

SOUTHEAST VOICE

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

June 2021



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

CONSTRUCTION NOTICE: Fulton Ravine South Park

The City of Edmonton is developing a new park in Terrace Heights. Located at 98 Avenue and 63 Street, the new development will include fitness and sports amenities, open turf space, new asphalt trails, a concrete plaza, benches, waste bins, and planters.

Construction starts in May 2021. During construction, the park area will be fenced off and inaccessible to the public. The Capilano Skatepark, located in the park area, will also be closed during construction. Initially, the plan was to allow the skatepark to remain open during construction, but a safety review determined that this is not possible. There is the potential to reopen the skatepark after specific work items are completed. This is currently in



East Entrance - View west from Terrace Road gateway

review with the project team.

Please respect all signage and obey staff direction in this active work zone. If you have questions or concerns about this work, please contact the Project Manager, Evan Spitz, at openspacedelivery@edmonton.ca.

Summer 2021 Green Shack Playground Program

The City of Edmonton is currently planning the full Green Shack Playground Program for Summer 2021.

To ensure the safety of the participants, we will be following the directions given by the Province and City Council. Due to COVID-19, the Summer Playground Program will be offered only OUTDOORS this year, regardless of weather conditions.

We will not be using any on site indoor amenities for programming.

As we get closer to July and the restrictions at the time are evaluated with the ability to offer functional and successful programs,



a final decision will be made on the offering of 2021 Summer Playground Program and Day Camps - this will be shared with the community and the public.

More information to come in the following weeks.

City sanctions alcohol consumption in Gold Bar Park

By: Austin Schuster

On May 10 the City decided to allow alcohol consumption in public parks with picnic areas, including Gold Bar Park. The decision is part of a pilot project to assist the City in assessing the feasibility of making it a long-term policy. Giving public drinking the green light will depend on how the project is received and if the negative impacts outweigh the positives.

This may be just the year for this kind of initiative. One article by Global News advocated for making drinking permissible in designated areas throughout the summer could help stop the spread of COVID - <https://tinyurl.com/3u8ejscu>.

Of course, there may be drawbacks. If you find yourself on a Gold Bar safari, you may not have to stray far to find beer cans on the forest floor, with such variety that they could fill a museum exhibit of Molson Canadian can designs throughout the decades. Parks have often been places of refuge from public drinking laws, due to less traffic and police activity in comparison to dense metropolitan areas like Whyte Avenue or Downtown.

City Council acknowledges that public drinking is prevalent but hopes that putting some rules around the practice will be beneficial. Don Iveson points out that "[r]ealistically, this is already happening a fair bit in COVID,



and I think putting some rules around it and having some measurement around it, adding some accountability and some public communications around it and some monitoring, I think will be a good thing without kicking the doors wide open saying you can do this anywhere." - <https://tinyurl.com/c4nhht5a>

As far as Gold Bar Park is concerned though, not much will change, and not many more people will be partaking in public drinking than there were in the decades before. Given the City's dates and hours that they are using to analyze the effects, it's also unlikely that public drinking will cause a greater number of complaints

Drinking in Gold Bar Park will only be legal May 28-October 11, between the hours of 11 a.m. and 9 p.m. So, if you find yourself having an early morning stroll and feel like having a suds, think again! Or, more likely, if you're roasting wieners at Gold Bar Park with a few friends in the evening, remember to cut off the booze at 9 p.m. sharp and not a minute later.

It's important to get outside, exercise, and get plenty of sunlight during the COVID-19 pandemic. Gold Bar Park is a great outdoor location that can now be enjoyed lawfully as a place to celebrate with your friends and family with outdoor gatherings. Take advantage of it and enjoy our wonderful parkland.

Cheers and bottoms up!

Vision Zero Street Labs

Vision Zero Street Labs creates an opportunity to trial temporary traffic safety solutions on your streets by combining the expertise and power of Edmontonians and City of Edmonton staff to creatively address neighbourhood safety and livability concerns. Each Street Lab is

add a parklet to narrow sections of the road and slow traffic, install curb extensions to shorten a crossing distance, or paint a crosswalk to capture the attention of drivers. For additional information about Vision Zero Street Labs, please visit <https://tinyurl.com/2fbkzuy8>.

Canada's Volunteer Awards

Do you know a volunteer whose selflessness would be an inspiration to Canadians? Nominate them for Canada's Volunteer Awards, which recognizes the contributions of

our country's most dedicated volunteers.

For additional information, please visit <https://tinyurl.com/45kzb2x>.

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SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	Monte	capilano@secla.ca
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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

Celebrate National Indigenous Day with your children

Tâ'si!

