Saturday, February 27, 2021

Time: 7 p.m.

Where: Your house Via Zoom

Artist: Local resident Elaine Croft

Cost: To be Determined

We will deliver the supplies to your front step; all you need to do is sit back and paint. Grab your friends and join some of your friends and neighbors for a fun night.

Please watch our social media for information on how to sign up for our Virtual Paint Night!

Capilano Community is using Nextdoor!

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

To connect with your neighbors, you will need to create an account on Nextdoor. You

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

Capilano Community Outdoor Rink

Our outdoor rink is open! Please come for a skate!

Before you join us for a skate, we ask that you go to <https://capilanocl.ca/skating-rink> and see Capilano Community Rink’s COVID-19 guidelines, and the ways you can help keep our rink a safe and fun place for every-

one this winter. In particular, the Rink Shack and Washroom facilities will be running at smaller capacities, so we ask that you plan ahead before you visit.

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

Capilano Playschool – Spots Available!

Do you have a child who will be 3 or 4 this Spring? 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 have spots available. For more information, or to register, please contact Bethany at 780-802-9307 or capilanoplayschool@hotmail.com.

Hello Nordic Skiers!

Trail usage at Gold Bar, Gold Stick and Capilano Parks has increased sharply and the Edmonton Nordic Ski Club grooming team has responded by increasing our snowmaking and grooming operations to meet the increasing demand and provide skiers the very best possible trail conditions.

Since 1978, the Edmonton Nordic Ski Club has been proudly grooming the excellent Nordic Ski trails on the approximately 12 km of connected trail system at Gold Bar, Gold Stick and Capilano Parks and we would like to thank the community, and all Edmontonians, for their continued support and contributions.



Supporting a friend with mental health issues

Do you have a friend who just doesn't seem to be their usual self? Something about them has changed, and you're wondering what's going on?

Many people turn to their friends for help if they're having a problem. Knowing how to support someone is an important part of being a friend.

Signs a friend may need some support:

- They don't seem to enjoy activities as much anymore.
- They seem distracted or are having trouble staying focused.
- They are unusually worried about things that don't seem to be a big deal to you or others.
- Their eating habits have changed—they avoid hanging out at lunchtime or make excuses as to why they're not eating.
- They're always tired or complain they aren't sleeping well.

- They're missing more and more time from school or work.

- They're drinking more alcohol or using other drugs more.

- They're sad much of the time and find it hard to see any positives in their life.

- They are spending more time alone—they don't want to hang out with friends or do any of their usual activities.

If you've noticed changes in a friend that have been going on for a while or seem to be getting worse, it's time to do something. Speak up! Start by sharing with your friend what you have noticed and why it concerns you. Have this conversation in a comfortable but private place, where the two of you can talk without being interrupted. Let them know that you care about them and you're worried about them.

- Build confidence. Identify your friend's abilities and strengths, build on

them, and encourage your friend to do their best.

- Give compliments. Compliments help us to remember the positives in our lives, especially when times get tough.

- Give and accept support
- Manage stress. Help your friend to learn what stresses them and how they can manage it in healthy ways before it overwhelms them.

- Deal with moods. Support your friend to find safe and constructive ways to talk about negative feelings, such as anger or sadness. Sports, writing (keeping a journal), painting, dancing, making crafts, are all good ways to help deal with difficult emotions.

- Share humour. Have fun together. Take some time to laugh with your friend.

If you or if your friend needs more help, call Health Link at 811 or the Mental Health Help Line at 1-877-303-2642, available 24 hours a day, 7 days a week.

Kick into Spring with Karate at Capilano

Hey karate kid, aged 7 to 70! Stuck at home and looking to stay active?

Rather than watching Cobra Kai or trying that Eagle Fang thang, why not try learning the karate style that inspired Miyagi-do karate: Okinawan Goju-ryu!

Classes are online every Tuesday and Wednesday evening; come to one or both. Separate classes for youth/families (6-7 p.m.)

and adults (7-8 p.m.). Quality instruction, affordable for all: family rates available.

Once COVID-19 restrictions are lifted, we will welcome back students to the physical space; those wishing to continue training virtually from home will have that option.

Work your mind, work your body. For more information, call or text 780-619-3136 or visit www.kaizenodojo.ca.

Total Body Fitness

Please join us at Capilano Community for a great fitness program!

This class combines strength, and cardio for a full body workout.

I try and mix it up so there is lots of variety in the classes and so every fitness level is welcome!

Days/Times:

Tuesdays 6:45-7:45 p.m. (outdoors if warmer than -10 including wind chill, Zoom if colder) SOLD OUT

Tuesdays 8-9 p.m. (always Zoom)

Thursdays 6:45 -7:45 p.m. (outdoors if warmer than -10 including wind chill, Zoom if

colder)

Thursdays 8-9 p.m. (always Zoom)

Dates: 8-week session runs Jan 5/7- Feb 23/25 (no class Feb 11).

Costs: \$88 Tuesdays (\$80 for CCL members), \$77 Thursdays (\$70 for CCL members) \$165 (\$150 CCL members) Two days a week (15 classes)

Sorry no drop ins or 5 passes available currently due to COVID.

For more information or to register email lisashortenfitness@gmail.com or call 780-221-9857 or visit @lisashortenfitness on Facebook or Instagram.

Board Member Contact Sheet

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

Board Vacancies

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

the CCL and inform CCL members via electronic media including the website, Facebook Page and print media including the Cloverdale Chronicle, published quarterly and the Southeast Voice, published monthly.

The EFMF Liaison Director chairs the committee that deals with the EFMF and the City of Edmonton about issues related to the EFMF's impact on the Clover-

dale neighbourhood, issues the parking passes for the EFMF and the Accidental Beach (as necessary). The EFMF committee provides an annual evaluation and recommendations to the City of Edmonton and the EFMF for improvements to mitigate the impact of the EFMF on Cloverdale. Contact Reg at pastpresident@cloverdalecommunity.com for more information.

The benefits! ACE works with citizens to...

- Enable relationship building to advance connection and belonging
- Shape community life according to residents' vision for their neighbourhood
- Build neighbourhood identity and pride through shared ownership and responsibility
- Facilitate local recreation opportunities
- Foster an environment of care for one another
- Reduce social isolation
- Increase safety on the block and in the neighbourhood
- Build the capacity of the neighbourhood to engage with neighbourhood

leadership and the City of Edmonton

For more information contact Marilyn, the Cloverdale Neighbourhood Connector at neighbourhoodconnector@cloverdalecommunity.com.

Abundant Community

The Cloverdale community is part of the city-wide Abundant Community Edmonton (ACE) initiative. "Get Neighbouring" is a way to care for and build the social networks in our neighbourhood. Abundant Community Edmonton (ACE) is a neighbourhood engagement and organization approach – a way to build a culture of connection one neighbourly conversation at a time.



My hairstyles may have changed over the years...



but my values and love for this community haven't.

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Board Member Contact Sheet

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

Lanterns light up 100 years of community

Forest Terrace Heights community league put together an ice lantern display to help mark the centennial of Edmonton Federation of Community Leagues.

Events director Molly stamped out "FTH 100" in the snow by The Heights

Community Garden at 75 Street and 104 A Avenue, then asked community members to fill in those characters with simple ice lanterns they made at home.

About a dozen families pitched in, and on Saturday, Jan. 23, Molly and some

helpers lit the lanterns on Facebook Live. Right after, the league hosted an online bingo.

You can see a video of the lantern lighting on our Facebook page.

Board & membership update

The Forest Terrace Heights community league board meets online at 7 p.m. on the first Tuesday of each month. We welcome league members and other residents to join us. Email president@forestterrace.org for the link.

All board members are listed on forestterrace.org, including our current executive:

Curtis, president@forestterrace.org;
Kathleen, VP@forestterrace.org;
Allison, secretary@forestterrace.org; and

Amber, treasurer@forestterrace.org.

