

SOUTHEAST VOICE

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

July 2021



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com

101 Avenue Streetscape project

101 Avenue Streetscape is a continuation of the 101 Avenue Corridor Study project. In 2017, the Corridor Study identified a vision for the future of 101 Avenue in Forest Heights, Terrace Heights and Fulton Place, based on feedback from stakeholders and the public. It outlined options for land use changes, street design and community programming.

The current 101 Avenue Streetscape project involves obtaining additional community feedback as to whether the recommendations made in 2017 will still enhance or achieve the vision for 101 Avenue, and/or if there is anything that may have changed or should be considered. Some of the recommendations from the Corridor Study:

- Use curb ramps at intersections, enhanced markings or crossing lights at cross walks, reduce crossing dis-



tances and provide a direct and clear path of travel for people who walk

- Provide pedestrian lighting

- Provide protected bike lanes on 101 Avenue, and connect bike lanes to bicycle network

- Provide a buffer where existing parking lots are beside sidewalks

The vision developed for 101 Avenue is that 101 Avenue is a cherished community space where people can safely walk and bike to explore, shop and visit. It connects people and destinations and has a vibrant street life, a variety of businesses, beautiful public spaces and great

transit options.

The stages of the 101 Avenue Streetscape project include:

- Public engagement: collecting feedback for the vision of the project – June 2021

-A second public engagement opportunity where the draft vision and concept design will be shared – November 2021

-Public information early2022.

NOTE: These are concepts only and the design and build phases for 101 Ave. are not currently funded. For more information visit <https://tinyurl.com/3skcbrd3>.

SEESA volunteers needed

The Southeast Edmonton Seniors Association (SEESA) is a vibrant community hub where everyone is welcome. We're all about living life to the fullest, and we'd love to have you join us! In preparation for our fall reopening, we seek volunteers who are looking to have fun while helping out. Please call the SEESA office (780) 468-1985 if you are interested in one of the following positions:

COVID Protocol Coordinator - makes sure that SEESA has sanitization supplies and sufficient volunteers to serve as COVID Protocol ushers and assistants.

COVID Protocol Ushers and Assistants - ensure that appropriate COVID protocols are being followed by those entering and throughout the building.

Front Desk Receptionist Leads - recruit, train, schedule and support front desk receptionists on a daily basis.

Front Desk Receptionists - provide receptionist services.

Custodian Assistants - help the Custodian with jobs as required.
Program Scheduler - schedules all programs and activities.

Club Liaisons for shuffleboard and



men's shed.

Kitchen Assistants - assist the Head Cook with food prep and dish sanitization. Safe Food Handling training will be provided.

Food & Beverage Servers - serve food and beverages, including beer and wine. SEESA will provide man-

datory Pro-Serve and Safe Food Handling training.

Librarian - maintains the library collection, recruits and trains library assistants, leads annual book sale event.

Library Assistants - assist the Librarian as needed.

Hardisty School & Community Playground Expansion Fundraiser Update

The Playground Expansion bottle drive/drop-off raised an amazing \$3461.95 on June 11 & 12!!

Many thanks to everyone who took the time to deliver flyers, and Hardisty staff and parents who volunteered their time at the bottle drop off. Also, a HUGE thank you to everyone who donated bottles! We will be running another bottle drive in January of 2022 so please save up your bottles and help us smash this year's total!

We have had an amazing fundraising year with total funds raised now at \$55,187.00! The Playground Expansion Committee would like to thank the surrounding community leagues, school staff who have been so supportive of this initiative and all the parents, friends and family who purchased tickets for raffles, donated their time to volunteer and saved up their bottles.

We look forward to continuing to work together towards the goal of an inclusive, diverse playground with swings!



SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	Monte	capilano@secla.ca
Cloverdale	VACANT	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
Fulton Place	Miles	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood (Chair)	Claire	holyrood@secla.ca
Idylwylde	Scott	idylwylde@secla.ca
Kenilworth	Kevin	kenilworth@secla.ca
Ottewell	Sandra	ottewell@secla.ca
Strathearn	James	strathearn@secla.ca
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Vice-Chair	VACANT	holyrood@secla.ca
Projects	Connie L	projects@secla.ca
SECLA SEV Liaison	Erika	SEVLiaison@secla.ca

Water play

Canada Day has launched the season. Long, bright summer days can offer you and your little one hours of fun. As the temperatures rise, it's time for water play! Splash and pour and play in the water with your toddler. You both cool down and your child has the perfect opportunity to learn new words, flex their tiny muscles, and have new adventures - <https://tinyurl.com/4vamvcp8>.

Whether at home or in public playgrounds, water play is one of the best joys of summer for young

parents and children. The City of Edmonton provides lists of local public pools (<https://tinyurl.com/mkh7wdje>) and spray parks (<https://tinyurl.com/6pmcjpui>) to visit. Check out these links to see which ones are most convenient for you.

And while your child is napping after your water play, check out the free online parent education resources and parent/child groups at <https://tinyurl.com/e85j6sh9>. Click on the Program Guide to see what's available.



We are volunteers affiliated with child and family serving organizations in Edmonton and are committed to raising awareness of the critical importance of the early years to success in life. We hope you all stay healthy and safe

Awesome Block Awards

The City of Edmonton Neighbourhood Services is looking for the most Awesome Blocks in the city! Are your neighbours kind, helpful and friendly? Do you take care of each other in tough times? Do you celebrate together and make sure everyone is included? If so, you

might live on an Awesome Block!

We invite you to celebrate your neighbours by nominating your block, building, floor, or cul-de-sac for an Awesome Block Award. Share a story about what your block does that makes it special, an event they hold that is helping neighbours

connect, or something inspirational that has happened where you live. You can also share photos and videos.

Submissions are accepted from 8 a.m. on May 26 - August 22 at noon. For additional information please visit <https://tinyurl.com/jeY2db74>.

Summer Starts at EPL

Summer Starts at EPL, is the Edmonton Public Library's annual summer program that helps to minimize summer learning loss by motivating kids to read, learn and explore, even when they're not in school! It runs from June 26 - August 28. The program includes:

A summer reading challenge: Kids can pick up their registration packets at any EPL location. They'll track their reading minutes with a log sheet, and for every 6 hours that they read, listen to an audiobook, or have someone else read to them, they'll receive a free keychain and one entry into our grand prize draw. In 2019, more than 20,000 kids across Edmonton registered for the summer reading challenge and recorded a total of 138,840 hours of reading!

Online videos and events: Summer Starts at EPL features a variety of online events, including an amazing array of guest performers and exciting and educational content created by EPL staff. There will be magic shows, acrobatics, K-Pop lessons, wacky experiments, stunt birds, improv workshops and more!

A weekly contest: Kids can visit their nearest EPL branch each week to look for this summer's mascot, Octopus Prime. If they find him, they can enter their name in a weekly draw to



win a free book! This year, kids can also email Octopus Prime directly at octopusprime@epl.ca with jokes, questions and ideas, and we'll post some of the comments on our website!

Prizes! This year, our grand prizes include:

- A penguin meet-and-greet at West Edmonton Mall
- A scooter package
- A Nintendo Switch
- A Samsung tablet
- An art table equipped with art supplies

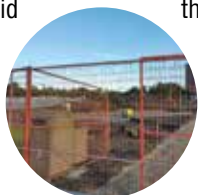
Join the TD Summer Reading Club

The TD Summer Reading Club is a national sponsored campaign that encourages children to read throughout the summer. Thousands of libraries across Canada, including EPL, participate. Our website will link to the TDSRC page, where kids will find more great activities, eBooks and content to keep them busy all summer long!

For full details and a printable program calendar, head to www.epl.ca/summerstarts

Fulton Ravine South park update

The construction at the park is proceeding nicely. Take a walk along Terrace Road, and you can see where the pathways are laid out and the locations of the central plaza and fitness pods. It is exciting to see things come together! Thank you everyone for your patience. We appreciate the hardship of having the park closed in peak summer months while the construction is occurring. We have been advised that the project is



on schedule, and if this continues, we hope to see the park construction completed around the end of July or shortly thereafter.

We are in the process of planning a grand opening celebration. If anyone would be interested in helping with the organizing of this event, or if you would be willing to volunteer for an hour or two on the day of the event, we would love to hear from you. Please contact Connie at projects@secla.ca.

Mosquito deterrents for your yard



By: Austin Schuster

The nights are hot and bugless, but they won't be for much longer. By July, bug season will be in full effect, and Edmonton's "mosquito season" will have arrived. If you're in the river valley or in a public park, mosquitoes are unavoidable. There are, however, several things you can do this summer to bug-proof your yard.

Mosquitos love pools of stagnant water. Emptying or covering your rain barrels and filling low spots in your yard with dirt are a few things you can do to inhibit water collection. Another method, commonly overlooked, is cleaning the gutters on your roof regularly. If gutters are obstructed and cannot drain properly, water will accumulate and become a breeding area for those pesky parasites. Garbage cans that have overturned lids or are left open are another area water can collect. The new garbage and recycle bins given out earlier this summer by the City are helpful in this respect, as they come with securable lids that keep water out.

Tall grass is another major factor that en-

courages mosquitoes to breed. It's important to note that taller grass and any area with thick vegetation will provide eggs protection from wind. Ensure your lawn is cut regularly, your weeds are whacked, and your grass clippings are disposed of.

These tips can help stop mosquitos from breeding in your yards, but it is unavoidable to experience no mosquitos at all, especially in the late summer. A few other methods are available when you are having backyard gatherings. A fire will keep mosquitos away, as will burning anti-insect candles that contain certain plant oils like citronella. Insect nets and bug zappers are also highly effective products that help protect your outdoor seating areas.

If you find yourself getting eaten alive this summer, and "mosquito season" has become your daily reality, appreciate it while it lasts. Soon winter will be here, and those dark and lonely nights of forty below will replace the mosquitos, and their incessant itchiness will be a distant memory replaced by air so frigid that it hurts your skin to touch and your lungs to breathe.