This month, join young families across the country in celebrating National Indigenous Peoples Day on June 21!

Introduce your child to books by Indigenous authors, such as southeast Edmonton resident, Richard Van Camp. Enjoy one of his books by checking out the selection at the Edmonton Public Library at <https://tinyurl.com/8br5bv6m>. You and your toddler can even learn some Cree words in the book "We All Play," by Indigenous writer Julie Flett, also available at Edmonton Public Library at <https://tinyurl.com/5xam7skaj>.

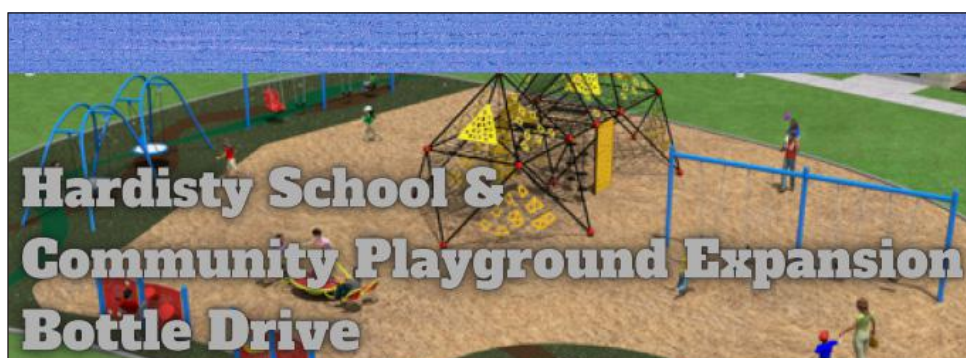
And since the June 21 is also the solstice, summer will have officially arrived. Take advantage of the warmth and visit some of the special Indigenous sites in our city - <https://tinyurl.com/446swkju>.

We are a group of volunteers affiliated with child and family serving organizations in Edmonton and



are committed to raising awareness of the critical importance that children's early years play in achieving success later in life. We hope you all stay healthy and safe.

Hai Hai



The proceeds will go towards raising money for enhancing the Hardisty School Playground. Currently the playground is not accessible to younger students or those with mobility issues. The expansion will include a state of the art climbing structure and lots of SWINGS!!

Please drop off your bottles at the
Hardisty School parking lot
(10534-62 St) on
Friday, June 11 from 2:45-3:30PM
or Saturday, June 12 from 10AM-3PM.

Can't Drop Off?
Text your address to
780-982-9876 by Thursday afternoon
of that week so we can coordinate pick ups

Goal
\$325,000

\$52,088

16%

THE PLAYGROUND COMMITTEE WOULD ALSO LIKE TO EXTEND A HUGE THANK YOU TO BOTH CAPILANO & FULTON PLACE FOR THEIR GENEROUS DONATIONS OF \$20,000 EACH!! WE ARE VERY FORTUNATE TO BE SURROUNDED BY SUCH GREAT COMMUNITIES.

A heartfelt thank you also goes out to Janice Rennie who won our last 50/50 draw; she has kindly donated her winnings of \$3145.00 back to the playground project!

Thank you for supporting our fundraiser and helping us get closer to our goal!

U OF A CAREER CENTRE

Summer Career Camp

July 5 - 9, 2021 | 9:00 a.m. - 4:00 p.m.
University of Alberta | Online

In grade 10, 11, 12, or post-grade 12 this fall?

Explore career options, connect with professionals, and design a dynamic career that reflects your skills, interests, and values.

Register by **June 4, 2021**

For more information, visit uab.ca/cc



Community League Board

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

Be Part of Your Community League Board - Positions to be Filled

Vice President - Second in command. Share duties of the president as needed. Fills in when the president is not available. Leadership and management experience is an asset.

Soccer Director - Promoter and organizer of community soccer

Directors at Large - Assist and provide support to committees and other board members.

Contact president@avonmore.org or any board member for more information and if interested in letting your name stand.

Coming Events

June 12: Avonmore Big Bin Event, Rink Bottle Drive, & Community wide garage sale (if COVID restrictions lifted)

June to September: June Bike Month Competition, Active Avonmore, Avonmore in

Bloom, Pop Park events

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

When COVID Restrictions Permit: Community Picnic and Outdoor Concert

Big Bin Event

Saturday, June 12th - 9:00 a.m. to noon

The Big Bin Event has been rescheduled to June 12th. This is free to all members of Avonmore Community League.

Memberships will be on sale on site. You will have to transfer your trash into the bins yourself.