Meeting minutes are always available on the website, too. Click on "About the League" in the main menu and scroll to the bottom of the page to find links to the current year's minutes and past years'.

A 2020-21 membership is pay-what-you-can. Contact memberships@forestterrace.org or call Sonya at 780-463-1613 to get yours. You can also get one at Mother Hubbard Food Stuff (7923 106 Ave NW) or Grower Direct (7231 101 Ave NW).

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

The Forest Terrace Heights community hall at 101050 80 St NW remains closed to all events and rentals. Contact hall@forestterrace.org with questions.

Books to fuel imagination

In November 2020, the community league launched The Heights Imagination Library, an international literacy program founded and sponsored by the Dolly Parton Foundation. Each month, it provides a free, hand-selected, age-appropriate, high-quality book to registered children from birth to their fifth birthday. The books are personalized with each child's name and mailed directly to their home.

To date, 34 books have been gifted to 22 children in our neighbourhood. We have also secured enough funding for up

to 60 children in the community to participate.

Parents/guardians of registered children can connect with others in the program, should they choose, through a private Facebook group. We hope to move from virtual to in-person meetings once it is safe, to promote connections between young families in the community.

Please email allison@forestterrace.org for a child registration form or if you are interested in supporting or sponsoring the program.



Rink update

The rinks at Forest Heights and Terrace Heights are open and have been getting lots of use. Rink capacity is capped at 10 people at a time. Skaters must maintain two metres distance from anyone outside their cohort. Rink shacks are closed and no hockey, shinny or

other games are permitted.

You can access the ice anytime, and the lights go off at 9 p.m. The rinks may be closed or locked if weather conditions are deemed unsafe or if the ice surface is likely to be damaged. Check our Facebook page for updates.

Move for Mental Health

Physical activity can improve mood and reduce stress and anxiety. So, whether you walk to the store or shred the mountain slopes, you are boosting your mental health!

So, Forest Terrace Heights has joined a city-wide challenge, started by Ritchie Community League and running for three months – plenty

of time to make daily physical activity a habit that will stick. Our team is the Forest Terrace Heights Ramblers.

You can join in and log your activity with Strava, a free app. Our group totals will be submitted weekly to Ritchie until the challenge ends March 31.

Gingerbread house contest

We were thrilled by the response to our holiday gingerbread house contest. The 27 entries varied from traditional houses to elaborate scenes, including a campground, a ski hill, a hospital and even the Patricia Motel!

Kendal won the top prize for kids creations; the Osmond/Doll family took the family creations honour for their cozy cottage, pictured here; and Darelen won for unique creations with her farmyard scene.



Nordic Walking now on

Initially cancelled due to pandemic restrictions, the Nordic walking group received approval from the Edmonton Federation of Community Leagues to go ahead with additional safety measures and a strict limit on the number of participants. We meet Wednesdays at 7 p.m. at the hall.

A membership in any community league is required, but it is otherwise free. Forest Terrace Heights memberships, which are pay-what-you-can this year, will be available at the start of every class.

Also known as urban poling, this exercise burns 20 to 46 per cent more calories than



regular walking. The poles also make it easier on your hips and knees and sculpt your arms and shoulders while you whittle your waist.

If you are interested, please contact Sonya at memberships@forestterrace.org or 780-720-7034.

Soccer registration starts soon

Outdoor soccer registration opens March 15 and due to the pandemic, it will be online only. The Edmonton Southeast Soccer Association

is planning to have a regular May/June season, pending Alberta Health guidelines.

Pitch in for a new playground

Did you know you can help pay for a new playground at Forest Heights School by online shopping? The playground fund receives a percentage of purchases from a variety of retailers, including Amazon, Walmart, Indigo and Home Depot. To start contributing, go to flipgive.com, click on Teams and enter "Forest

Heights" under Find a Team. The Flipgive code is P992BF. Or go to fundscrip.com, click on Support a Team and enter the code FK2QV2.

The committee says a new playground will be an important infrastructure upgrade and will increase the quality of life for all community members.

Looking for a snow angel?

Do you or one of your neighbours need help with snow removal this winter?

The Forest Terrace Heights Community League is coordinating a program to have volunteers assist seniors and individuals with dis-

abilities with snow removal.

If you are interested in receiving assistance or volunteering, please contact Meagan Gebers at meagan@forestterrace.org.

Nominate-a-Neighbour Bouquet Winner

The recipient of this month's Nominate-a-Neighbour Bouquet program, in partnership with Capilano Grower Direct, is Melissa, who runs the local Buy Nothing Facebook group. The group and its nearly 1,000 members are dedicated to sharing not just material possessions, but also helping each other out with their time and talents.



Has a neighbour reached out to you or made a difference on your block?

If so, email sonya@forestterrace.org or leave her a voicemail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour Bouquet. Please include your contact information so Sonya can ask what makes your neighbour special.

The Heights Garden update

The intrepid leaders of The Heights Community Garden are moving on so the garden committee needs a new chair or co-chairs. The

committee meets once a month from February to October. Email garden@forestterrace.org for more information or to join the committee.

Supportive housing update

On Dec. 8, City Council approved the rezoning of the land southeast of the Capilano Library and skatepark for the supportive housing project.

You can find updated information, including a link to a recording of the council meeting, at

edmonton.ca/terraceheightssupportivehousing. You'll also find a link to the What We Heard report, which describes the city's public engagement process about the site, the questions community members had and summarizes the major themes and considerations that arose.

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Relief for Back Pain

Does back pain or back tension have you tied up in knots? Back strain happens when you overstretch, or pull, a muscle in your back. You may hurt your back in a fall or when you exercise or lift something. Most back pain will get better with rest and time. You can take care of yourself at home to help your back heal.

When you first feel back pain, try these steps:

Walk. Take a short walk (10 to 20 minutes) on a level surface (no slopes, hills, or stairs) every two to three hours. Walk only distances you can manage without pain, especially leg pain.

Relax. Find a comfortable position for rest. Some people are comfortable on the floor or a medium-firm bed with a small pillow under their head and another under their knees. Some people prefer to lie on their side with a pillow between their knees. Don't stay in one position for too long.

Try heat or ice. Try using a heating pad on a low or medium setting, or take a warm shower, for 15 to 20 minutes every two to three hours. Or you can buy single-use heat wraps that last up to 8 hours. You can also try an ice pack for 10 to 15 minutes every two to three hours. You can use an ice pack or a bag of frozen vegetables wrapped in a thin towel. You may also want to try switching between heat and cold.

Other suggestions:

Stretch and exercise. Exercises that increase flexibility may relieve your pain and make it easier for your muscles to keep your spine in a good, neutral position. And don't forget to keep walking.

Do self-massage. Try self-massage to unwind after work or school or to energize your-



self in the morning. You can easily massage your feet, hands, or neck. Self-massage works best if you are in comfortable clothes and are sitting or lying in a comfortable position. Use oil or lotion to massage bare skin.

Reduce stress. Back pain can lead to a vicious circle: Distress about the pain tenses the muscles in your back, which, in turn, causes more pain. Learn how to relax your mind and your muscles to lower your stress.

For more help, contact the AHS Rehabilitation Advice Line at 1-833-379-0563, Monday to Friday, 9 a.m. to 5 p.m.

This free telephone rehabilitation service is available for Albertans 18 years of age and over living with pain, decreased mobility, reduced endurance or strength related to a health condition. It provides access to occupational therapists and physical therapists for advice, education and information on how to access services in your community.

The Rehabilitation Advice Line is also available for community care providers seeking help for patients.

Welcome, new patients!

Edmonton Comprehensive Care & Family Medicine is accepting new family medicine patients! Walk-ins welcome.

Our medical clinic is also accepting patients for:

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- oral medicine (TMJ concerns)

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On Line Programs for Parenting

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

• Spring Fun for Everyone!