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



Ask about the
CORNERSTONES
PROGRAM



The Mews
AT HAZELDEAN
Future Assisted Living
& Memory Care

Southwoods
COURT NORTH
Independent Living with
Optional Meals

Terra Court South
AT HAZELDEAN
Future Active Adult Rentals



Southwoods
COURT NORTH

- Independent Retirement Living
- Monthly rates with meals on select suites
- 1 bedroom + den with full kitchens
- In-suite washer/dryer, spacious balconies

Christenson Hub Open 1-5pm
9433 - 67A Avenue NW, Edmonton, AB
or phone Lynne at **780-975-2509**



Southwoods
TOWNHOME RENTALS

- 2 + 3 Bedroom Family Townhomes
- Ask about Internet & cable TV incentives
- In-suite washer and dryer
- Near school, daycare and tot lot

Visit Our Rental Office, 1-5pm daily
6621 - 96 Street NW, Edmonton, AB
or phone Diane **780-432-3222**

Future Development

Local boutique shops
and cafés will complete
your urban village. Just
steps from your door
at the 4-way stop.



IMPROVING HEALTH AND
CREATING COMPLETE COMMUNITIES

CDLhomes.com



Community League Board

President	Anita	president@avonmore.org
Vice President	vacant	vicepresident@avonmore.org
Secretary	Karen	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Assistant Treasurer	Leigh	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Scott/Lisa	grants@avonmore.org
Soccer/Sports	Boris/Lucas	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Kaitlyn/Garrett	programs@avonmore.org
Assistant Treasurer	Leigh	treasurer@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

Message from the President

We are excited to meet our community members in person again. We know there are many new residents and we look forward to welcoming you to our great community. We're planning events for August and into the fall. It will take us until mid July to get the hall ready for use after being closed for more than a year. For the first month we will only

be renting to members of the Avonmore Community League and after that we will open it up to others. Anyone interested in renting the hall should contact Tanya at hallrental@avonmore.org or phone (780) 465-1941.

Watch avonmore.org and Avonmore Community League Chat on Facebook for updates on League events.

Avonmore Memberships

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

We hope to engage, develop, and connect our community by bringing residents together to improve our amenities and enhance the quality of life for our neighbourhood. Through the purchase of your community league membership, you will gain exclusive access to several

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

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



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

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

Coming Events - More to Follow

June to September: June Bike Month Competition, Active Avonmore, Avonmore in Bloom, Pop Up Park events

July 12 - August 27: Green Shack - Monday to Friday from 2:30 to 5:30 p.m

Mural Project

It's time Avonmore had a mural to reflect what we value in our community past and present, and our vision for the future. The League is forming a committee to work on the project with the goal of having a mural completed in the summer of 2022. First committee meeting is the first week in July. Steps in the process include: call for proposals from interested artists, community input into themes and location, application for permits and grants and actual creation of the mural.

If you are interested in the project and would like to be involved in the planning



committee or any stage of the project contact president@avonmore.org. Watch for further details in future editions of SE Voice, on avonmore.org and our FB page.

Avonmore Book Club

In June the Book Club held their first in person meeting in a year. It was great to see everyone and talk about all the great books we have read. Next get



together is Sunday, July 25 at 7:00 p.m. Contact president@avonmore.org if you are interested in joining. Every month we put together a list of "good reads." If you'd like a copy of the list contact president@avonmore.org

Online Community

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

cert Series". Come join us!

Check us out on Twitter and Instagram! Follow us and share any photos or events happening in or around our community and join the conversation using #YEGAvonmore

Twitter: @AvonmoreLeague
Instagram: avonmoreleague

Avonmore Garden Club - Front Yard in Bloom

Be Sure and Vote for Your Favourite Yard or Public Space in Avonmore

Front Yards in Bloom Edmonton changed its format this year. Avonmore Garden Club has been out and about the neighbourhood taking pictures of great yards and posting them on the Front Yards in Bloom page. Go to https://www.edmonton.ca/programs_services/landscaping_gardening/front-yards-in-bloom for details.

Early in July all photos submitted for a Front Yards in Bloom Award will be uploaded to the City of Edmonton on Facebook for public voting. You can go on the site and vote for your favourite photo in each category by "liking" it. For those who do not have a Facebook ac-

count, voting can be done by filling out the voting form for each category.

The photo in each category that receives the most "likes", including email votes, will win their designated category. Winners will receive a Front Yards in Bloom Award certificate from the Edmonton in Bloom Initiative. A maximum of 18 awards will be given. Photos of the 18 finalists will be posted on this page when available.

See an amazing yard in Avonmore - take a picture and post on the Avonmore Garden Club FB Page. The only thing gardeners love as much as working in their yards and gardens is having someone notice their work.

Active Avonmore

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

the bikers and will match what time frame Strava uses.

We know there are others in the community who are logging steps from walking, running, biking etc.

Please join us by sending your email to active@Avonmore.org.

FREE DROP-IN SUMMER GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Avonmore 7902 - 73 Ave	July 12 - August 27	Monday - Friday	2:30 PM - 5:30 PM

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

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

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

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

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

GET IN TOUCH WITH US!

@GreenShacks

green Shack@edmonton.ca

Community League
Spirit
etC.org

LIVE
ACTIVE

Avonmore Community Playschool

7902 73 Avenue, located on the second floor of the rink building

Registrations now open for the 2021/22 school year

Playschool Program runs 5 days a week

Monday - Friday 9:00am - 11:15am (classroom opens at 8:45am)

Flexible days available, register for 2 - 5 days a week

Come join our fun and creative playschool program that focuses on play based learning experiences. We have a large, open classroom space with access to a playground on one side and a large green space with trees on the other. Our devoted teachers also document and create a special photo book for each child enrolled to remember their playschool experience.

For more information check out our webpage at Avonmore.org under programs or you can also find our new page on Facebook under Avonmore Community Playschool

You can email our Teacher anytime at playschool@avonmore.org for more information or to start the registration process.

Outdoor Soccer

Avonmore soccer is up and running! The Outdoor Season begins the first week of July. This year Avonmore is fielding 9 teams: 4 U5 teams, 3 U7 teams, 1 U13 Boys team and 1 U15 Boys team. Look for them on the fields in the coming weeks and good luck to all the teams.

Community Swim Postponed/Discounted Passes

No details on Community League Family Swim times were available when SE Voice went to print. Check www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools for details. When available, free family swim times for League members will also be posted on the Avonmore Community League Chat page and avonmore.org.

Creating an Outdoor Gathering Place

The City loaned us 4 picnic tables for the summer months. They are located between the hall and the rink. They are there for everyone's use. All we ask is that users:

- comply with current COVID restrictions and
- not move the tables outside of the area between the hall and the rink

Community members are invited to contribute flower pots etc. to make the space more attractive.

The League hopes to hold community

Community Swim Postponed/Discounted Passes

No details on Community League Family Swim times were available when SE Voice went to print. Check www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools for details. When available, free family swim times for League members will also be posted on the Avonmore Community League Chat page and avonmore.org.

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.

Glaucoma

Glaucoma is one of the most common causes of legal blindness. At first, people with glaucoma lose side vision. But if the disease isn't treated, vision loss could be total.

What causes glaucoma? Experts think that increased pressure in the eye may cause nerve damage. But some people who have glaucoma have normal eye pressure. Some people get glaucoma after an eye injury or after eye surgery. Medicines that are used to treat other diseases may also cause glaucoma.

Glaucoma can be diagnosed: During routine examinations with your eye doctor. Your family doctor thinks you have glaucoma, you will be referred to an eye doctor.

Treatment: Glaucoma can't be cured. But there are ways to stop more damage to the optic nerve. To help keep your vision from getting worse, you'll probably need to use medicine every day, or laser treatment or surgery.

How to build resilience

Resilience is an inner strength that helps you bounce back after stressful situations. When you are resilient, you may recover more quickly from setbacks or difficult changes, including illness.

Developing resilience begins with simple actions or thoughts that you practice, such as planning for what you'll do next and learning to accept change.

Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations or that you won't feel angry, sad, or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in healthy ways.

Why is resilience important?

Part of resilience is how you think. Your mind can have a positive or negative effect on

your body. For example, negative emotions such as worry and stress, can cause tense muscles and pain, headaches, and stomach problems. But having a positive outlook on life might help you better handle pain or stress than someone who is less hopeful.

How can you build resilience?

People who are resilient often work to have a positive outlook on life. It may take gradual, small changes in your outlook on life and careful self-evaluation. You may be able to begin this shift on your own. A counsellor or therapist can also help you.

Here are some tips to get started:

- Change how you think.
- Accept that things change.
- Look at change as a challenge rather than a threat.
- Examine how and why you feel the way you

do when things change.

Expect things to work out. You can't change what happens, but you can change how you feel about it.

See the big picture.

Find the positive in stressful situations and learn from the situation.

Look for things to learn. Difficult or emotional situations can teach you about yourself. Look to the future, and ask yourself how the stressful event might help you.

See the funny side of bad situations.

Change how you act

Seek out interactions with people who make you feel better.

Build relationships that are solid and loving with your family and others. Help them, and don't be afraid to let them help you.

Develop a support network.

Believe in yourself and the things you can do.

Solve problems. Look at all aspects of a problem, and brainstorm solutions. Ask friends for suggestions.

Do things to gain self confidence and build self-esteem. For example, list the things you've achieved in your life or those that make you proud.

Take good care of yourself.

Do things that you enjoy. Have a good meal. Laugh with your friends. Know what's important to you.

Try relaxation techniques such as deep breathing and guided imagery.

Talk about how you are feeling, and manage your emotions.

Be thankful for the good you see around yourself.

COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Kyle	treasurer@capilanocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanocl.ca
		780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	780 916-4579
Social Media	Jean	780 863-0914
Sign Rental	Patrick	780 995-8818
Building & Grounds	Carson	587-930-6977
Civics Director	Monte	780 243-7547
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780-660-6993
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Lyriss	780 242-8874
Hardisty Gym/Preschool	SoccerShauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June
Capilano Community is on Facebook "Like Us"
Check us out on Instagram @capilanocommunity
Capilano Community is using the Nextdoor app!

Choose Capilano Hall for your Event

If you 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 spe-

cial. 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, or visit our website at capilanocl.ca.