Bring your refundable bottles to support our skating rink!

Materials Accepted at No Cost

-Couches, chairs, and other household furniture items too large for curbside pickup

-Renovation waste

-Yard waste, including branches no longer than 1.2 meters (4 feet) by 0.75 meters (2.5

feet) in diameter.

Materials Not Accepted

-Commercial waste

-Mattresses, fridges, freezers, air conditioners - these go to an Eco Station and may have recovery fees.

-Household Hazardous Waste, washers, dryers and other large household appliances, old lawnmowers, tools with gas or electric engines, computers, televisions and other household electronics, tires and scrap metal - please take to an Eco Station. They will be accepted there at no cost.

No reuse items will be accepted in order to help minimize the spread of COVID-19.

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. Steps in the process include: community input into themes and location, application for permits

and grants, call for proposals from interested artists 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.

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 flowerpots etc. to make the space more attractive,

The league hopes to hold community events in the space later in the summer if and when COVID restrictions are lifted.

Message from the President

Our AGM was held on May 27th. Thanks to all of you who attended and took on board positions. For those who missed the meeting and/or are new to the community here is a summary of League activities for the past 12 months.

Most of the actions and activities described in this report were carried out by volunteers

- members of the community who donated their knowledge, skills, and time to make Avonmore a great place to live. Without volunteers nothing happens.

Thank you to everyone who supported the League by purchasing a membership and/or volunteering in the past year.

Programs and Activities

Play School: 10 children registered in full-time program.

Soccer: Continue to work with South East Edmonton Soccer Association to offer soccer programs that are compliant with COVID restrictions and keep players and their families safe and healthy.

Gingerbread Event: 5th year for this event modified for COVID. Partnered with Meat Street Pies to deliver kits to over 100 families.

Community League Day: Dynamo Dog Sports, Starvin Marvin's Food Truck and Carolines Concert replaced the usual Pancakes in the Park4th event held on Community League Day in September. The weather was great and there was a great turn out.

Skating Rink: Free skating for all ages on the main rink and snowbank rink. Contracted with a local trio to make and maintain the rinks.

Online Trivia: partnered with leagues across Edmonton to offer 4 nights of online trivia contests.

Light up the Park for Christmas: Donated decorations were used to brighten up the rink shack for Christmas.

Scavenger Hunt: clues took residents on a tour of Avonmore's history.

Yoga Classes: Wednesday evening classes continued online with 10 to 15 participants.

Garden Club: continued to meet online and provide presentations from local gardening experts. Organized an online Yard and Garden Tour in July. Maintained an active Facebook page with over 60 members.

Book Club: 12 members continued to meet online every six weeks.

Online Paint Night: A creative evening for couples to celebrate Valentine's day.

Big Bin Event: held one event in fall 2020.

Civics and Vision Project

Valley Line LRT: representatives of Avonmore attended Valley Line Citizen Working Group and communicated to TransEd and City Council on issues related to traffic, noise etc.

Neighbourhood Renewal: continued to collect information on faults (sidewalks and streets) and reported to the City.

Development and Rezoning Applications: Responded to proposed land use changes

and/or other development applications when input was requested/allowed.

Bus Service Redesign: kept residents informed of developments and opportunities for input, provided input when able.

Liaison with City Council on matters related to the City and with EFCL and other community leagues on shared concerns.

Avonmore Vision Project: project launched in May.

Infrastructure - Buildings and Communication Network

Buildings and Rink: The ACL owns and operates the community hall, rink shack and rink under a Tripartite Agreement between us, the City of Edmonton, and the Edmonton Federation of Community Leagues (EFCL). The Agreement gives us the license to have facilities built on city-owned land and defines how these facilities can be used (renters, programs, etc.). It also sets out the types of activities we may engage in on city-owned land.

The League is responsible for maintenance of our facilities. This includes cleaning, snow removal, and waste disposal. This is the main area where paid services are used rather than volunteers although there is a team of volunteers who do most of the minor repairs. In the past year the following improvements were made to the Hall

-Tap, sink and counter added upstairs.

-Storage cupboard added upstairs.

-Basement windows and window wells re-

moved and replaced with solid wall and enlarged cement pad.

Communications Network and Tools: The League shares information with all the residents of Avonmore and in some cases surrounding communities. Even though there are only 120 League members, all residents benefit from the information and communication tools provided by the League.

-Website: website was redesigned on a new platform or easier access and updating.

-Social Media: Facebook Page - Avonmore Community League Chat - 594 members - includes history, garden club, concert and parent and tot groups. Instagram - avonmoreleague and Twitter - @Avonmoreleague

-Avonmore Newsletters - 2 flyers were produced and delivered to promote events.