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

Wednesdays from 9:45 – 10:30am
Zoom Meeting (ID# given at registration)
March 3 – March 24, 2021

• (A little) Messy Play is Fun Play

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

Thursdays from 9:45 – 10:30am
Zoom Meeting (ID# given at registration)
March 4 – March 25, 2021

• Infants Can Talk with Their Hands

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

Tuesdays from 9:30 – 10:00am
Zoom Meeting (ID# given at registration)
March 2 – March 23, 2021

Eat Love More Sleep

Fulton Afterschool Care spaces available

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

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

Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404
heather.mcpherson@parl.gc.ca
10045 81 Avenue T6E 1W7

www.heathermcpherson.ndp.ca
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barristers, solicitors, notaries

PH: (780) 466.1175 Fax: (780) 465.6717

#220, 8723 – 82 Avenue Edmonton, Alberta T6C 0Y9

- Real Estate
- Wills and Estates
- Business Law

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Sherry
Director
sherry@fultonplace.org
Fulton Place Garden
fpcgcontact@gmail.com
Fulton Page Turners Book Club (GRAPHIC)
Babysitting Course (GRAPHIC)

HALL RENTAL



Fulton Place Community League Hall is available for rent with COVID-19 guidelines once AHS protocols are amended to allow for indoor use. Included are:

- Tables, chairs, stage.
- Well-equipped kitchen & bar. Caterers with COVID-19 food-handling experience required.
- Roomy entry-way & cloakroom
- Available on weekends, weekdays and some evenings - also available on an hourly basis
- For availability, pricing, and viewing please email sherry-lynn@fultonplace.org or call 780.466.8140. We will return your message within 48 hours.

MEMBERSHIPS

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

RED CROSS BABYSITTING AND FIRST AID COURSE

Sponsored by Fulton Place Community League

Saturday February 27, 2021

9:00 am – 4:30 pm

Fulton Place Community Hall: 6115 Fulton Road, Edmonton

Do you want to babysit?

Do you stay home alone?

Newly Revised Course Includes Greater Emphasis on First Aid Skills!

- Responsibilities of a babysitter
- How to care for babies and toddlers
- Dealing with discipline problems
- Fire safety and Poison Prevention
- Basic First Aid, Choking First Aid and CPR
- Proper use of EpiPen and Inhaler
- Home safety tips and accident prevention
- What to do - and who to call - in an emergency

All the safety and first-aid that a babysitter or someone staying home alone needs to know, presented in a fun, hands-on workshop!
Registrants receive Red Cross Babysitters Manual.

FOR: Girls and Boys ages 11 and up (by end of February 2021)
COST: \$75.00 including GST.
Note: Current Fulton Place Community League Members qualify for \$20.00 subsidy.
BRING: Lunch, pencil, large floppy doll/teddy (must lay flat), water bottle and indoor shoes.

RED CROSS CERTIFICATE CARD ISSUED UPON SUCCESSFUL COMPLETION
Be confident. Be prepared. Be safe.

For more information email babysitter@fultonplace.org Subject to change due to COVID

Using cannabis precautions

Are you thinking of using cannabis? Are you already using?

Cannabis is a psychoactive substance that has many short- and long-term health risks including: impairment, memory issues, mental health problems, lung damage and risk of dependency and cannabis use disorder.

If you are using, ensure that you read the product labels. Know what and how much you're using. Choose products that have lower levels of tetrahydrocannabinol (THC) or a higher ratio of cannabidiol (CBD) to THC.

If trying a new form of cannabis, remember that some people who consume edibles (such as brownies, cookies or drinks) may consume too much and experience bad reactions. It is important to start with a low dose and go slow.

Cannabis use can cause severe nausea and vomiting for some people. This is called Cannabinoid Hyperemesis Syndrome (CHS).

The risk of experiencing CHS increases when cannabis use is frequent (weekly or more), long-lasting (over a year or more) and may be associated with using cannabis products that contain higher levels of THC.

To avoid experiencing CHS:

- Limit your cannabis use as much as possible, such as one day a week or less, on the weekend or days off. Frequent use is associated with a higher risk of health problems.

- Keep all your cannabis, regardless of type, locked up, in their original containers/packages and out of sight and out of reach of children.

Remember that edibles such as brownies, bev-

erages or soft chews can look appealing to children. It's important not to leave these products in areas that are easy to access – countertops, for instance, cupboards, pockets or backpacks.

If you choose to use cannabis, remember that sharing your inhaled device (joint, vape, pipe, bong, etc.) increases your risk of COVID-19. Now is a good time to use the "one device, one person" rule.

Smoking cannabis can suppress your immune system and make you more prone to infection. Because COVID-19 is a respiratory illness, the healthier your lungs are, the better. Now is a good time to take a break from smoking or vaping.

While edible products provide a lower-risk al-

ternative to smoking/vaping, they can affect you much differently. Here are a few steps to reduce your risks with edibles: Remember that it can take up to four hours to feel the full effects of edible cannabis. Taking more within that time can increase the risk of adverse effects. Be patient, start low and go slow. Edibles may affect you for up to 12 and even 24 hours. Be aware that you may be impaired for a significant time. For more information about health effects or lower-risk use of cannabis, visit [DrugSafe.ca/cannabis](https://www.drugsafe.ca/cannabis). If you are concerned about your own or someone else's use of alcohol, cannabis, or other drugs, please contact the Addiction Helpline at 1-866-332-2322 (available 24 hours a day, seven days a week)

Fulton Place Book Club The Fulton Page-Turners



• The Fulton Place Community League is starting a book club free for all Fulton Place members, and non-members, to join. •

• The book club *The Fulton Page-Turners* will meet every 2 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 our first meeting (in late February) or learning more, please email the Fulton Place Community League Program Director, Lisa, at programmer@fultonplace.org.

Lisa can try to answer your questions or add you to the invite list.

Rink attendants wanted

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

One Step Learning
Opportunities Centre
Play Elevates Talents and Abilities!

Email
contact@onesteplearning.org
Web
www.onesteplearning.org
Phone
780-717-4055, 780-953-4944

Give the Gift Of Caring to a Rural Children's Daycare in Africa

*Chairs, Tables, Toys, Electronics and Books
Are Needed For Two to Six Year Olds*

An Edmonton charitable foundation is creating learning opportunities for rural children in Ghana.

Support early childhood education one town at a time. Thank you for your time and generosity.

Send tax deductible cash or in-kind donations to:
Taxreceipt@onesteplearning.org

For in-kind and cash donations list, visit website:
www.onesteplearning.org

Edmonton Office Address
15219-44 Street NW,
Edmonton, AB, T5Y 3C4
Canada

Ghana Daycare Location
1 First Light Entumbil, C/R,
Ghana, West Africa.
Digital GPS: CJ0059-2254

Gold Bar

4620 - 105 Avenue
goldbarcl.com

Gold Bar Executive

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

Sunday Strong

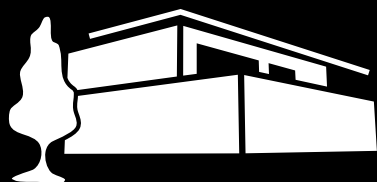
We will either be in person (following covid guidelines), zoom or outdoors if it's nice, depending on what future restrictions are like. We will pick up classes when allowed.

Check Facebook or email for current information.

mation.

Contact Lisa to register or with any questions.

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



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GOLDBAR 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. On the second Tuesday of every month, show your membership card at Blues Java Café to receive a FREE hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am. Please Remember Your Card. ALL MEMBERSHIPS ARE ENTERED INTO OUR MONTHLY CONTEST. THE WINNER GETS \$20 GIFT CARD TO BLUES JAVA OR ALL CARE. You can purchase memberships at any of

the above places or Call Amy Cooper 780 668 6836

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

The restrictions have the bingo halls closed for currently, but we are confident we will be back soon. Upcoming dates are as follows. PLEASE Contact Lorie if you are interested in helping out. 780-447-1110.