Capilano Community Memberships

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

As well, memberships are available at:

--"All Care Pharmacy" located at 5016 - 106 Ave. Contact the pharmacy

at 780-244-2737 for store hours (Cash only). Thanks to "All Care Pharmacy" for supporting our community!

--Servus Credit Union, Capilano Mall #110, 5615 – 101 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 busi-

ness 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.

Gold Bar Park Alliance - Together, we did it!

On May 10, 2021, Gold Bar Park Alliance and the citizens, stakeholder organizations and provincial representatives working with Gold Bar Park Alliance were successful in achieving the following two unanimous city council motions:

1) The invalid decision to reroute and construct a major future sewage trunkline to the Gold Bar Wastewater Treatment Plant instead of the planned Alber-

ta Capital Region Wastewater Treatment Facility will be revisited with appropriate city council oversight and public input.

2) City of Edmonton Administration to update documentation on the City of Edmonton website to identify that city council have not yet made the decision on the routing of the sewage trunk-line.

Next Steps: Gold Bar Park Alliance is very excited to continue our work to con-

firm that directing major future sewage treatment expansion to the long-planned and correctly sited Alberta Capital Region Wastewater Treatment Plant continues to be the best decision for our City and its citizens.

We want to keep you informed. Email us at connect@goldbarparkalliance.com to have your name added to our large email distribution list.

Outdoor Chili Cookoff-September 25

Save the date! Mark September 25 on your calendar for Capilano's *Outdoor* Chili Cookoff. It will be held in the Capilano Community League rink. All COVID safety measures will be in place. More information to follow in the next issue of the Southeast Voice. Contact Heather at 780 466-1380 or Laura at 780 982-9876 to learn more.

Kick off your summer with Karate at Capilano!

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

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

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

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

- and a calmer, less anxious mind!

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

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

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

Capilano Playschool – Register for 2021/2022!

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

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

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

Capilano Community League Sign Rental

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

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

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

Small business/commercial advertising - \$25. Guaranteed 3 days.

Please note: small business announcements/advertising also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements. Please call as far in advance as possible to avoid disappointment!

Come play tennis!

Join the Capilano Tennis Club now to play a full season of tennis! Located next to Capilano Community League, our 4 courts are open for play with memberships for families, seniors, juniors, singles and more. Private and group lessons available for adults and juniors. For more details and to sign up, go to capilanotennis.ca.

Capilano Community League Memberships

Memberships for the upcoming 2021/2022 seasons will be available as of July 15, 2021.

Babysitting Registry

Need a babysitter? Contact the Capilano Babysitting Registry to be connected to sitters in your area! Are you a babysitter looking to meet some new families? Contact us as well! babysittingregistry@capilanocl.ca

2021 Capilano SUMMER Green Shack Program

Attention all kids of Capilano community! Come join our Green Shack leader at Capilano Community Park (10810 – 54 St.)



for a summer full of fun and games!

DATES: July 12 – August 27, 2021

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

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

*Please note that these dates and times are tentative and may change according to the Government of Alberta's COVID restrictions.



KIDS RUN WILD

Orienteering & Map Skills Program



Tuesdays: July 6-August 10 from 6-7 pm
Meeting at Gold Bar Park Pavilion

Ages: geared for 5-17 (5-8 year olds requires parent/guardian support).
Siblings under 5 can attend free with parental/guardian support

Cost:
\$50 /participant CCL members
\$65/participant for non CCL members

Program Objective:
To provide basic orienteering and navigational skills, learning how to read maps and improving physical fitness and agility while engaging with our natural environment.

Contact: Maria at (780) 984-6839 for information and payment.



Cloverdale

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

Keep Up to Date with Cloverdale News

You can learn about the latest event and news concerning Cloverdale by checking out our website at cloverdalecommunity.com and reviewing our "News & Events" blog, or the events calendar. We continue to post in this newspaper, the

South East Voice, as well as a quarterly newsletter mailed to Cloverdale residents called the Cloverdale Chronicle. You can also check out our official facebook page @cloverdalecommunity and our posts in the Nextdoor app.

Green Shack Returns to Gallagher Park

Green shack returns to Cloverdale for free drop-ins this summer for kids! Green Shack is a program that gives kids opportunities to do activities, games, sports, crafts, or free play. The activities are posted each week on the side of the green shack (near the park's gazebo and Community Hall) and are led by a blue-shirted Program Leader vetted by the City.

Dates: July 12-August 27

Days: Weekdays (Monday-Friday)

Times: 10:30 am - 1:30 pm

Location: Cloverdale's Gallagher Park

Ages: 6-12, or children of other ages if accompanied by an adult

Further information can be found on the city's website: edmonton.ca/Greenshacks, or by calling



311, emailing greenshack@edmonton.ca, or on facebook @GreenShacks. Dates may be subject to change to follow Alberta health guidelines. This program is managed by the City.

Casino Volunteers Needed

The Cloverdale Community League has been selected for shifts and would love your participation. Volunteering for casino shifts helps fund the community league's programs, operations, and events.

Upcoming Shifts: Sunday, July 4th, or Monday, July 5th at Pure Casino 7055 Argyle Road.

Sign up: <https://volunteersignup.org/8AARK>.

More Information: Please contact Bev Bennett at (780) 906-1452 or casino@cloverdalecommunity.com with any questions or concerns. Visit our website for upcoming casino shift opportunities, or contact Bev.

Help Create Community in Cloverdale! Become a Block Connector

Cloverdale, your block or condo building needs you to be the point-person to connect your neighbours and make our neighbourhood a friendlier place to live. If you are in the following multi-family units or blocks and have an interest, email Marilyn at: NeighbourhoodConnector@CloverdaleCommunity.com.

If you want to attend an informal info session, earmark June 2nd at 7 pm for an online 30 minute overview of the Block Connector role as part

of Abundant Communities. Contact Marilyn for more details. Areas that Need Block Connectors:

- SoHo
- Cloverdale Manor
- Cloverdale Hill Condos
- The Landing 9815, 9811 Waterside
- 92 St.
- 93 St.
- 95 St South of 97 Ave

Muttart Reopens

After being closed for 2 years due to renovations and Covid safety measures, the Muttart reopened in June. The 45-year conservatory received important upgrades to infrastructure, and also new features for guests, such as water features, a living wall, and QR code tours. At the time of this publication, the Muttart requires visitors to book time slots in advance on the City's website.

The cafe (Culina Muttart) also received some upgrades to the patio, and is also now open for patio eating and counter service.



Cloverdale Board

Please note: recent changes to the board or committees from the AGM were not available in time for this issue of the South East Voice. An updated list will be in the next issue. Please go to our website for the latest updates.

THANK YOU TO ALL OF OUR AMAZING VOLUNTEERS!!

THANK YOU TO ALL OF OUR WONDERFUL VOLUNTEERS WHO ON SUCH SHORT NOTICE MADE OUR CASINO HAPPEN.
WE THANK YOU FOR YOUR TIME AND DEDICATION.
YOU ARE WHAT MAKES THIS COMMUNITY SO SPECIAL.
WE COULD NOT HAVE DONE IT WITHOUT YOU!!



Imagination Library champion named volunteer of the year

Allison Fowler was named volunteer of the year at the league's annual general meeting for all the work she has done the past two years as board secretary and for launching The Heights Imagination Library.

Allison was also nominated by the Hodson family for our monthly flower bouquet, in partnership with Capilano Grower Direct. The Hodsons have loved getting books from the Imagination Library as well as being part of the Facebook group that Allison set up and moderates.

Allison brought the Imagination Library to our neighbourhood in November 2020. The program, in partnership with the Dollywood Foundation of Canada and partly funded by membership fees collected by the league, puts books into the hands and hearts of children across the world and encourages families to spend time enjoying books together.

It's free to join and members receive a hand-selected, age-appropriate, high-quality book each month from birth to age five. The books are personalized with each child's name and mailed directly to their home.

Allison says she started the library in the hopes of creating networks between families in Forest Terrace Heights and to promote early



childhood literacy regardless of socio-economic background.

Funding is available to ensure all children under five in Forest Terrace Heights can participate. Email allison@forestterrace.org for a registration form or if you are interested in other ways to support or sponsor the program. Currently, the library is looking for volunteers to organize an awareness campaign and to head up some sponsorship initiatives.

Free drop-in Green Shack programs

The City of Edmonton is offering Green Shack programs at both Forest Heights and Terrace Heights playgrounds in July and August. The free, drop-in programs offer crafts, games, sports and free play for kids aged six to 12. The Terrace Heights shack at 9835 71 St NW will operate Monday to Friday, 10:30 a.m. to 1:30 p.m. from July 12 to Aug. 27. The Forest Heights shack at 10150 80 St NW will run the same days and dates, from 2:30 to 5:30 p.m. For more information and a list of other



Green Shacks in the city, go to edmonton.ca/greenschacks or call 311.

Nordic Walking Wednesdays

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

The Forest Terrace Heights walking group

will continue to meet Wednesdays at 7 p.m. outside the community hall over the summer months, unless limited by weather or health restrictions. A membership in any community league is required, but it is otherwise free. Email sonya.forestterrace.org for more information.

Playground 50/50 jackpot tops \$9K

Congratulations to Nicole, who had the winning ticket in the Forest Heights Playground Project 50/50 raffle, and won half of the \$9,060 jackpot. More than 4,600 tickets were sold. Thank you to everyone who contributed.

Check out the project website, <https://fhs-playground.wixsite.com/play>, to see what the fundraising committee is up to and options to donate.

Watch for another bottle drive coming up in September. In the meantime, you can contribute to the playground fund by dropping off

bottles at Roper Road Bottle Depot at 5618 54 St NW. Let them know you are supporting Forest Heights School.

You can also help 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.

Burgers & belly laughs coming up July 7 at the hall

Mark your calendars for Wednesday, July 7, when Fox Burgers brings its popular food truck to the hall, and the Firepit Comedy Tour returns for its second annual show in our neighbourhood. The truck will set up at 4:15 p.m. and serve from 5 until 9 p.m. or whenever they run out of food.