-South East Voice - 10 issues a year delivered to all residents. Produced together with leagues in SE Edmonton.

Hold On To Your Empties! Bottle Drive

Saturday, June 12th - 9:00 a.m. to Noon
Avonmore community league is holding a bottle drive during our big bin event on Saturday, June 12th. Bring your empties to the community hall and we will be taking them to the depot that afternoon! All money raised during this bottle drive will go towards fixing up the ice- rink boards, and a few other community projects that may need funding this summer.



Avonmore Book Club

The Book Club continues to meet online using Zoom. We hope to switch to backyard get togethers in June. New members are always welcome. We meet on Sundays at 7:00. 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.

Avonmore Vision

We're off to a great start, but we still need to hear from more of you! After spending a week in front of the community hall, the big idea boards moved to the south entrance to Mill Creek Park (near the sled hills). They were so full of comments that we had to cover them over to make room (after taking pictures to record them). To give everyone a chance, the boards will move to a new part of Avonmore each week.

You can also have your say by taking the survey at www.Avonmore.org/vision/, commenting on our facebook page (www.facebook.com/avonmore.vision) (www.facebook.com/avonmore.vision) or emailing us (vision@avonmore.org).

The Avonmore Vision is a community led project to get a "Vision" that will help shape

Community- wide Garage Sale

It's BACK! the community garage sale is Saturday June 12 from 10:00 AM to 4:00 PM. Households that would like to participate can simply bring out a table or two in their front yards. Anyone in the community can walk the neighborhood and shop all the yard sale items. We would like to remind everyone to please mask and maintain distancing. Please see the link below for guidelines for this type of sale https://www.edmonton.ca/residential_neighbourhoods/garage-sale-licence.aspx. If you are interested in hosting a yard sale, email programs@avonmore.org to have your address added to a map of yard sales happening that day.

Avonmore Garden Club

Join our Avonmore Garden Club Facebook page for updates, give away's and free advice. You'll find notices of plants and seeds to share, gardening advice and all our events. We will also be launching our own version of Communities in Bloom. - a way for community members to recognize and reward those who make that extra effort in their yards and gardens. Watch our Facebook page for details.

Avonmore's future. A "Vision" is just a record of what we want from our community and what our values are.

With a vision in hand, our community can speak with a common voice. It helps both developers and City Planners understand what we want while also showing we are organized and have done our homework. With such a diverse community, putting together a vision is no simple task, so we will be doing this in three phases.

The first phase is a short survey and "Idea Board" you can write on that we will be out until mid-June. More information, and the survey can be found on our web page (www.Avonmore.org/vision/). Also, if you are interested in joining our team, please email us at (vision@avonmore.org).

Contractors Needed for Community Facility Repairs

The League is looking for contractors who would be interested in providing building and repair services for our facilities. Over a year's time we need to call on plumbers, electricians, roofers, carpenters as well as other specialized services. Most of the work is general

maintenance planned in advance while there are some emergencies. We would prefer to give our business to contractors from Avonmore and/or surrounding neighbourhoods. If you are interested, please contact Elise Vajsa at facilitymanager@avonmore.org

Active Avonmore

Many people in Avonmore logged their kilometers in January to March as part of Ritchie's Move for Mental Health Community League Challenge. We would like to keep the challenge going in Avonmore until the end of 2021. Whatever your age, whatever your preferred movement we encourage you to track your distances and report them. There will be monthly prize draw and prizes for overall winners at the end

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 "Avon-

of the year. Watch the Avonmore Community Chat page on Facebook and avonmore.org for details. Kilometers should be emailed once a week to active@avonmore.org

As in previous years for those members who bike, the biking kms will be forwarded to Ritchie for the communities challenge in June. Email kilometers to active@avonmore.org and they will be sent to Richie.

Avonmore Community League Membership

New to Avonmore? First year membership is free. Contact membership@avonmore.org.

As COVID continues to have a major effect on our family and work lives, it is an opportunity to spend more time supporting our neighbourhood. This support can be displayed in any number of ways. The first one that comes to mind is spending more time outside, which promotes good health and makes Avonmore a safer neighbourhood with more eyes on the street. Membership sales is a valued source of funding for our Community League to support these activities, so I am asking for your continued support to our community by purchasing a membership.