Fort Road Hall

Thursday Feb 11 afternoon /evening

Parkway Hall

Tuesday, Feb 16 evening/late night

Sunday March 7 afternoon

CONGRATULATIONS!

Membership Contest!

DECEMBER'S winner is Heather Johannesson Winner receives a \$ 20 gift card to Blues Java/all care pharmacy. We will be having a winner once a month (2020/2021). Buy your membership now!!!!

Past winners:

July's winner -Desiree Blank

August's winner – Patrick Meads

September's winner – gerald and Linda purpur

October's Winner - Lisa Gagner

November's winner (would like to remain unnamed)

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

Fox Burger Night

Campfire and burger take-out at Gold Bar Park (by the river). Event will happen sometime in February. We'll watch the weather and pick a warmish Saturday night. Then we'll post the date on our website www.goldbar.cl.com and facebook page https://www.facebook.com/GoldBarCL

Tickets are \$5.00 each. That gets you a burger and fries/salad from Fox Burger and a pop. You must be a gold bar member, socially distance at all times and follow public health measures.

Two time slots for the event with 10 spots



each. First from 5:00-6:30, second from 6:45 - 8:00

Tickets will go on sale when the date is announced and can be purchased by transferring gbhallfun@gmail.com

Free snow shovelling service for Gold Bar residents!

Are you a senior or other person with limited mobility? Gold Bar Community League has partnered with the 70th Gold Bar Scout Group to offer free snow clearing services for Gold Bar residents who needing support with clearing snow from their walks and driveways.

Service is first come first serve and only available to residents in Gold Bar neighborhood. Scouts will only clear fresh snow falls

and will aim to have the clearing done within 48 hours. Covid friendly - no close contact needed!

To arrange for a snow clearing the preferred contact is an email to goldbarsnowclearing@gmail.com or if no access to email please call 780-695-9252 and leave a message. Once in contact we will ask you a few questions and arrange for a Scout to visit your location.

#goldbargary

Say hello to Gary the Gold Bar Gold Panner. AKA Triple G. He'll be hiding somewhere in our neighborhood, and we'll move him every month. When you find him, take a picture.

You'll have to be sleuthy; he'll be looking more like a gold panner and less like a Santa lion. Share it on Instagram or Facebook with the hashtag #goldbargary

Mom and Me Fitness

Depending on government covid guidelines we will either be in person or on zoom or outdoors (if the weather is nice).

We will pick up classes when allowed.

Check Facebook or email for current information

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

Holyrood

9411 Holyrood Road
(780) 465 - 1577
holyroodleague.org

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 - Jessica	memberships@holyroodcommunity.org
Facilities & Grounds - Sarah	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Social - Jeremiah	social@holyroodcommunity.org
Civics - Dave	civics@holyroodcommunity.org
Holyrood Development Committee - Jaime	hdc@holyroodcommunity.org
Community Garden - Jaime	garden@holyroodcommunity.org
Rink - Randall	rink@holyroodcommunity.org
Soccer - Jared	soccer@holyroodcommunity.org
Playschool - Jessica	playschool@holyroodcommunity.org
Playgroup - Jessica	playgroup@holyroodcommunity.org
Casino - Alison	casino@holyroodcommunity.org

holyroodcommunity.org @HolyroodCL Holyrood Community League

Purchase memberships through efcl.org/membership/

Complimentary Memberships are available for newcomers to Holyrood! Contact our Membership Director at memberships@holyroodcommunity.org.

ICE ICE BABY

Holyrood rink is OPEN – please see the posted guidelines for use. Current covid-19 restrictions are for a maximum of 10 people on the ice at a time, and no hockey until regulations change.

THE RINK SHACK IS CLOSED DUE TO COVID-19 REGULATIONS.

If you have a concern about the amount of

people on the ice, please contact 311 and by-law officers will be able to assist you.

Rink hours are: Sunrise to 9pm. Please note: outdoor rinks are CLOSED when the weather is warmer than 5°C or colder than -20°C. Keep your eyes on social media for notices of closures due to weather or ice conditions.

CONGRATS TO OUR HOLIDAY CONTEST WINNERS!

A great big congratulations to our winners from the Gingerbread House Decorating and the Light Up Holyrood events. We're hoping that the winners enjoy their \$25 gift certificates to Kind Ice Cream and Juniper Cafe. Our Light Up Holyrood winners are the Noble family, the Innes family and the Collins family. The Holyrood Community League board wants to thank all of the neighbours who put up their amazing displays this year, and who left them up extra long to brighten everyone's spirits. The displays along the north and south ends of 79th street were especially awesome!

There are some stories to share from our adorable gingerbread house winners. Jesse Grotkowski (age 6) put in a solid nine hour day with his caregiver on the gingerbread house. He did a lot more directing than building (just so there's no misconception around him) but he absolutely stayed the course for the whole day and wouldn't let it "be done" until it matched the picture in his head. It was his vision and he really stuck through the building process so winning a prize is a wonderful life lesson in ef-

REGISTRATION OPENS FEB 28

A parent led co-operative welcoming children aged 2.5 - 5 years old to come learn through play.



Our Pre-school Program features:

Play-based learning with dynamic teachers.

A positive, respectful environment.

Mixed-Age classes with flexible schedule.

2.5 hour sessions (morning or afternoon cohorts).

Check out our digital open house starting Feb 10th at www.strathconanurseryschool.com

Located in King Edward School - 8530-101 St NW

Through the dedication of our staff and volunteers, our classroom has stayed covid free. While hope remains for September to bring some return to normalcy, we are prepared to continue with health and safety adaptations through the 2021/22 school year. Please contact info@strathconanurseryschool.com for more info.

fort paying off.

Mason Terry (age 9) ran out of candy so they had to get creative. Using a rolling pin they crushed up candy canes that were used to make a trap on the roof. Their inspiration came from their favorite Christmas movie Home Alone, with Home Alone 2 being Mason's favourite. They are very proud, as this is the best gingerbread house they have made so far!

The Hampton family first had to all agree on a design (a miracle in itself for a family of five!). When they began, the icing tube exploded and icing was everywhere. They scraped it off and ended up using their own, however it didn't hold very well! The tree kept falling and the kids kept wanting to eat it before they finally were able to snap a picture. They sent a big thanks to the Holyrood Community League for such awesome fun and memories!



SUZUKI CHARTER SCHOOL



2021/22 Registration
Kindergarten to Grade 8
Everyone Welcome!

780.468.2598



SuzukiSchool.ca

HOLYROOD COMMUNITY LEAGUE BOARD - PROGRAMS MESSAGE

Are you looking to share your skills? Do you have an idea for an activity or program (that is Covid compliant)? Reach out to our amazing Programs Coordinator, Kelly! The board is excited to support members of our community on any ideas they may have for programs or classes we can run to make our community better. Email programs@holyroodcommunity.org