At 8 p.m., comedian Lars Callieou will bring his hilarious hour-long show to the rink, rain or shine. Lars has appeared at the Just for

Laughs Festival in Montréal and had a one-hour special on The Comedy Network. He's been overseas to entertain Canadian troops five times and is a two-time Canadian Comedy Award nominee who can be heard on CBC's LoL and The Debaters and on Sirius/XM.

Tickets for the Firepit Comedy Tour are available on Eventbrite: \$10 for FTCHL members; \$15 for members of other leagues; and \$20.11 for non-members.

Rink open

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

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

Big Bin a big success

A great group of volunteers led by events director Molly organized a top-notch Big Bin event on June 19, where league members disposed of two bins' worth of old furniture, yard waste, appliances and other bulky items for free. A new system allowed residents to book a time slot, so they could go about their day and not have to rush over first thing in the morning or face a line-up.

Thanks, once again, to Legend Automotive for allowing the league to host the event on their lot.



Outgoing president's message

Forest Terrace Heights community league held its annual general meeting online on June 1.

The league's financial report was tabled along with the annual report (available online from the link at the bottom of forestterrace.org/about-the-league), which included this message from our outgoing president, Curtis Clark:



The last year has been full of unexpected challenges. The global pandemic has reshaped every facet of our daily lives. Every time it seemed progress was made and we could begin to return to normal, circumstances forced us to adapt quickly and change our plans again.

The pandemic limited our ability to engage with the community: we were unable to rent out our community hall; we had shortened soccer seasons; we were not able to hold our usual fitness classes; all holiday and kids' events were moved outside or online; and community swims were cancelled. I sincerely apologize if restrictions impacted your engagement with the community. Rest assured, we look forward to reintroducing program-

ming as soon as it is safe to do so.

I'm extremely proud of the way our volunteers and board members stepped up to address challenges. Community league memberships were made 'pay-what-you-will' for most of the year. We innovated to bring in virtual and at-home events that reached new community members. We rolled out a branch of Dolly Parton's Imagination Library to dozens of children in our community. I want to give a huge thank you to all the volunteers who brought new ideas to the table when they were most needed.

Unfortunately, after my first two-year term, a career opportunity will prevent me from staying on as the league president. I really enjoyed the opportunity to work with this great team of dynamic, vibrant volunteers and I will still support my community any way I can.

There is much to look forward to in the next few years within Forest Terrace Heights. We are more than happy to find a role for anyone who wants to pitch in. Quite simply, that's how a community is built.

I wish you all a happy and healthy summer.

Get growing in The Heights

The Heights Community Garden is looking to expand with an addition of 14 new beds for 2022. Pending approval from the City of Edmonton, some beds may be built by early July this year.

Still interested in a garden plot or in helping out at the garden over the summer? Email garden@forestterrace.org for more information or to get on the waiting list.

Board vacancies & other news



Several directors’ terms ended in June, including president Curtis, treasurer and community garden coordinator Amber, secretary Allison and hall rentals director Tina. Curtis and Allison are staying on as members-at-large, while Meagan stepped into the secretary role and Andrea took over the garden. The full list of board members is available on our website, forestterrace.org. Click on “About the League” in the main menu.

If you are interested in any of the vacant positions – for president, treasurer, civics and hall rentals – please contact Kathleen at vp@forestterrace.org for more information or to express interest. Members of the board receive free membership in the league and one free hall rental per year. They are asked to attend board meetings, held on the first Tuesday of every month except July and August. Once health restrictions allow, the board plans to meet in person again, at the hall.

-The first meeting in the fall will be Tuesday, Sept. 15, at 7 p.m.

-We have invited all the candidates in Ward Meets to present at one of our meetings. Liz John-West introduced herself at the AGM in June. We also heard from Cori Longo and Ashley Salvador in May.

-To buy a 2021-22 membership in FTHCL, valid until August 2022, contact Sonya at memberships@forestterrace.org or 780-463-1613. You can also get one online at efcl.org, at Grower Direct (7231 101 Ave NW) and now, at Forest Heights Grocery (10130 79 St NW). A family membership is \$30; individual memberships are \$15; seniors pay \$10; and, if you’re new to the area or have never had a membership before, your first year is free by contacting Sonya. For a full list of membership perks, visit forestterrace.org/membership.

-Has a neighbour reached out to you or made a difference on your block? If so, contact Sonya (as above) or leave her a voicemail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour bouquet. Be sure to tell her what makes your neighbour special.

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



North SEERA Hockey Registration opens July 1st!

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

Follow us on Facebook, Instagram, and Twitter.

Rates for the 2021-2022 season are as follows:

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

What makes your block awesome?

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

Are your neighbours kind, helpful and friendly? Do you take care of each other in tough times? Do you celebrate together and make sure everyone is included?

Do you have some or all of the seven functions that Abundant Community Edmonton says help build connections in a neighbourhood?

1. Health and wellness
2. Safety and security

3. Local food production
4. Nurturing the local economy
5. Environmental stewardship
6. Raising children in the neighbourhood
7. Creating care

If so, you’re invited to nominate your block, building floor or cul-de-sac for an Awesome Block Award.

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

that has happened where you live.

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



Live, local air-quality data now available

Alberta Capital Airshed recently installed a PurpleAir monitoring system, which they offered free to all community leagues, at the Forest Terrace Heights hall. The system uses laser particle counters to measure air quality and report it in real time to the PurpleAir map. The map is available at purpleair.com and includes real-time data from monitoring systems around the world.

BOARD

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

Fulton Place Bin Event

The Fulton Place Community League held their annual bin event on June 5th, and it was a success once again. We were quite busy this year, with over 80 people disposing of 120 cu yards worth of household waste. Our repurpose area was once again a success, we are grateful that so many people can make use of these items. This year we partnered with the Edmonton Recycling Association; we collected e-waste that they will refurbish and donate to charities in the city. Thanks to all that continue to make this event a success each year!

Volunteer with the Fulton Place Community League



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

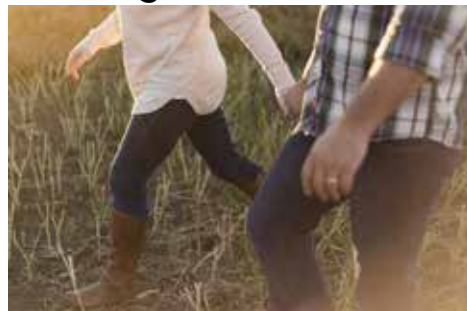
-Facilities - our hall needs minor maintenance on an ongoing basis, if you would like to assist us with this we'd love your help!

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

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

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

Fulton Place Walking Club



The Fulton Place Community League has started a walking club to get out and enjoy the warmer weather, explore the community and meet our neighbours.

Regular walks are hosted Thursday nights at 7:00 PM and Saturday mornings at 10:00 AM with one-off walking events being planned for later this year.

If you are interested in attending or hosting a walk please email michelle@fultonplace.org. Also email if you want to be added to the mailing list for future walking events.

Fulton Page Turners Club

Fulton Place Community League is starting a book club for all members and non-members. It's free to join. The Fulton Page Turners will meet every two months either virtually or appropriately in-person (as per AHS regulations) to jointly discuss a book, share thoughts and ideas, and plan the next reading session. If you are interested in joining please or learning more please email League Program Director Lisa at programmer@fultonplace.org.

Memberships

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

Hall Rental

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

FREE DROP-IN SUMMER GREEN SHACK

Edmonton

LOCATION	DATES	DAYS	TIMES
Fulton Place 6115 Fulton Road	July 12 - August 27	Monday - Friday	2:30 PM - 5:30 PM

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

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

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

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

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

FOREST HEIGHTS CHIROPRACTIC AND WELLNESS CENTRE

Chiropractic • Acupuncture • Massage therapy

• Direct billing offered

• Check out **our reviews** and **new patient specials** on our website



Late evening appointments

10144 79 St. 780.469.1561
www.fhchiro.com



Dr. Rick Rana
D.C., R.A.C.



Dr. Henry Tso
D.C., BScKin



Jangira Boychuk
RMT

Accepting new patients

New Patient Special

For All Your Real Estate Needs...



Associate, REALTOR®
780.431.5600
Frank@royallepage.ca
FranklyTheBest.ca



ROYAL LEPAGE
Noralta Real Estate

Not intended to solicit properties already under contract.

Serving
South Central
Edmonton
Since '92

CANADA'S
REAL ESTATE COMPANY

Gold Bar Executive

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

Membership Contest!

May's winner is
Kelly Undershultz
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 mem-

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

Breast density and screening mammograms

Did you know that breasts are made up of fat and other tissue? Breast density is the amount of fibrous or glandular tissue compared to the amount of fatty tissue in the breast.

A screening mammogram is an x-ray of the breast that's used to find early signs of cancer before symptoms appear. Mammograms are also used to measure density within four categories or scores: a) fatty; b) scattered areas of fibroglandular density; c) heterogeneously dense; and, d) extremely dense.

Having dense breast tissue (category c or d) is quite common. For example, about 46 per cent of women aged 50 to 54 have it. Several factors affect breast density, such as genetics, hormone levels and overall body fat. Density tends to decrease with age.

Why does breast density matter?

Dense tissue and cancer tumours both appear white on mammograms, making it harder to identify cancer.

Although having dense breasts can increase an individual's breast cancer risk by a small amount, it's important to know that other factors, such as age and family history, have a greater impact.

Whether you have dense breasts or not, screening mammograms are still the best way to find breast cancer early. If you're between the ages of 50 and 74, it's important to be screened regularly every two years, or as decided by you and your healthcare provider.



Finding out your breast density score

Breast density scores are now included in screening mammogram result letters in Alberta. By including these scores, Alberta Health Services is encouraging women to have open and informed conversations with their healthcare providers about their health and personal risk of breast cancer.

Visit screeningforlife.ca to learn more about breast density.