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

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

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

Outdoor Soccer

Plan D Dates (June 15th start date):

- Mon. May 31 12:00 noon: Club and Community Pre-Declarations Due & all teams created in Portal and placed in requested divisions
- Tues. June 1 6:00pm: Initial Club Allocation Meeting (Ivor Dent Clubhouse) & Initial Community Division Meeting (TBA)
- Wed. June 2 4:00pm: All Zone/Club field availabilities uploaded in Portal. Home fields assigned to team profiles in Portal if you are assigning home fields to your teams.
- Thurs. June 3 6:00pm: Final Club Allocation Meeting (Ivor Dent Clubhouse) & Final Community Division Meeting (TBA)
- 6:00pm: List of head coaches with two teams due to Jenna for Comm, and myself for Club - we will try to help as much as possible but expect many conflicts due to home and away fields.



- Fri. June 4 10:00am: Final Declarations along with payment due
- Thurs. June 10 4:00pm: All Players and Team Officials on EMSA Portal Rosters
- Fri. June 11 5:00pm: Schedules Posted on the EMSA Website
- Mon. June 14 4:00pm: Team Rules and Regulations Forms Due
- Tues. June 15 6:00pm: Season Start Date for both Club and Community.
- Tues. June 29 4:00pm: Rosters are now locked. In order to add players/team officials you must contact the EMSA Registrar.

Community Swim Postponed/Discounted Passes

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

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

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

counted multi admission pass (5+ visits)

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

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



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

COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Kyle	treasurer@capilanoocl.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@capilanoocl.ca
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	Lyris	780 242-8874
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City - NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook "Like Us"

Check us out on Instagram @capilanooclcommunity

Capilano Community is using the Nextdoor app!

Capilano Playschool - Register for 2021/2022!

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

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

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

Capilano Community Memberships

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

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

or memberships@capilanoocl.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 business hours (Cash only). Note: Currently closed due to COVID.

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

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

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 5 - August 27, 2021

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

A playground leader will deliver FREE play-

ground 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.

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 St and 108 Ave.

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 Youth Sport Programs

Families, we hope that with the Alberta government predictions for return to normal that many of the sport programs offered through Capilano Community League - gymnastics,

preschool soccer, ball hockey, shinny hockey and learn to skate - will be back in full swing for the 2021/2022 season.

CAPILANO

COMMUNITY WIDE

GARAGE SALE

Saturday, June 12, 2021
9AM-3PM

**Stay Tuned for
More Details**

If you are interested in participating in this year's community wide garage sale or have questions please call
Marzena 780-909-5886 or Jean 780-863-0914

**Covid-19 Restrictions will determine
if event will be able to proceed**

Capilano Community Big Bin Event Saturday June 19, 2021

10AM-2PM

at the Community Hall 10810-54 St

Open to Capilano Community League members only:

must have a current community membership

****Memberships will also be available for purchase at event**

\$20/family or \$10 single/senior **

**ITEMS THAT WILL NOT BE ACCEPTED: MATTRESSES & BOX SPRINGS.
HAZARDOUS WASTE MATERIALS. TIRES. OIL/GAS. PAINT CANS.
APPLIANCES WITH COMPRESSORS (FRIDGES & FREEZERS)**

Capilano
Community League
Masks (\$8) & T-shirts (\$20)
will be available for purchase-
cash only

**WE HAVE PARTNERED WITH FIND EDMONTON
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AND WILL BE ACCEPTING DONATIONS OF:

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Coffee & End Tables

Dining Room Sets & Dressers

Home Decor & Kitchenware

Sofas, Couches, Love seats & Chairs

Computer Desks & Office Accessories

Weights & Sporting Goods

Small Kitchen Appliances

ALL COVID-19 GUIDELINES WILL BE FOLLOWED

If you have any questions about the event please contact
Marzena 780-909-5886 or Jean 780-863-0914

Kids Run Wild Orienteering-Coming this summer!

Capilano Community League is hosting a 6-week program with "Kids Run Wild." This program is for kids and their parents to learn orienteering and navigational skills in our beautiful river valley. Come join us, learn new skills, build confidence and knowledge, and meet new friends.

When: July 6 - August 10

Registration fees: \$50/person for Capilano membership holders and \$65/person for non-members. Please check out our website and Facebook page for more detailed information including the link for the registration form. Looking forward to seeing you all there.

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 trunk-line to the Gold Bar Wastewater Treatment Plant instead of the planned Alberta Capital Region Wastewater Treatment Facility will be revisited with appropriate city council oversight and public input.

2) City of Edmonton Administration to up-

date 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 confirm 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.

Learn Karate at Capilano!

Hey karate kid, aged 7 to 70! Stuck at home and looking to stay active? Rather than watching Cobra Kai or trying that Eagle Fang thang, why not try learning the karate style that inspired Miyagi-do karate: Okinawan Goju-ryu!