Help build the Holyrood community ice garden

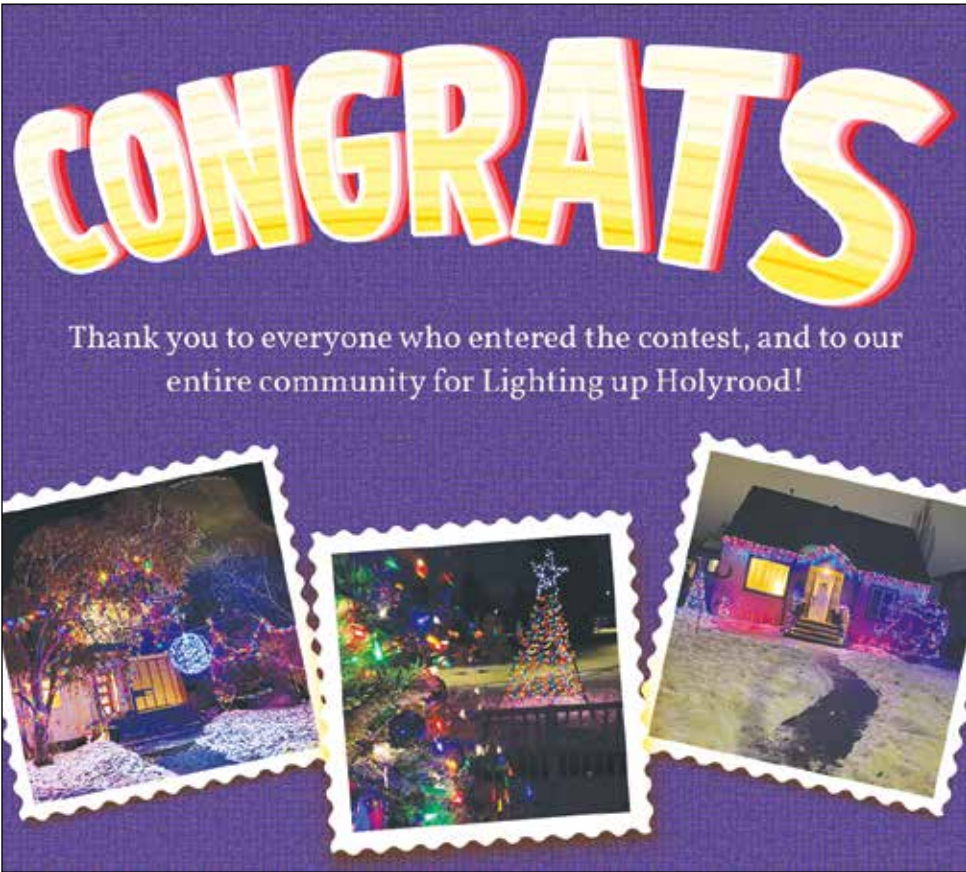
Need a way to beat the winter blues? Temperatures are dropping and it's time to get freezing - coloured water! We are starting a community ice garden and we need your help. On February 1st, we will mark out an area (in between the community hall and the rink shack) for The Holyrood Community Ice Garden. Physically distanced, we can still "collectively create." Here's how:

Freeze colored water in your choice of receptacle(s). Some ideas that work well are; milk cartons, buckets, bowls, plastic containers, rubber gloves, balloons etc.

Remove the ice pieces from their molds. (*Hint* It can be helpful to bring molds into the house for 15 minutes or so before attempting to remove the ice from them.)

Bring your pieces down to the garden area and place them wherever you see fit! (*Tip* using a watering can or spray bottle filled with hot water can help to secure ice pieces where you want them.)

Let's have some fun and get creative! We look forward to seeing what we can all do!



Winterscapes is Back!

Front Yards in Bloom: Winterscapes Photo Contest is back from January 18 – February 28, 2021! With all the beautiful snow that has fallen in Edmonton, there are a lot of opportunities to have fun and enjoy the beauty outside, just remember to bundle up (if the weather isn't as gorgeous as it has been so far this winter)!! This contest is a chance to spread the winter cheer to your neighbours by participating in the Front Yards in Bloom: Winterscapes contest.

There are three categories to promote winter engagement in our City. Whether it's a Winter Garden, Winter Art or a Winter Playscape, let

your imagination run wild!

Here is how to participate:

Step 1: Create a Winterscape / Step 2: Take a photo / Step 3: Submit the photo! You can submit as part of your local school, community league, workplace or solo. You can also submit on behalf of a group or for a neighbour!

The intake forms will be open from January 18th to February 28th on the Winterscapes website. Prizes will be drawn each week for submissions. The top Winterscapes winners will be recognized at the Edmonton in Bloom Awards!



Holyrood Cooperative Playschool

Now accepting registrations for the 2021-2022 school year!

After a brief hiatus, we are back in September at our brand new location in the beautiful Strathearn Community League building.

Check out www.holyroodplayschool.ca for registration information, news updates, and our Covid-19 response plan.

Questions? Email us at playschoolholyrood@gmail.com

Swallowing button batteries is dangerous

Button batteries are used to power items such as watches, cameras, calculators, hearing aids, and computer games. Because of what they look like and their size, children can mistake button batteries for food or candy.

Swallowing button batteries is dangerous. Even if a button battery appears to be dead or expired, it is still dangerous if swallowed.

Serious injury can occur within two hours of the battery being swallowed.

Button batteries can get stuck in your airway and can:

- cause chemical burns
- damage your internal organs

If your child swallows a button battery it can cause burning, corrosion, or completely destroy the tissue in the upper digestive tract. This damage can happen very quickly and is likely to be worse if the battery gets stuck in the esophagus (throat) instead of moving into the stomach.

After swallowing a button battery your child might have one or more of these symptoms:



- trouble breathing
 - wheezing, drooling
 - coughing and gagging when eating
 - trouble swallowing
 - chest pain
 - belly pain
 - nausea, vomiting
 - no appetite
 - fever
- There might not be any symptoms after swallowing a button battery, but injury can still occur.
- If you think someone has swallowed a button battery:
- do not try to make them vomit
 - take them to an emergency department immediately.

Idylwylde Community League Board

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



Idylwylde.org



@IdylwyldeCL



Idylwylde Community League

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

Monthly Community Meetings

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

Share kindness to boost your happiness

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

Just one act of kindness a day can help reduce stress, anxiety and depression.

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less aches and pains

Kindness helps you and others by:

- Enhancing positivity
 - Changing your perspective
 - Helping us feel connected to others
- Simple ways to spread kindness:

- Volunteer
 - Help a friend or neighbor
 - Make someone laugh
 - Be generous with compliments
- Kindness is contagious. Pass it on!



SUCCESS
begins here

ARE YOU LOOKING FOR AN EXCELLENT ELEMENTARY SCHOOL?

RIVERDALE SCHOOL is a small school with big ideas. Offering outstanding K-6 academics enhanced with technology and fine arts. Located in a safe, beautiful river valley community, 5 blocks from downtown. Perfect for commuting families. Out of school care provider on site. Excellent extra-curricular activities and Loose Parts Play initiative. Call **780.425.7600** for more information.

VIRTUAL OPEN HOUSE
March 03, 2021 • 6:00-7:15 pm
Visit riverdale.epsb.ca for the Google Meet link.

THE SCHOOL WITH A ♥ IN THE ♥ OF EDMONTON

8901-101 Ave. NW, Edmonton, AB T5H 0B1 | riverdale.epsb.ca | facebook.com/RiverdaleSchool

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!

Hello Neighbour!

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

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

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

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

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

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

The Idylwylde Community League Board

Cheery Tomato Community Garden

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

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

Social Volunteers Needed

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

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

Making positive steps toward your health goals

To make a change, use goals to chart your path to success. Two types of goals can help you do this: long-term and short-term.

Don't forget to write down your goals. They may change, but you'll want a record. Writing them down is a great way to start your plan to improve your health.

No matter what your health goal is, creating a specific plan can help you succeed. Follow the steps below to create your plan. This will put you on a path toward meeting your goal. With the help of goals, you can go as far as you want!

Step 1: Know your reason.

Why is this change important to you? Make sure it's something that you really want to do.

Step 2: Set a specific long-term goal.

A long-term goal is not something you can do all at once. It's the goal that inspires you and that will show how far you've come when you complete it. It's usually a goal you hope to reach in six months or a year.

A long-term goal could be to walk for one hour, three times a week. To keep going, think how proud you'll be when you reach this goal.

When you reach your long-term goal, you can keep things fresh by setting new goals.

What is a long-term goal that you can reach in about six to 12 months?

Step 3: Set your short-term goals

Short-term goals help you accomplish your long-term goal. They keep you going day to day. They are usually goals you hope to reach tomorrow or next week.