GREEN SHACK

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

Location: Gold Bar Playground, 4620 105 ave
Dates: all weekdays from July 12-August 27

Time: 10:30am-1:30pm

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

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

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

GOLD BAR COMMUNITY MEMBERSHIPS AVAILABLE

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP- CASH ONLY (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) come check out these wonderful businesses and pick up your community membership - CASH/CHEQUE ONLY. On the second Tuesday of every month, show your membership card at Blues Java Café and receive a FREE hot Beverage (coffee, tea, or 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 (Gold Bar Community League)
CONGRATULATIONS!!!!!!

BINGOS

We are so excited that the bingo halls are allowed to re-open!

Please join us in working these or any events to come. All proceeds help the community. For more information or to help out please contact Lorie at 780-447-1110.

Parkway Bingo Hall:

Wednesday, July 14 evening/late night
Monday, August 16 evening/late night
Tuesday, Sept. 7 evening/late night
Saturday, October 9, evening/late night

Fort Road Bingo Hall:

Wednesday, July 7 afternoon/evening



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

Learning more about pulmonary hypertension

World Pulmonary Hypertension Day was May 5.

Pulmonary hypertension is high blood pressure in the arteries of your lungs. It may also be called pulmonary arterial hypertension (PAH).

These arteries carry blood from the heart to the lungs, where the blood picks up oxygen. The walls of the arteries may get thick, which narrows the space inside the arteries. When this happens, blood does not flow as well as it should. Pressure builds up in the arteries. Then your heart has to work harder to pump blood through your lungs.

Pulmonary hypertension may cause heart failure. Heart failure means that your heart doesn't pump as much blood as your body needs. It can happen to anyone at any age, even to young children.

It can be stressful to learn that you have a problem with your lungs and heart. But there are things you can do to feel better and stay as active as you can.

What are the symptoms?

At first, you may not notice any problems. But in time, you may have symptoms such as:

Shortness of breath.

Feeling tired, faint, or dizzy.

Swelling (edema) in your legs, ankles, feet, and belly.

Chest pain.

If you have pulmonary hypertension, stay as healthy as you can:

Try to avoid colds and flu.

Get a pneumococcal vaccine shot. If you have had one before, ask your doctor if you need another dose.

Get the flu vaccine every year.

If you must be around people with colds or flu, wash your hands often.

Eat healthy foods, and try to stay at a healthy weight. Healthy foods can help you have the energy you need.

Do not smoke. Smoking can make this condition worse. If you need help quitting, talk to your doctor about stop-smoking programs and medicines. These can increase your chances of quitting for good.

If you're a woman of child-bearing age, talk to your doctor about preventing pregnancy. Pregnancy and childbirth can cause changes in the body that could be life-threatening for women who have this condition.



Helping you grow towards wellness.

In-person and online sessions available. Low-cost options.

You don't need to struggle on your own. At Strathearn Psychology, we are passionate about joining with you to help you turn those struggles into growth.

780-757-9536 | 9536-87 Street
takecare@strathearnpsychology.com

Find out more at
strathearnpsychology.com



325, 9707 – 110 Street, Edmonton AB T5K 2L9

Real Estate

♦ Commercial & Residential

Corporate Law

♦ Incorporations
♦ Annual Returns/Minute Books
♦ Year End Resolutions

Wills and Estate Planning

♦ Wills
♦ Enduring Powers Of Attorney
♦ Personal Directives

Competitive Rates & Convenience

To book an appointment call

Bruce Neill

(780) 474-7777

Out of office appointments
available

<https://www.merchantlaw.com/edmonton>



NEW

The Only Renovator with
an Exclusive

**Lifetime
Warranty**



ACKARD
contractors ltd.

Renovations | Custom Homes | 780.414.0686

Get the
Healthy
White Smile
You've Always Wanted!



9939 75 St



New Patients
Welcome



Dr. Priscilla Wong



Lina & Dr. Peter Yoo



Dr. Bona Zhang

- Family dentistry
- Oral surgery
- Implants
- Extractions
- Cosmetic dentistry
- Child development program



Book Your Appointment Today
780.75.tooth (86684)

FOR SALE
KellyGrant.ca

NICELY UPDATED 2-Storey TOWNHOUSE CONDO IN ST. ALBERT – DEER RIDGE! Private Oasis – End Unit. \$298,000, See Virtual Tour

FOR SALE
KellyGrant.ca

*** MILL CREEK SPECIAL: Family / Investor Property in Ritchie: Large 50'x132' RF3 Lot; 4 + 2 Bedrooms, 2 Kitchens, many upgrades, double garage. \$498,000.**

KELLY GRANT'S REAL ESTATE MARKET STATISTICS ARE BROUGHT TO YOU BY™

MaxWell
Where Real Estate Happens™

Visit KellyGrant.ca for * NEW * Q2 Market Trends & Stats: Residential; Rural; & Commercial Real Estate ... Terrace Hts. to University & beyond!

KellyGrant.ca

MaxWell
POLARIS

Serving Sellers and Buyers Across Greater Edmonton!

MaxWell
POLARIS REALTOR®

Kelly Grant
780-414-6100

The City of Edmonton is looking for the most Awesome Blocks in the city!

Are your neighbours kind, helpful and friendly?
Do you take care of each other in tough times?
Do you celebrate together and make sure everyone is included?
If so, consider nominating your neighbours for an Awesome Block Award!



Nominations are open until noon on August 22, 2021
For more information, visit edmonton.ca/awesomeblockawards

AWESOME BLOCK AWARDS

Edmonton

minsos | stewart | masson

barristers, solicitors, notaries

• Real Estate

• Wills and Estates

• Business Law

PH: (780) 466.1175




Fax: (780) 465.6717

#220, 8723 – 82 Avenue

Edmonton, Alberta T6C 0Y9

Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - VACANT	vicepresident@holyroodcommunity.org
Treasurer - Claire	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Kelly	programs@holyroodcommunity.org
Sports & Fitness - VACANT	sports@holyroodcommunity.org
Memberships - Nor'Ali	memberships@holyroodcommunity.org
Facilities & Grounds - Sarah	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Social - Jeremiah	social@holyroodcommunity.org
Civics - Carlos	civics@holyroodcommunity.org
Holyrood Development Committee - Jaime	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Rink - VACANT	rink@holyroodcommunity.org
Soccer - Andrew & Geordan	soccer@holyroodcommunity.org
Playschool - Christina & Laurence	playschool@holyroodcommunity.org
Playgroup - VACANT	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org

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

BABYSITTING COURSE

Holyrood community league is hosting a Babysitting Course through Spectrum Safety Services / Second Chance CPR & First Aid for any interested prospective babysitters ages 11 and up. It will be held Saturday July 10, 9:00am - 4:00pm in the fellowship hall at First Church of God 9224 82 St NW - Class is \$66.00

Hey Babysitters: In this 7-hour session, you'll learn some babysitting basics, what to expect of children of different ages and how to handle emergencies – all the information your parents will want you to know. We'll also throw in tons of useful tidbits and suggestions that

will make you the most popular babysitter on the block!

Second Chance CPR & First Aid offers the Babysitting Course to anyone 11-17 years of age. The program involves a variety of hands-on activities and training discussions using realistic life-size training dolls (one per student for a realistic experience!).

Other important skills include first aid for choking, burns and child safety, to name just a few. After successfully completing the Babysitting Course, participants receive a completion card.

FIRST AID FUNDAMENTALS

For kids 11 and under, Holyrood community league is hosting First Aid FUNDamentals through Spectrum Safety Services / Second Chance CPR & First Aid. It will be held in the fellowship hall at First Church of God 9224 82 St NW, Edmonton, AB. Saturday July 17, 9:30am-1:30pm - Class Cost \$44.00

The primary goal of the First Aid FUNDamentals program is to have participants aged between 9-11 understand when to get help, from whom and how to gauge the urgency of a situation. Following the completion of the 'First Aid FUNDamentals Workbook', students

will participate in a 2 hour session led by an instructor.

FUNDamentals Course Outline

STOP activity (STOP to recovery position)
 Proper hand washing technique
 Choking skills (conscious and unconscious)
 AED discussion and demo
 Bleeding – common injuries (nosebleed, road rash, cuts)
 Basic Musculoskeletal injuries (including RICE, types of splints)
 Review activities and scenario practice-time permitting

AMAZING EVENTS!

Do you have a great idea for something that would make our community more fun? Are you a member of a band that misses performing in front of a live audience? Do you have a small company that you'd love to feature on our social media or see it here, in print? We're looking for community members who want to get involved! The community league would love to work with you to see your ideas for Holyrood come to life. Even if you only have a few hours, or just an idea, reach out to us and let's see if we can get the ball rolling, together! If you just want to volunteer to help out for one of our events, you can also contact us. Email communications@holyroodcommunity.org

AWESOME BLOCK AWARDS

Are your neighbours kind, helpful and friendly? Do you take care of each other in tough times? Do you celebrate together and make sure everyone is included? If so, you might live on an Awesome Block! We invite you to celebrate your neighbours by nominating your block, building floor or cul-de-sac for an Awesome Block Award. Share a story about what your block does that makes it special, an event they hold that is helping neighbours connect or something inspirational that has happened where you live. You can also share photos and videos! Email abundantcommunity@edmonton.ca with your story, photo(s) or video attached.

Submissions open until noon on **August 22, 2021**.

FREE DROP-IN SUMMER GREEN SHACK



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

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

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

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

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

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

GET IN TOUCH WITH US!

 @GreenShacks
 green Shack@edmonton.ca






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

Idylwylde Community League Board

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

 idylwylde.org
  @IdylwyldeCL
  Idylwylde Community League

Save the Date - Annual General Meeting

Thursday, July 29 is the Annual General Meeting for the Idylwylde Community League. Mark the date on your calendars and watch our social media and newsletters for information on how you can attend.

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!

Cheery Tomato Community Garden

Spring has sprung and we've planted our community garden for this year. If you would like to turn your thumbs green this summer,

contact us at gardenidylwylde@gmail.com and we'll let you know how you can be involved with our amazing little community garden.

Monthly Community Meetings

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

Just Reduced!!

2 Bed/2Bath Condo with Upgrades



6220 Fulton Road

Call me, "Craig Stenersen" (Realtor®) and let's chat about the benefits of Condo Living. "Fulton Court" has been my home for 16 years!!