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

p.m.) and adults (7-8 p.m.). Quality instruction, affordable for all: family rates available. Once COVID-19 restrictions are lifted, we will welcome back students to the physical space; those wishing to continue training virtually from home will have that option.

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League-Wide Bike Challenge Is Back

The June Bike Challenge was first organized by Ritchie Community League last year and approximately 17 community leagues joined the fun. This year 18 communities have signed up, including Cloverdale.

This event is only for the month of June and is a great opportunity to keep active during COVID-19 restrictions and improve your mental health.

If you're interested in participating, all you need to do is email Bob at socialdirector@cloverdalecommunity.com every Sunday night in June with the number of km you managed to ride for the week.

The weekly results for Cloverdale and the Edmonton-wide rankings will be posted so we can keep track of our progress as the challenge goes on. Cloverdale's team is called Cloverdale United.

Last year, Cloverdale had 67 participants and we managed to come in second to Ritchie, which was a fantastic achievement considering the size of our community. This year, they are looking into accounting for the size of the communities and the number of participants in each community in order to help level the playing field.



Let's all get out our bikes this June, record the kilometres we ride each week, and let's see if we can out-ride Ritchie this year!

Big Bin Event Has Been Rescheduled To June 26

The Big Bin Event is your opportunity to dispose of non-hazardous household and yard waste. Originally scheduled for May, it was postponed due to COVID-19. We are tentatively rescheduling it for June 26 from 10:00 AM until 4:00 PM. The bin will be outside of the Cloverdale Community Hall.

This year, the event will include a partnership with Find Edmonton to collect household articles and furniture to help folks who are transitioning into secure housing, and we will also be collecting egg cartons for the Edmonton Food Bank. In addition, there will be a toy, book, and game swap.

On-Demand Transit In Cloverdale

On-Demand Transit service is now available in Cloverdale. In addition to the stops on 98th Ave, there is a new stop in front of the Community Hall. The On-Demand bus will take you to the closest Transit Hub (Connors Road / 95 Ave). The On-Demand bus can be

booked three ways:

- Download the Edmonton On Demand Transit app to your mobile device.
- Book online via the ETS On Demand website (<https://eodt.app.ridewithvia.com/login>).
- Call 780-496-2400.

AGM Returns Online June 27

Join your neighbours online at the 2021 Annual General Meeting on Sunday, June 27 at 2pm. It will be another virtual online event due to COVID-19 public health protocols. The link to the Event will be posted on the Community League website: cloverdalecommunity.com

At the AGM, you'll receive reports on the Cloverdale Community League achievements of the past year, our financial report and

other news. We'll also hold elections to fill vacancies on the board. Contact Michelle at vicepresident@cloverdalecommunity.com for information about volunteering with the Cloverdale Community League. Watch for updates about volunteer opportunities and other AGM details on our website (cloverdalecommunity.com), Facebook and Next-Door social media.

Have You Been a Victim of Crime in Cloverdale?

Have you noticed an increase in crime? We've heard that some residents feel crime has increased, but EPS statistics report that

numbers have been stable over the past several years. If you are the victim of a crime, regardless how small, it's imperative that it is

reported to the EPS on their non-emergency line: 780-423-4567. Reporting crimes helps us advocate our needs to the city. Theft from

Vehicles and Garages make up 80% of crimes in Cloverdale. Please remember to keep your car and garage doors locked.



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City Unveils Gallagher Park Concept Plan

The City has recently released a 139 page concept plan for Gallagher Park. This project started in 2018 and aimed to create a 20-year vision and development plan for the Park. The concept plan covers the history of Cloverdale, an inventory of current amenities, and a strategy for implementing a series of new plans.

There are five categories of planned enhancements for the park, the first of which is to address the lack of amenities. A stand-alone public washroom is proposed to be located south of the existing playground, or to be added as part of a rink shack upgrade. Additional picnic tables and seating areas are proposed to be added to the park and the south side of the Muttart. To take advantage of the views from the hill, a viewpoint or lookout areas are recommended to be added along Connors Road and Cloverdale Hill Road. Seasonal warming huts could be added to align with Edmonton's Winter City Strategy and make the hill more comfortable for sledders.

The second category of concepts center around safety and security. In addition to adding wayfinding signage, the plan also suggests upgrading lighting along park paths and pruning trees along the park to facilitate views.