One example would be to start using the stairs at work, or to take one 10-minute walk and build up to walking three times a week. Short-term goals should be easy to do and will grow as you make progress.

How can you create short-term goals that you take week by week to reach your long-term goal?

Step 4: Prepare for slip-ups or setbacks

What might get in the way of your reaching this goal? You may already know that things like time, money, or emotions could get in the way. How might you get around these things?

Step 5: Plan for support and rewards

Who can help you meet your goals? Maybe friends, family, or a support group? And how will you reward yourself? A movie, a special meal, an hour to yourself can be a treat.

Step 6: See your success

How will your life be different after you make this change?

Kenilworth Community League Contacts

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

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!

Building and Ground's Person

Do you live in Kenilworth and frequently go for a walk?

Are you a little bit handy?

Would you like to be part of a great team?

Do you like \$\$\$ as in an annual honorarium?

We are still looking for a Buildings and Grounds person. This is not a difficult position and the work is well supported with help from many people in the Executive and community.

It is suitable for a person that is retired or

semi-retired. It is not really an overwhelming position.

We have a detailed job description and you would have support all the way along. You would be part of an awesome Kenilworth team. If you are away on holidays or other events, there are several volunteers that can step in for you.

Please contact Irene, President, at president@kenilworthcommunity.com if this position is for you. You can also contact me for any clarification of the position: akesse1@shaw.ca

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

\$250/day rate \$550/day rate

\$450/weekend \$550/weekend

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

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

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-special-needs-assistance.aspx>

Calling All Kenilworth Youth

Is there a youth member in your household between the ages of 9 and 18 years?

Would the youth member be interested in engaging with our Kenilworth Community?

Do you have someone in your household who fits that description? Kenilworth is looking to start some youth programming and we want

to hear from interested youth members!

Please keep your eyes peeled for a SURVEY, where you'll be able to share your ideas with us! Do you want to do more than just fill out a survey? Contact Rebecca at membership@kenilworthcommunity.com for an opportunity to have a say on youth activities in your community.

Adult Badminton

Badminton is cancelled until further notice.

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

Bingos are back on!!

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

February 20-Afternoon / March 2-Evening/Late

VOLUNTEER OPPORTUNITIES

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

We have the following volunteer positions available:

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

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

Grant Writer: It is always great to have a volunteer that has their ear to where the money is

and can create a grant to help us benefit. If you enjoy writing and have some volunteer time to put grants together, we could use your help.

Neighborhood Watch: There are many postings on Facebook and Next Door that speak to thefts, break-ins, and concerns in our community. If you have some volunteer time and can support our community in becoming better informed about safety, etc., this position is for you. Please contact Irene, President, for more information on the above positions. president@kenilworthcommunity.com

We offer a yearly Executive Incentive of \$225 to be used for programs or sports and a complimentary Community League Membership. This is a great way to meet community residents and contribute to your community.

Front Yards in Bloom: Winterscapes

The Winterscapes photo contest is all about awarding gardens, art and play in the winter. You can create a winterscape in your front yard, community hall, office/business building or school.

A winterscape is a way of decorating your wintry yards and landscapes using snow, ice, natural objects and lights. Winterscapes help

beautify our Edmonton neighborhoods. You can nominate your own winterscape or someone else's!

The Front Yards in Bloom: Winterscapes Program runs January 18 through February.

Please visit our Facebook Page or contact publicity@kenilworthcommunity.com for more information.

Memberships

2020 - 2021 memberships are on sale and valid until Aug 31, 2021. Memberships are a great way to stay connected with your neighbors, community news and events. They are also valid for discounts at city rec centers and pools.

Email Rebecca at: membership@kenilworthcommunity.com

kenilworthcommunity.com to arrange for your membership renewal or purchase.

20\$ family \$15 senior/single

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

Ice Rink

Please follow all posted COVID rules.

Rink open with rink attendant on site: 4-9 Weekdays and 11-9 Weekends

We are seeing more young people 16-21 out, which is great, but a reminder that cannabis and alcohol use is prohibited. We are also allowed to practice hockey skills (with distancing) which is why one net has been removed.

If people bring their own nets, it defeats the purpose. We need help from the whole com-

munity to encourage others to follow distancing protocols and engage in behavior that is good for the whole community.

Any concerns may be sent to our rink manager Ian at: iceman@kenilworthcommunity.com

Calling All Kenilworth Youth

Is there a youth member in your household between the ages of 9 and 18 years?

Would the youth member be interested in engaging with our Kenilworth Community?

Ottewell

Board Members

Executive:

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

Board Members:

Bingo Director – Kyla/Tyler
Casino – Colleen
Hall Manager – Tim
Grants – Open
Big Bin – Andrew
Building Projects – Lukas
History of Ottewell Committee - We need more members!

Indoor & Outdoor Soccer Director – Cory
Summer Playground Director – Colleen
Social Team – Many OC Members
Playschool Rep – Jason
Rink Chair – Tom
Membership Director – Lindsay
Communications – Diana
Website – Tim

EFCL Rep – Corinne
SECLA Rep – Sandra

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

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

Ottewell Community League Celebrates 60 Years

This year, to celebrate the 60th Anniversary of Ottewell, we will share history obtained from Community Archives, EFCL, and the City of Edmonton.

Ottewell is a large residential neighborhood in east Edmonton, Alberta, Canada. The area is named for the Ottewell family, who were among the first settlers south of the river in the 1880s.

The neighborhood is bounded on the west by 75 Street, on the east by 50 Street, on the south by 90 Avenue, and on the north by 98



Avenue and Terrace Road.

The community is represented by the Ottewell Community League, established in 1961, which maintains a community hall and outdoor rink located at 59 Street and 93A Avenue.

If anyone has any history to share please let us know, by emailing OCLweb-page@gmail.com or drop a note of at the hall mailbox. Let's share the stories from the past to ensure that we have them for the future.

Watch for more information on Ottewell Community in the next edition of the SEV.

FREE Community League Memberships

Come be a part of an awesome community! We have two sheets of ice, an awesome cross country ski track and a great tobogganing hill, all in the immediate area around the Hall! Sign up for your FREE Ottewell Community League membership for 2020-2021 and have your neighbours become friends!

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

Already purchased a membership this year? You will be given a free membership for 2021-22.

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

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

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

OCL Board Meetings

Ottewell has been hosting virtual meetings to connect with directors, the board, and volunteer members. Our next virtual meeting will be on Tuesday, February 16, at 6:30.

If you would like to attend, please email ottewell2212@gmail.com. You will be sent a meeting invitation via ZOOM. We will also have the link to the meeting posted on Ottewell's Facebook page.

Volunteer with the Ottewell Community

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

Snow Angel Program

If you know of a neighbour or senior in need of assistance, please forward their information to ottewellsocial@gmail.com. We will connect with them to provide the assistance they need, even if it is just a listening ear.



Winter at Ottewell Community Park

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

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

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

Get On a Roll - Pair up for a contest to see who can finish with the biggest snowball. The contest ends when the teams can no longer roll their entries or when you run out of snow.

Winter Tag, for 5 or more players, Ages 5 and up - Players prepare the course for the



game, making a maze of paths about one metre wide. Play tag while staying on the paths. The person who is 'it' may jump from path to path, but the others may not.

Come up with your own imaginative winter games and share them with your friends!

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 lit-



erally 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

We've received numerous messages with concerns regarding large groups gathering at the rink and fire pits being used in the park. As our volunteer board members are not able to enforce public health rules or City bylaws, we are sharing the following information:

Please remember that public health restrictions limit skaters on the rink to 10 people at a time. We'd ask that you please be courteous and share the ice so that everyone can skate. If you have concerns about people not complying with public health guidelines, please fill out the online form found at <https://tinyurl.com/yx8kbhbj>

Also, please note that firepit use of any kind is prohibited at the Ottewell Park as per the City of Edmonton bylaw. If you have a concern about a fire pit, please contact Bylaw by calling 311. If it is an emergency situation, call 911 to reach the fire department directly.