780-233-9939 WWW.WORKING4U.CA

SRES *"Seniors Real Estate Specialist"*

- * Air Conditioned
- * Heated Parking
- * Car Wash
- * Social Room
- * Workshop
- * Library
- * 40+ Living



Devonshire Realty





We can help you with your "Back Pain"



Call us to book an Appointment

780-906-0808

8130 82 Ave NW, Edmonton, AB T6C 0Y4

www.vertexphysio.ca





Ottewell Dental Clinic

Dr. Brian Zwicker, Dr. Simon Cheng, and Dr. Leah Charles DDS - General Dentists

WELCOMING DR LEAH CHARLES!

ACCEPTING NEW PATIENTS

FRIENDLY, PATIENT FOCUSED ORAL CARE

FOLLOWING ALBERTA DENTAL FEE GUIDE

NOW PROVIDING NITROUS OXIDE SEDATION



www.ottewelldental.com

(780) 465-0505

MON/THURS/FRI 8-4, TUE/WED 8-6, SATURDAYS BY APPT



Kenilworth Community League Board

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

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members **Non-Members**

Weekend(Fri.pm – Sun.pm) \$450.00 \$550.00
Day Rate \$300.00 \$385.00

Damage Deposit Day rate \$250 \$550
\$450/weekend \$550/weekend

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

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

Adult Badminton

Badminton is cancelled until further notice.

To contact the Kenilworth Badminton Club: send email to kenilworthbadmintonclub@proton-mail.com

Kenilworth Play School

KCL has previously been home to a play school two days a week providing play based opportunities for children aged 3 and 4. We are seeking community interest.

IN SEARCH OF a teacher as well as a volun-

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

Kenilworth Off Leash Dog Park

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

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

VOLUNTEER OPPORTUNITIES

Many hands make for light work and we could use some hands. We have the following volunteer position available:

Grant Writer: It is always great to have a volunteer that has their ear to where the money is and can create a grant to help us benefit. If you enjoy writing and have some volunteer time to put grants together, we could use your help.

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



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

FREE DROP-IN SUMMER GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Kenilworth	July 5 – August 27	Monday – Friday	10:30 AM - 1:30 PM
7104 – 87 Ave			

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

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

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

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

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

GET IN TOUCH WITH US!
 @GreenShacks
 greenshack@edmonton.ca

Community League Spirit **LIVE ACTIVE**
edcl.org



Kenilworth Child and Youth Engagement Update

Please email Rebecca at membership@kenilworthcommunity.com to express your interest in joining us at our next meeting!

We will be planning fun events, programs, and community projects with and for kids and youth of all ages! We are still looking for an

adult to join the board as youth program liaison who will work alongside a youth who will also sit on the KCL board! Community programming experience is an asset. This is a great chance to meet new folks, try new things and have lots of fun. Check out our Facebook Page and Group.

Connected Neighbors Contact Card

Thinking about checking in on your neighbors? If so, Neighborhood Services has a Connected Neighbors card that you can use! This card can be used to reach out to neighbors who might be at home isolating or need help. Please remember to adhere to the AHS public health guidelines when interacting and checking-in on

your neighbors. To download the contact card, please visit the following link: https://www.edmonton.ca/programs_services/documents/PDF/ConnectedNeighboursCommunityCard.pdf

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

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

community.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!

Neighbourhood Watch

KCL is pleased to welcome Luann our Neighborhood Watch volunteer. We will try and share safety tips with you in each edition of SEV. Thank you to Luann for her tips to keep us safe.

Vehicle Safety tips:

The last time I checked the crime stats for Kenilworth, there were 6 thefts from vehicles and 1 theft of vehicle in a 60-day period.

- 1.Never leave insurance/ registration cards in the car
- 2.Remove things like loose change, sunglasses, cigarettes etc from the car
- 3.ALWAYS lock car even if it is in the garage

4.Consider having a “blinky light” installed. This is a light that blinks whenever the car is parked and is made to look like there is a security system in the car. This is a very inexpensive alternative to an actual security system for the car. I had a local company close to our community do it for me. I had it done at Bruce Stewart’s Automotive on 76 avenue and 71 street

5.EPS runs a “car curfew” program. It is free. You just contact EPS and register your car and you will be given a sticker to put on your car that will flag the police if the car is on the streets between 1AM and 5AM

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>

Did you know...?

Yoga Within is open and offering both on-line and in person classes.

We will continue in our Holyrood location until August, then we will be in the Old Strathcona Roots on Whyte location. All our regular instructors will be there along with some new faces. Once we have moved, we will continue to offer both in-studio and Zoom classes. All

passes will transfer to our new location, and can be used for both Zoom and in-studio classes just as before.

Coming up this September, we will be hosting our annual Fall Free Yoga Day. We hope you will come and join us as we celebrate this new step in our journey. Watch the website for more information.

Your mental health matters

Your mental health matters. Small steps make a difference. We are all faced with stressful times, especially as we continue to face the impacts of COVID-19. During Mental Health Week, May 3 to 9, Alberta Health Services is reminding Albertans about the small steps they can take for their mental well-being.

Small things can have a big impact on your mental health and ability to bounce back from adversity. Building a healthy routine, limiting media use, and learning to manage your worries as well as mindfulness and other coping skills all can have a positive impact.

Create a healthy routine that can include physical activities like a walk around the neighbourhood, a regular sleep schedule, and self-care strategies such as mindfulness or meditation. Aiming to include ways to connect with others in a safe way, physical, self-care and productive activities will help you take-charge of your mental wellbeing. Plan out a weekly

schedule and identify mini-goals for yourself focusing on your healthy routine. At the end, reflect on what works best for you and commit to making them part of your regular routine.

As part of your routine you can include taking wellness courses such as a free virtual stress management workshop or sign up for Togetherall, an online resource that has self-assessment and courses available to all Albertans age 16 and above.

Resources and supports, such as Text4Hope and Togetherall, are available to help you or someone you know. Just visit www.albertahealthservices.ca/helpintoughtimes. Remember, if you are struggling, you are not alone. There are supports in place to help you.

Talk about your concerns with your family doctor, your partner or someone else you trust. Or call the Mental Health Helpline toll-free 24 hours a day, seven days a week, at 1-887-303-2642.



the Gutter Doctor

Home Exterior Services

GUTTER CLEAN, FIX & INSTALL
FASCIA • SOFFIT • SIDING REPAIR

780-709-6825 Over 50,000 happy customers since 2003!

gutterdoctor.ca

Podiatric foot care!

780-466-5290


Dr. Jeannette Furtak, DPM

#302 Capilano Centre

9945 – 50 Street

- * **Nails, callous, heel pain, toe problems**
- * **Foot orthotics**
- * **Diabetic foot care**
- * **Appointments Mon - Fri**

www.greenwayspodiatric.ca



La Colombe

Centre d'Apprentissage de la Petite Enfance

- ♦ Accepting children 12 months to 5 years with English parents who want to give their children a chance to learn a second language.
- ♦ Our Learning Through Play program is offered exclusively in French
- ♦ Fully accredited, multicultural daycare in the heart of the French community
- ♦ Subsidy available

Telephone : 780.757.1123

La Cité Francophone

centre.lacolombe2@gmail.com

120- 8627- 91 Street NW Edmonton, AB, T6C 3N1

Postpartum mental health

Adjusting to a new baby during abnormal times isn't easy. Coming home with your new baby may be an adjustment. Caring for your baby, changes in sleep and emotions can all affect how you feel and cope. Taking care of yourself, both mentally and physically, is one of the most important things you can do for yourself. This will help you have the energy you need to take care of your baby.

Practicing these self-care tips may help your mental health by reducing stress and giving you the energy you need to cope with change, solve problems and manage your feelings and emotions.

Take things one step at a time and one day at a time.

Drink plenty of fluids, eat regularly and follow Canada's Food Guide.

Be active. Even going for short walks can help boost your energy and mood

Take a nap or rest when your baby sleeps.

Talk about how you're feeling with someone who will listen without judging and who can offer you support.

Write down your thoughts or feelings in a journal.

Take time for yourself, even if it's just for short periods of time to help you feel refreshed.

Practice simple relaxation techniques such

as deep breathing and distraction. Taking short relaxation breaks throughout the day can be really helpful.

Ask for and accept help from others.

Say no to any household tasks that are not urgent.

Spend time with your partner.

Stay connected with your family and friends.

Connect with others safely such as virtually or for a walk around the neighbourhood. It can help to meet people who may be going through the same things as you.

Be kind to yourself—caring for a new baby is a lot of work. No new parent has all the answers—you'll learn as you go. Take the time to enjoy getting to know your baby. It's your smiles, gentle voice, facial expressions and the gentle touch you provide as you help your baby meet their needs (e.g., feeding, sleeping, changing diapers) that build the connection needed for healthy attachment. Take your time and enjoy the journey.

Talk about your concerns with your family doctor, your partner or someone else you trust. To learn more about what you can do for yourself in tough times and where to get help, visit www.albertahealthservices.ca/helpintoughtimes or call the Mental Health Helpline, 24 hours a day, seven days a week, at 1-887-303-2642.

Ottewell

Executive board members

Executive:

President – Colleen

Vice President – Michelle

Secretary – Sandra L.

Treasurer – Eric

Past President – Corinne

Board Members:

Bingo Director – Tyler

Casino – OpenHall Manager – Tim

Grants – Chelsea

Big Bin – Andrew

Building Projects – Lukas

History of Ottewell Committee - We need more members!

Indoor & Outdoor Soccer Director – Cory

Summer Playground Director – Open

Social Team – Many OC Members

Playschool Rep – Jason

Rink Chair – Tom

Membership Director – Lindsay

Communications – Sandra

Website – Taylor

SEV Liaison – Erika

EFCL Rep – Corinne

SECLA Rep – Sandra

All positions are volunteer. Please send all inquiries via email to oclpres2021@gmail.com

Ottewell Community League

5920 93A Avenue NW

Edmonton AB T6B 0X2

Ottewell community celebrates 60 years

I definitely have a positive experience with the Ottewell Community League. Our family moved to 94B Avenue in 1961. I was four so don't have a memory of living anywhere else prior to this. I do remember that 50 Street was gravel and so was 94B. We lived on the north side of the street, and the south side was forest. Once they cleared the forest for housing, we had a clear view to the Skyview Drive-in Theatre.