The third category focuses on access and accessibility. The plan noted that this was the most frequently talked about theme during community engagement sessions, particularly in regards to encouraging access to the park via LRT and improving the connections for cyclists, skiers, and pedestrians. The plan states that "no new car parking areas are proposed for the park because the focus for access to this park is by active transportation or via the new LRT station." Sidewalks, bike paths, and shared-use trails are suggested, particularly along the Muttart and the south side of 96 Ave along the Edmonton Ski Club. A large sidewalk with benches, upgraded lighting, and some decorative fencing is proposed along the park at 95 Street (96 Ave to 97 Ave). Cloverdale Hill Road will remain one-way to allow continued usage of the route for pedestrians and cyclists, and a shared use path will be built on the North side of Connors Road as part of the LRT project. Potential upgrades to the trail pathways in the Camel Humps (naturalization area east of Gallagher Hill) is proposed, along



with adding entrance features to major entry points.

The fourth concept category is about activities, and notes that the existing facilities (Muttart, Edmonton Ski Club, Bennett Centre, and Cloverdale Community League) and festivals (such as the Folk Fest) will be able to grow their programming with the upgrades to the park.

The final category focuses on the environment and heritage. The plan proposes to protect all treed areas, with the exception of those along 96 Ave and along the Camel Hump trails in order to facilitate the sidewalk construction and trail upgrades. The community overwhelmingly supported a naturalization approach to landscaping (with exception to the Muttart grounds), and the plan proposes expanding some naturalization areas. For heritage, the plan is to add interpretive elements, either about the area's history and notable residents, or about the local environment around the river floodplains. There is also opportunity for the addition of public art.

Despite the completion of the concept plan, the City reports that "there is currently no funding available for implementation of the concept plan," and notes that even if there was, a recent Environmental Impact Assessment and Site Location Study has brought forth concerns regarding "primarily seepage and drainage issues". To address these concerns, the City is in the design phase of a seepage project, and "investigations are currently underway to determine how best to remediate" the drainage issues on the bottom of the hill. No details around timing or construction impacts are available at this time, although it is listed as being addressed in summer/fall of 2021. The full concept plan is available on the City's website at https://www.edmonton.ca/projects_plans/parks_recreation/gallagher-park-master-plan.aspx

Ribbon of Green

Help shape the future of Edmonton's River Valley. Your input will help create strategic planning guidance for the future of the River Valley and inform how decisions are made for this integral piece of Edmonton's landscape. The question at the heart of the project is this: How will we ensure that the River Valley, the backbone of our open space network, remains vibrant and ecologically resilient as the city grows? As a Cloverdale resident, your participation is important to influence plans for this vital ecological corridor—a valued recreation destination, a place of incredible cultural significance and a draw for visitors throughout the region—which is also our home. Join the conversation at:



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 Ed-

monton. Contact Marilyn for more details.

Areas that Need Block Connectors:

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

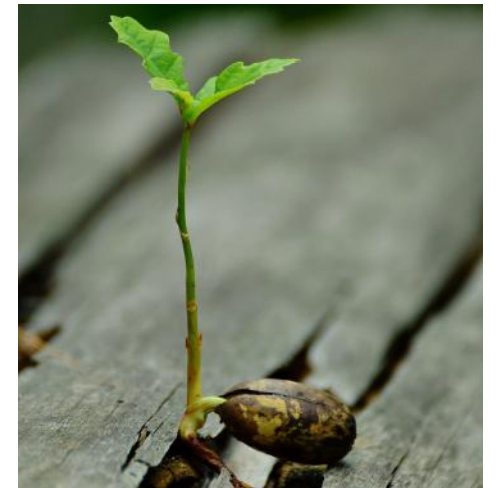
Root for Trees Returns

Root for Trees is Edmonton's volunteer tree planting initiative. Since 2012, volunteers have planted over 259,363 trees and shrubs, helping to expand our urban forest and protecting the local biodiversity. You can help by doing a volunteer planting shift, which can be booked online at: www.volunteermark.com/coe-root-for-trees

This year, guided planting shifts will have a location preassigned. Our nearest location is on Cloverdale Hill (the South-East part, along 98th Avenue and the Strathearn pathways). You can book other locations if desired, or take part in a self-guided planting shift.

Safety measures will be in place, including: available hand sanitizer, disinfected shovels for volunteers, gloves, and two meter planting areas to facilitate social distancing.

Volunteer shifts for the late summer and



autumn will be made available in the coming months. More details are available about Root for Trees on the City's website.

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AGM and other league news

The annual general meeting for Forest Terrace Heights community league was held on June 1 and several board positions were up for election. A list of board members and meeting minutes are available on our website, forestterrace.org. Click on "About the League" in the main menu.