Find out more about the public health measures in place:

Government of Alberta - <https://tinyurl.com/y5fo2bm9>

City of Edmonton - <https://tinyurl.com/y6y-qmml2>

Ottewell Hall

The Ottewell Hall is not available for rentals at this time. OCL board members are working hard to put COVID-19 procedures in place to ensure that we can provide safe access to



We understand that this has been a long haul and we would all like to return to some sort of normalcy, but please follow the guidelines, report your concerns through the correct process, and above all, and let's look out for one another in our community – from six feet apart. Stay safe, stay healthy Ottewell.

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!

small group programs in the fall. We will be posting hall rental requirements for future rentals and further program information on our website, ottewell.org.

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 co-operation and respect for our park.

Something Exciting is Happening in Ottewell

Follow us on our Facebook page to see what it is! Keep up-to-date on all the events by subscribing to email updates at Ottewell.org or by following us on Facebook at facebook.com/OttewellEvents.

Winner of the Christmas Scavenger Hunt



Thank you to everyone who participated in the Christmas Scavenger Hunt! It was a fun time with family and friends.

The lucky winner of the family take-out food package is the Mclean family. Congratulations!

OCL Bingo Events

Come out to Parkway Bingo Hall on the following days, COVID-19 permitting:

March 14, 2021

May 22, 2021

June 11, 2021

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

Ottewell 120th Scouting

Thank you for supporting our Fall bottle drive and contributing to our outdoor adventures! Ottewell 120th Scouts troop is continuing to meet on-line due to COVID restrictions. We cannot wait to resume in-person meetings when able to do so. Please call Glen @ 780-235-6379 if you have any questions.

Ottewell Community News and Information Board

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

Ottewell and Area New Moms' Group

Being a new mom is challenging, especially during these times. If you're looking to connect with other new moms in the area in a supportive and non-judgmental setting, join the Ottewell and Area New Moms Group. We'll meet online every second Wednesday from 11-12 am to share and discuss challenges, successes, and issues impacting ourselves and our families. Sign up by emailing aceottewell@gmail.com as soon as possible; spots are limited.

A Special Valentine's



Valentine's Day isn't only about dating, chocolate and roses. February 14 is also a day to celebrate all of the loving relationships in your life, from your relationship with yourself to your relationships with friends and family. Here are some ways to enjoy February 14 this year:

Send virtual valentines

Make a valentine card for a neighbor

Hang out with loved ones, call, or cuddle up

Focus on yourself - take care, relax and reflect

Valentine's Day doesn't have to be about dating relationships. Celebrating the other loving relationships in your life, especially the one with yourself, is a great way to spend February 14.

If Valentine's Day is hard for you, remember, it's just another day. If you're feeling down on Valentine's Day (or any other day of the year), it's important to get support. Talking about things can help — you can reach out to a friend, relative, elder, counsellor, teacher or anyone else you trust. You can also contact Kids Help Phone to talk.

Girl Guides

Our local Girl Guide units have been flexing to stay connected & keep on Guiding this year. If you have questions about any of our local units, please reach out to our Helen Burns District Commissioner Darcie@any-edmhelenburnsdc@girlguides.ca



Girl Guides of Canada
Guides du Canada

Connect Your Business to the Ottewell Community

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

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

Ottewell Community League members can also get:

a 5% discount at Anvil Coffee House - an-

vilcoffeehouse.com

a 10% discount at Ottewell Eye Care - ottewelleyecare.com

a 15% discount at Pop Kids Marketplace + Shy Mama Designs - www.shoppopkids.com

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

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

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

Online Auction to Support Ottewell United Church

Greetings, fellow bidders! Our online auction will begin on February 15th and will end with the final bid on Sunday, February 28th at 10:00am. We invite you to browse our online auction catalogue and bid on a variety of items, including Sports and Recreation items, Family Passes, Services, Antiques, Handcrafts, Tech, Fitness and more! Please go to www.auctria.com/auction/ottewellchurch to register. Only your name and email address are required. Once registered, you will receive more infor-

mation regarding the bidding process. Contact Joan at jgtabak@telus.net, 780-919-0242, or Becky at rlchette57@gmail.com, 780-235-1957, if you have any questions. Thank you for your support!



Thank You for Helping Seniors

I would like to thank everyone who helped to provide gifts for the seniors in Ottewell. The outpouring of generosity was overwhelming and very touching. The seniors who received the gifts were beyond grateful and appreciated the gifts so much. Each bag contained shampoo, body wash, soap, hand sanitizer, tooth paste, tissues, socks, slippers, activity book, chocolates and so so much more. I also put together another bag with sweet treats and snacks for them to enjoy on Christmas Eve. With the number of donations received, I was also able to provide over 19 prizes for them during their holiday dinner. They had so much fun and enjoyed opening all the gifts. Along with gifts, there were over 100 cards donated by so many families and schools, 2 extra large poinsettias, 10 smaller ones for each table, Christmas cactuses and some mini poinsettias.

There are so many people who went above and beyond donating gifts and money. One lady designed personalized ornaments for each resident, and I attached them to their

treat bags. Many of the residents still have them hanging on their doors. Thank you to Pharmasave Holyrood Pharmacy and the many others for donations of money, to Petland Capilano for not only donating a basket of treats and toys for the service dog at the seniors home but also to all the employees who got together and donated as well. The over 250 responses to my one call for help show how many kind and wonderful people there are out there. You all have all made the holiday season much happier for many seniors.

The seniors are currently working on a thank you card but I received a message to pass along. "A big thank you to our community Santa helpers. Your wishes and gifts are being enjoyed and treasured. Your thoughts and wishes are read with a deep Christmas thank you. All residents send wishes and the best to you in the New Year." From Resident B.

Colleen Rowe, Vice President, Ottewell Community League

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 lis-



tener.

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

Ottewell Artisan Farmers' Market

*** UPDATED INFO COMING SOON ***

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

The farmers' market is currently closed due

to logistical issues, but the Ottewell community is working to secure a location for this market that everyone can access. Consider supporting and shopping local.

SCL Leadership

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

Farm Fresh... from the backyard!

It's not everyday that you peek through a fence and see chickens in someone's backyard! We spoke with urban chicken farmer Mike Hopkins, who designed and built his own backyard chicken coop right here in Strathearn about his chickens and what it's like to have a little bit of farm in the city.

When did you get the idea for this project?

We've had the idea for a few years, but it was only this last year that we decided to put it into motion. It was actually when our dog Arwen, passed away. She would have been likely to eat the chickens. [laughs] A big part of it, too, was having a new baby. That meant that one of us was home all the time, which gave us a bit more time for the project.

What was the process like?

It was fairly straightforward, although there were quite a few steps. We took an online course first with River City Chickens that taught us the basics about raising chickens in our backyard in Edmonton. We put together a design after many hours of looking at the internet and chicken books. We submitted the application to the City after getting the go-ahead from our lovely neighbors. The City was actually pretty quick to respond. We got the permit and the hen license and we spent a couple months building the coop. I think I started the process in June and we got our chickens in December. It took a while to come together, but most of that delay was on us.

How many chickens do you have?

We currently have four, but we're allowed



to have up to six, so we're looking to get a couple more in the spring.

These are egg-laying chickens? How many eggs do you get from the chickens?

The first week, we were getting about three eggs a day from the four hens. Then they went on strike. Hens like to lay based on hours of daylight, and we got them at the beginning of December as we were approaching solstice. They kind of shut down around that time of year. We're hopeful for more eggs soon!

Do you like being an urban chicken farmer?

We love it! They're really entertaining to watch. It's nice having young kids and being able to connect them to where their food comes from. To be able to collect the egg and cook it right away is pretty exciting. It's a little way to connect to the farm while living in the City. Also, they're quieter than we expected!