The community league was always a big part of my growing up. When I was in grade one, I took a sewing course that was offered. My neighbor and I walked over - she was also in grade one - with our sewing needles, thread, and scissors. I do not remember what

we sewed, but we learned basic stitches with our needle and thread. We spent winters at the toboggan hill or the skating rink. We walked over, pulling our six-man wooden toboggan or carrying our skates. There were always friends to meet up with or new friends to make. When we got cold, we walked home. In the summer we were active in the city run programs that were offered. A leader was happy to mix paint for a day of painting or to teach us new games. We played with the equipment - balls, bats, and tetherball. Later a wading pool was installed and that upped the excitement. As we got older, the community league was a good place to hang out with our boy/girlfriends.

Summer or winter, the Ottewell Community League did what it was meant to do, and that is to bring the community together. As my parents still live in Ottewell, I have participated with them in the fraud awareness program that was offered. Along with some neighbors, they participated in seniors' exercise classes. My parents always went to the spring tea (or maybe it was in the fall). They have rented the hall for family gatherings that were too large for anyone's home but just perfect for Ottewell's hall.

Thank you to the members who are instrumental in keeping this little gem going.

- Lene

Calling all Ottewell historians

Hello, neighbours! Keep sending in those stories! We want to build our history page. Sixty years ago, executive board members voted to be a part of the Edmonton Federation Community Leagues, and a lot has happened since then. Do you have a story to share about

the Ottewell community? Do you have stories about your childhood in Ottewell attending different programs or stories that have been shared by family members?

You can share your stories either by email at ottewell2212@gmail.com or by phone at

780-465-7755. You can also drop your written story in the community hall mailbox. Please provide contact information as we want to acknowledge all submissions.

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

Community Park

Summer is just around the corner, and we hope that you can enjoy this time with family and friends. Ottewell Community Park is open for all to use. Please take care of our park and pick up after yourselves. We don't have a full-time groundskeeper; the Ottewell community volunteers appreciate you in helping us keep our park clean! Watch our website ottewell.ca and our Facebook page for washroom availability.

Exciting website changes

Our new website is up at ottewell.ca! We've been working to make our website an easy-to-use hub of all things Ottewell. Take a look

and send your feedback or questions through the website. You can also send suggestions to oclwepage@gmail.com.

OCL board meetings

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

Community tables at the market

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

Ottewell community supports the Baitul Hadi Mosque

We are deeply saddened and disturbed to hear of the racist graffiti in our community. We want our friends at the Baitul Hadi Mosque to know that we support them and the entire Muslim community. Islamophobia has no place in 2021 and certainly no place in our community. Be kind to every kind.



Community league memberships

Thank you so much to those that had signed up for their FREE Ottewell Community League membership for 2020-2021. We will now be returning to the previous fee structure for 2021-2022. For those that purchased a membership in 2020/2021, keep your eye on your mailbox in September for when we drop off your free card!

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.ca for more community league perks. Please email oclmemberships@gmail.com with any questions or concerns.

Market day volunteers

Thursdays, June - September

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

FREE DROP-IN SUMMER GREEN SHACK



LOCATION	DATES	DAYS	TIMES
Ottewell 5920 - 93A Ave	July 12 - August 27	Monday - Friday	2:30 PM - 5:30 PM

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

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

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

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

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

GET IN TOUCH WITH US!

 @GreenShacks

 greenshack@edmonton.ca

Community League
Spirit
efcl.org

**LIVE
ACTIVE**

Reminder: No dogs at the park or in the 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 by-law. This includes the playground and rink areas. Thank you for your cooperation and respect for our park.

Girl Guides registration open



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

Connect your business to the Ottewell community



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

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

Ottewell Community League members can also get:

- a 5% discount at Anvil Coffee House - anvilcoffeehouse.com
- a 10% discount at Ottewell Eye Care - ottewelleyecare.com
- a 15% discount at Pop Kids Marketplace + Shy Mama Designs - www.shoppopkids.com
- a 10% discount on photography at 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, on our Facebook page, and in the Southeast Voice.

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 Community Playschool



Now taking registrations for OCL September 2021 Playschool.

Our wonderful teacher Lisa Pirnak has a natural ability to relate to and communicate with her students. She'll help your little one aged 3-5 develop motor, social, and cognitive skills in a fun and encouraging environment! Prices start at \$100. Playschool runs Mondays, Wednesdays, and optional Fridays. Register online at ottewell.ca/community/oclplayschool

If you have any questions, please contact our Playschool Director Jason McLean at playschoolocl@gmail.com.

How does your garden grow?



Garden season is here, and we want to know - what grows well in your garden space? Is it a specific type of flower or your favourite vegetable? We want to hear from you.

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

Happy Gardening!

Ottewell 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.

Ottewell Community Artisan Farmers Market

Thursdays, 3-7 p.m.

Ottewell Community Rink and Hall, 5920 93A Avenue NW

This past month our little market is growing with new vendors every week. Check out our facebook page <https://www.facebook.com/OttewellCommunityFarmersMarket/> as well as our website at ottewell.ca. We will post our vendor listing for the week on Tuesday evenings. Follow us to see special events planned at the market!

Comments from our community shoppers: "This market gets better every week." "Love it!" "Kudos to those that arranged having the market at Ottewell community." "Great weekly event."



Farmers' markets are bringing vitality, community, and convenience to neighborhoods across Alberta, and support local business owners and artists. We are always accepting new vendors. Email oclfarmersmarket@gmail.com or go to our website ottewell.ca for market vendor information.

Thank you to our generous donors

The Waldorf-Ottewell Community Garden is grateful for the donations that we received over the last three years. We would like to acknowledge the following individuals, companies, government, and non-profit groups: Rona, TimberTown, Burnco, Western Landscape, Whyte Ave Landscaping Supplies, Metal Supermarkets, Cascade Geotechnical Inc, Terra Landscaping, Arch Greenhouse, Salisbury Greenhouse, Sherwood's Forest, Sunstar Nursery, Millcreek Nursery, BMR Greenhouses and Water Gardens, McQueen

Community Garden, Northlands Urban Farm, Root for Trees, Kenton Zerbini (consultant), DZ Duz It Tree Services, Trusty Tree Services, Davey Tree, King's Trees Inc, The Crooked Tree, Canopy Tree, and Grinders Tree Service Inc. We also credit our funders: the Province of Alberta, TD Friends of Environment Foundation, Whole Kids Foundation, and Sustainable Food Edmonton. A community garden is successful through the efforts of many. Thank you to everyone who has contributed their time, labour, funds, goods, and expertise.



Abundant Community Edmonton - Ottewell

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

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

If you're in need of support, assistance, or connection during this time, please reach out to ACE Ottewell at ACEOttewell@gmail.com to



reach a Block Connector near you. For more information, visit ottewell.org



ROB HODGINS CALM

MOBILE REGISTERED MASSAGE THERAPIST

I COME TO YOU. I TAKE YOUR PAIN AWAY
\$99.95

ROBERT HODGINS
PHONE: 780-862-5335
EMAIL: ROB@ROBHODGINS.COM
WWW.ROBHODGINS.COM

Travel costs may apply. Please call to discuss where the massage will occur.



**City Lights
invites you
to join our
Toastmaster
family**

<https://citylights.toastmastersclubs.org/>
Meeting online for now but hopefully in person soon.
<https://www.meetup.com/City-Lights-Toastmasters/>

Get active this summer



Summer is here and the kids are home from school. There are lots of ways to stay active with your children at home. Remember to follow all COVID-19 public health guidelines. And remember that sometimes all it takes is one good idea to get you to be active. Here are a few suggestions.

Plant a garden and let everyone have their own special section.

Go for a walk or to a park in your neighbourhood and play Frisbee.

Plan a family road trip and bring a soccer ball or baseball to use on the way or when you get there.

Walk at night and look for stars.

Run through the sprinkler or play catch.

Go on a weekly active outing or walk to a nearby park.

Go for a bike ride—make sure to wear helmets.

Play catch, hacky-sack or hopscotch in your

yard.

Go hiking or camping.

Make an obstacle course and keep a chart with everyone's times.

During commercial breaks while you're watching TV:

Run on the spot, do push-ups and sit-ups, or stretch.

Play catch inside with a foam ball.

See who can do the most jumping jacks.

Do household chores—give everyone a task and listen to music while you work.

Go to an open field and fly a kite.

Plan a walk every day after supper and keep track of everyone's steps on a chart.

Exercise with fitness videos, apps, or TV shows like yoga or aerobics.

Watch a show as a family and for every hour you watch, be active for an hour.

Wash your vehicles or clean up the yard.



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

Returning to work or school

After COVID-19, it's important to slowly return to your regular activities. Everyone returns to work, school, or other regular activities at a different rate or pace.

When is the right time to go back?

Some people feel well enough to go back to work or school as soon as they're done isolating. Other people may have symptoms such as feeling very tired, shortness of breath and trouble with memory for many months. These symptoms can make it harder to return to regular activities. If you're still having symptoms, it might be too early to go back to your activities. Talk to your healthcare provider about what's best for you.

How can I make going back to work or

school easier?

Don't try to do everything you used to do until you feel ready. As you recover, it may be best to go back to your regular work or school routine gradually. This could mean:

Talking to your employer about a gradual return to work, changing your work hours, or working from home.

Taking on a role that is easier for you to manage as you recover.

Making sure to take breaks.

Making a plan with your principal or teachers for how to learn at your own pace.

Getting support for childcare.

For more help, contact your family health-care provider or call Health Link at 811.





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

Follow on



WEISS-JOHNSON

HEATING, AIR CONDITIONING

Get a good night's sleep, no matter how hot it gets this summer, with Daikin Air Conditioning

Don't pay for 1 full year or finance it for as low as \$35/month*



Our buying power allows us to offer the best prices in the industry on the best equipment available.

Call for a **FREE** estimate today! 780-463-3096
or book online at weiss-johnson.com

*conditions may apply

Are you facing bullying or stigma after COVID-19?



Some people might experience bullying or feel stigma going back to work or school after COVID-19. This is when others treat you badly or blame you for getting sick. If this happens to you, get help. Your workplace or school needs to support you in your recovery.

This virus has spread around the world because of our global economy. No one person, group, or country is to blame.

It's important to know the facts so that we don't hurt people by stigmatizing them. Stigma can lead to social rejection, trouble getting healthcare, job loss, and even physical violence.

If the spread of COVID-19 has shown us anything, it's how connected our world is. We are all in this together. We can find ways to support each other and push back against stigma.

Speak up. Don't be silent if you hear people repeating negative stereotypes. Challenge social media posts that blame people or groups.

Provide good information. People who are blaming others may be getting their ideas from unreliable sources and social media. Point them to trustworthy sources like Alberta Health Services, the Government of Canada, the U.S. Centers for Disease Control and Prevention (CDC), and the World Health Organization (WHO).

Be careful what you share online. Be sure that images and posts don't fuel negative thinking about countries or groups of people.

Be kind. Reach out to people who have been stigmatized. Let them know they are not alone. Tell doctors, nurses, and emergency responders that you appreciate how hard they are working to keep us all safe.

Help is available for Albertans with Long COVID

Most people who have tested positive for the virus fully recover. However, as many as one-in-four individuals are left with lingering physical, psychological, social and cognitive effects that can include chronic fatigue, muscle weakness, "brain fog," anxiety/depression and shortness of breath, known as 'Long COVID'. The majority of these individuals can manage their own symptoms, with the appropriate resources and supports.

For these individuals, online resources and supports are available at ahs.ca/healthyaftercovid.

They include:

A symptom self-management guide on MyHealth.Alberta.ca to help patients recover after COVID-19.

General information related to COVID-19 and seniors/continuing care; mental and spiritual health; cancer; and expectant and new parents.

Information on COVID-19 Recovery Clinics (accessible only with a referral from a family physician) – in Edmonton at the Kaye Edmonton Clinic and Edmonton North PCN; and in Calgary at the Peter Lougheed Centre and Rockyview General Hospital.

"Finding My Way Back" video story about one Albertan's experience of Long COVID syndrome.

Supports for healthcare providers are also available and include care pathways and toolkits; and a Post-COVID-19 Rehabilitation and Functional Screening and Assessment Tool to help providers determine what rehabilitation supports may be required moving forward.

Albertans can also access supports by phone through Health Link (811), the Rehabilitation

Advice Line (1-833-379-0563); and the Mental Health Help Line (211).

AHS is focused on coordinating resources and supports for Albertans after a COVID-19 diagnosis by:

Appropriately screening patients experiencing Long COVID symptoms for rehabilitation needs.

Delivering targeted Long COVID supports and care instructions for those experiencing symptoms such as fatigue and breathlessness.

Providing transition plans between care settings for patients who have COVID-19 (including discharge back to community/home).

When should I call my healthcare provider?

Recovering from COVID-19 is different for everyone. It's important to contact your healthcare provider if you:

Are worried about your recovery

Feel short of breath and it's not getting better, no matter what you try

Feel very short of breath doing things that are normally easy for you

Find that your attention, memory, thinking, or energy levels are not getting better

Have symptoms that make it very hard or that stop you from doing your regular daily activities (like caring for yourself or going back to work or school)

Feel depressed, anxious, or stressed and this feeling isn't getting better

If it's a medical emergency, call 911 right away.

This includes:

Serious trouble breathing (struggling for each breath, only able to say one word at a time)

Very bad chest pain.

Having a hard time waking up.

SCL Leadership

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

Strathearn Green Shack opens July 12!

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

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

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

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



(Parents are responsible for their children at all times and must be available in the event of an emergency).

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

Ride on! Join us for a group bike tour



Coming up on Sunday, **July 4th**, join Bike Edmonton and your cycling neighbours for an easy-paced urban bike ride starting at the Strathearn Community Hall grounds and venturing into Mill Creek ravine, exploring some of Edmonton's dedicated bike infrastructure. We'll be covering about 12 km with lots of breaks.

Participants are to bring a fully tuned bike, extra clothing to suit the weather, and any snacks and drinks they need. To join you will

have to sign a waiver, including an agreement to adhere to Bike Edmonton's health protocol. Anyone under 18 must wear a helmet and be accompanied by a parent or guardian who has signed their waiver and release.

Although this is a fairly relaxed ride, the route may include a few hills so while children are welcome, it is not suited for very young children or those who may have trouble covering longer distances or going up hills.

Hear ye, hear ye... we hope to hear from you(th)

Seeking Strathearn wordsmiths 19 and under: is there a topic, area of interest, or just a life event that you want to write about? Strathearn A.V. Club wants to hear from you! We are soliciting and publishing nonfiction essays about any subject

that tickles your fancy, or maybe you wrote something for school this year that you think is pretty hot stuff? Submissions (max. 500 words) must include your name and age, and can be made to avclub@strathearncl.org



THERE'S
THE WAY
IT'S ALWAYS
BEEN DONE.

THEN
THERE'S
THE WAY
FORWARD.



WATSON
FOR MAYOR



@CHERYLLYEG

CHERYLLWATSON.CA

AHC FREE SUMMER CAMP

LET'S GET OUT AND HAVE SOME FUN
THIS SUMMER WITH
HACK IN THE PARK!
For children age 6-12

July 12- July 16
11AM-1PM- Athlone Community League-13010 129 St NW
3PM-5PM- Sherbrooke Community League-13008 122 Ave NW,
July 19-July 23
11AM-1PM- Inglewood Community League-12525 116 Ave NW,
3PM-5PM-- West Jasper Sherwood Community League-9620 152 St NW,
July 26-July 30
11AM-1PM -North Glenora Community League-13535 109A Ave NW,
3PM-5PM--Grovenor Community League-14325 104 Ave NW,
August 2- August 6
11AM-1PM-Ermineskin Community League-10709 32a Ave NW,
3PM-5PM--Strathearn Community League-9511 90 St NW,

 Scan this code with your phone's camera to register!

- No washrooms on site
- There is limited space - register now!

(780) 944-4687 ex 230 Nadine.moore@a4hc.ca

 ACTION FOR HEALTHY COMMUNITIES

 Edmonton FCSS Family and Community Support Services

Join us for a Neighbourhood Picnic in the Park

LIVE MUSIC! FOOD TRUCK!

WEDNESDAY, JULY 28 2021
Silver Heights Park

Fox Burger Food Truck will be parked at the SCL Hall 5 - 8pm. Order from them or bring your own. Concert begins 6pm.

Made with PosterMyWall.com

SCL thanks outstanding outgoing Board members and welcomes new recruits!

This year's AGM was held virtually on June 9, 2021 and League President Chris Samuels delivered the following report:

At this time last year, we had our first virtual AGM. Very few people imagined at that time that we would still be in a position, one year later, where we were required to have another online AGM. However, this year, there is a definite light at the end of the tunnel. As we creep towards a province-wide reopening, we as a community look forward to reopening our Hall for the entire community to enjoy.

Undoubtedly, the pandemic has restricted our revenues and curtailed many of our activities. You'll see some of this reflected in the financial statements that are being presented later in the meeting. However, this is not to say that our Board has been idle throughout the pandemic year. Despite COVID, we've managed to run quite a few successful events and projects.

We had one of our best rink seasons ever, thanks to the hard work of many volunteers, but especially our outgoing Rink Director, Brent Cochrane. Brent was appointed to the Board in 2020 and although he was only with

us for one year, did a tremendous amount of work in that short amount of time. To honour Brent's contributions, we've made a charitable donation to the Hockey Alberta Foundation in his name.

We also had a series of great socially-distanced outdoor events, like our summer Passport to Membership event, Easter and Halloween scavenger hunts, and a Valentine's Day Kiss-o-gram. All of these events were organized by our outgoing Social Director, Jen Freund. Jen was appointed to the Board in 2019. She has been an amazing source of ideas and energy, and she will be greatly missed. To honour Jen's contributions, we've made a charitable donation to Kids Up Front Edmonton in her name.

If you've discerned a theme to this report, it's that we are losing a lot of great volunteers from the Board. The list goes on, as tonight we are saying goodbye to the two longest-serving SCL board members. Leah Poetsch, who was our Vice-President this year, will be stepping down from the Board. Leah has also served in numerous other positions on the Board and was notably instrumental in

starting the Strathearn Community Garden. To honour Leah's contributions, we've purchased a large planter that will bear an inscription with her name.

Finally, we are also saying goodbye to our treasurer, Jason Ruhl. Jason has been Treasurer for the last four years, and has also worn a diverse number of hats while serving the community. He was a key member of the Strathearn Artwalk Committee before it became its own Society, and also of the Strathearn Building Committee before it became its own Society, as well. Among his many other contributions to the Strathearn community, it's safe to say that the construction of the new Hall would not have happened without Jason's involvement. To honour Jason's contributions, we have purchased a bench that will be placed near the Hall and will bear an inscription with his name.

As I said at the outset, there is a lot of room for optimism in the coming months. However, these departing board members will leave us with some big shoes to fill. It will be incumbent on the remaining Board to pick up the slack and continue making Strathearn one of the best communities in Edmonton.

Following the AGM elections, there are



three vacant positions we are urgently seeking to fill:

- Treasurer (training/mentorship from outgoing Treasurer will be provided :)
- Building & Grounds Director
- Rink Director

We welcome interested Strathearn Community League members to join our fabulous team! To put your name forward for any of these opportunities, or simply to get more info on what would be involved with each of these volunteer roles, please contact president@strathearncl.org

**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



1900 sq ft River Valley BUNGALOW: STUNNING vaulted family room with ceramic fireplace, open concept kitchen, large master bedroom with 4 piece ensuite, main floor laundry, Bright & Unique property with all the extras.



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



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



Forest Heights Up-Down Duplex: Upper suite 3 bedrooms + 2 bathrooms, 2 bedroom lower suite, common laundry and utility area, Oversized double garage, large parking pad.