Learn more about backyard poultry possibilities from the River City Chickens Collective at rivercitychickens.org and the City's Urban Hen Program website edmonton.ca/city_government/initiatives_innovation/food_and_agriculture/urban-hens-project.aspx

[Virtual] Canadian Birkie open to all

Cannot travel but still want to experience the Canadian Birkie? In this pandemic year, the Canadian Birkebeiner Society has set up a new event to promote an active winter lifestyle. The Virtual Canadian Birkie offers everyone an opportunity to participate in the Canadian Birkie.

This ten-day event takes place from February 12 to 21. You can classic ski, skate ski,

roller-ski, skijor, cycle, run, ice skate, snowshoe, or walk in a 4, 8, 13, 31 or 55 kilometre event. You can go at your own pace, at your own place!

You are invited to join thousands of people around the world completing the Canadian Birkie virtually. Pricing, prizes, registration, and information on the Most Kilometre Group Award at <https://canadianbirkie.com/virtual-birkie/>

Strathearn Community Garden

After a successful 2020 growing season, the Strathearn Community Garden is greatly anticipating spring! Some highlights from 2020 include: the addition of fruit trees, two new raised beds, and first place in the Edmonton Horticultural Society annual competition (community garden category).

More improvements to come in 2021! If you are interested in joining the garden, or



for any inquiries, contact: strathearnngarden@gmail.com

Strathearn Kiss-o-Grams

Share some community spirit -- compose a romantic, friendly, or fun message to someone in Strathearn and our fleet of Cupids will hand deliver in time for Valentine's Day!

How it works:

From the Community League website - StrathearnCL.org you can use the Kiss-o-gram page to submit a message for \$2 on our secure online payment system -- we will print out your Valentine and deliver it on February 13th or 14th. Alternatively, you can print off our template found on the website and fill it out yourself, then enclose with \$2 and drop it in the community hall mailbox. We will collect these and deliver them the same as those that are ordered through the website.

PLEASE NOTE: Deadline for message submission: 8am on Tuesday, February 9th. Each message costs \$2. You must include the recipient's address and it must be within the Strathearn neighborhood boundary. Although we probably all know where "Andrew with the hat" lives, we want to ensure the right people are reached. Messages with inappropriate



content will not be delivered.

Funds collected will be put towards Community League events, supplies and maintenance of the for the outdoor rink, improvements to the Community Hall, and beautification of the grounds/garden, etc.

If you are interested in volunteering to deliver messages, please email events@strathearncl.org.

Keep on Rockin'

Rock 'n Roll Bookclub persists undaunted by our current circumstances. In fact, we welcomed a new member at our last meeting where we discussed Utopia Avenue by David Mitchell. Most of the group liked the book and for good reason but with a few thinking it was

just an okay read. Next up: She Come By It Natural by Sarah Smarsh and Us Conductors penned by Sean Michaels will be discussed on Thursday, Feb. 25th starting at 7:30pm via Zoom. Contact avclub@strathearncl.org to join in the conversation, all are welcome!

Strathearn LRT Stop Taking Shape

The public art component was installed at the new Strathearn LRT stop along the Valley Line LRT. Of Birds and Such, marries the past with the present by looking at habitats that used to surround the LRT stop in the community, the current surroundings, and our collective future. Dioramas of flora and fauna like these were popular in the late 19th and early 20th centuries. The glass and iron architecture of the new shelters evokes this period by mapping 3D images onto the structures. Public Studio, an artist collaborative led by Elle Flanders and Tamira Sawatzky, designed the artwork to create tableaux that connect the natural to our contemporary world. The artworks will engage the immediate surroundings, as well as the community living there, encouraging residents and commuters to reflect on nature and how this space looked and felt before human contact.



The Valley Line Southeast is expected to open later this year

Strathearn A.V.
Club Pandemic Picks

Strathearn A.V. Club is a free program of film screenings, book discussions and music making for adults. Film Club founding member, and Rock 'n Roll Bookclub participant Jason Weidenhamer with some of his Pandemic Picks:

Viewing:
I loved the first two seasons of Westworld and though I'm watching the third, I'm pretty sure I have no idea what's happening anymore. It's either amazing or stupid. Or it could be both. I'm more clear on my total love for Bobs Burgers. I get the sense that it may be under appreciated but people need to check it out. It has an amazing, hilarious cast and the perfect balance of zaniness, edginess, wholesome warmth and humanity.

Reading:
I'm a slow reader, so at any given time I'm probably slogging through whatever bookclub selection is on deck. Lately, I've been re-reading Sabrina by Nick Draso, which is an eerie slowburn of a comic, focused on themes of media and fake news. Real bummer stuff.
I'm a big fan of the 33 1/3 series and most recently finished one about hip hop producer J-Dilla's album Dilla's Donuts. It details and contextualizes the creation of the dying artist's final statement.

Listening:
Reading Dilla's Donuts led me to listen to a sublime track he produced for Steve Spacek called Dollar. I usually have to play that about three times to be satisfied. Mary Lattimore is a harpist whose album "Hundreds of Days" has been particularly soothing in these weird times and finally Charlie Megiras' album has been glued to my turntable. Glorious Israeli post-punk tinged rock'n'roll.

Memberships available at the following places



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



Emergency
Medical
Services

February Is
Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Recognizing and responding immediately to the warning signs of a potential heart attack may significantly improve survival and recovery. February is Heart Month: take the time to be heart safe and learn how you can reduce your risk.

Common signs of a heart attack

(Any, or all, of these signs & symptoms *may* occur)

- Chest discomfort described as simply a mild pressure up to a 'crushing' pain; may also be 'squeezing' or a 'heavy' sensation;
- Discomfort may move to the shoulders, arm, neck, or jaw;
- May include shortness of breath, sweating, or nausea / vomiting.
- Signs may vary person to person and can differ between men, women & the elderly.

Heart attack Risk Factors

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

What to do when seconds count

- Call 9-1-1, immediately. Early treatment can greatly reduce heart damage and be the difference between life & death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital so that definitive treatment can begin immediately upon arrival;
- Take a CPR / AED course. Training is widely available from many reputable organizations. It's easy and could make a significant difference in the outcome of someone experiencing a heart attack.

www.albertahealthservices.ca

Recovering from COVID-19

Nutrition is important when it comes to recovering from COVID-19. Here are a few suggestions from the team at Alberta Health Services:
• Try to eat every two-three hours, and include a protein when you eat. Try a higher-fat milk than usual, or a higher-fat cheese. Or choose Greek or Icelandic yogurt instead of regular yogurt.
• Remember to drink enough fluid. Try water, milk, broth, sports drinks or nutrition

supplement drinks. Take sips every few minutes if you cannot drink all at once.
• Keep liquids by your bedside so you can sip them if you wake up at night. Try water, fruit juice or sports drinks.
• Even a small increase in protein may help you maintain or gain weight and strength. Choose nuts or trail mix as a snack, add nut butter to crackers or toast, or add skim milk powder or protein powder to smoothies.
• A healthy diet helps keep your immune

system at its best. Your body needs more protein and calories when fighting an infection such as COVID-19. Try adding extra beef, chicken or tuna to casseroles, stew, vegetable dishes or soups.
If you are struggling, 211 Alberta is a free, confidential service that offers info on food hampers, free or low-cost meals and school meal programs. Call 211 or text INFO to 211 or go to www.ab.211.ca and click on "live chat."

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

**Greg
Dunham**

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

- **FREE**
Market evaluation
- Specializing in
South East Edmonton
- Investment
Properties



Saskatchewan Drive Condo: City view, full renovation, 2 Bedrooms, 2 Bathrooms (ensuite), in-suite laundry and underground parking. \$90,000 in upgrades. **BEAUTIFUL UNIT.**



Allendale: Side by Side Duplex, Prime rental property priced to sell.



Hairsine: Updated Carriage home facing a green space, great entry level unit.