-Thanks to everyone who entered our Mystery Puzzle Contests in April and May.

- a membership in FTHCL, contact memberships@forestterrace.org or call Sonya at

780-463-1613. You can also get one at Grower Direct (7231 101 Ave NW). The 2021/22 memberships will be available in June.

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

-The next board meeting is Sept. 14 at 7 p.m. online. League members and other residents are welcome to join us. Email president@forestterrace.org for the meeting link.

FREE DROP-IN SUMMER GREEN SHACK

LOCATION	DATES	DAYS	TIMES
Terrace Heights 9835 - 71 St	July 5 - August 27	Monday - Friday	10:30 AM - 1:30 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 Alberta Health Services guidelines, and start dates may be subject to change.

GET IN TOUCH WITH US!

@GreenShacks

greenshack@edmonton.ca

LIVE ACTIVE

Raffle supports new playground

The Forest Heights Playground Project now has a website, <https://fhsplayground.wixsite.com/play>, where you can see what the fundraising committee is up to and options to donate.

Now on is a raffle with a minimum prize of \$2,000. Sales end June 17, and the draw date is the next day.

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.

This month, the committee would particularly like to thank Millar Western and G&E Pharmacy for their support.

Get growing in The Heights

The Heights Community Garden is still on track for an expansion this year, so there may be a few plots available. Plot fees are \$20 and gardeners must have a current community league membership and sign a contract.

Email garden@forestterrace.org to get on the waiting list. The garden committee is happy to welcome interim garden coordinator Andrea and minute-taker Mackenzie. New members are also welcome.

The ravine is clean



More than 100 volunteers collected 113 garbage bags of debris plus the usual abandoned shopping carts from Fulton Ravine during our annual cleanup on May 1.

Thanks for being such good citizens and special thanks to Jaime from REACH Edmonton for his help promoting the event.

Call for volunteers



The Heights Imagination Library is looking for volunteers to organize a printing and distribution awareness campaign and to head up some sponsorship initiatives.

The Imagination Library is an international literacy program founded and sponsored by Dolly Parton Foundation that provides a free, age-appropriate book once a month to registered children up to age five.

The Forest Terrace Heights branch was set up in November, and has distributed dozens of books to children in our neighbourhood.

Please email allison@forestterrace.org for a child registration form or if you are interested in the volunteer positions or in other ways to support or sponsor the program.

Walking Wednesdays

Our urban poling group meets Wednesdays at 7 p.m. at the hall for about a three kilometre walk together. A membership in any community league is required, but it is otherwise free. Walks are limited to five participants due to COVID restrictions.

If you are interested in trying urban poling, aka nordic walking, please email sonya@forestterrace.org or call/text her at 780-720-7034.

COMMUNITY LEAGUE BIKE MONTH

WHO WILL WIN?

JOIN THE STRAVA CLUB:
'Forest Terrace Heights Ramblers'
OR EMAIL YOUR TOTALS WEEKLY*

*MORE INFO, CONTACTS AND QUESTIONS:
rink@forestterrace.org

THE LEAGUE WIDE CHALLENGE IS BACK

RECORD YOUR PROGRESS BETWEEN
JUNE 1- 30 2021

Bike for the bank

The league will donate \$250 to Edmonton's Food Bank when our team reaches 2,000 kilometres and we will double that donation if we top last year's total of 5,557.6 kms.

Look for Food Bank donation bins around the neighbourhood each Sunday in June. If you would like to host a donation bin in your yard, please email events@forestterrace.org.

It's time to dump your junk



We are going to keep the date for our annual Big Bin Event on June 19, but if the current COVID-19 restrictions are extended, we will have to postpone.

The bin will be available from 9 a.m. to 3 p.m. June 19 at Legend Automotive, 7110 98 Ave. It's free for all Forest Terrace Heights community league members with a 2020/21 or 2021/22 membership (available on site).

To book your time slot, email events@forestterrace.org. If we have to reschedule the event, you'll get first dibs on a booking at the same time on the new date.

Acceptable materials include household refuse, furniture, yard waste, landscaping debris, general waste, recyclables and large appliances (fridges, freezers, stoves, etc.). We will NOT accept commercial waste, metal or mattresses. Please take household hazardous waste to an Eco Station, where it will be accepted at no cost.

Please consider getting involved. To volunteer to direct traffic, unload vehicles or sell memberships, email events@forestterrace.org. Either five-hour shifts or split-shifts are available.

Fulton Place

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

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Miles
Vice President League Affairs
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Miles
Seniors Liaison
info@fultonplace.org
Sherry
Director
sherry@fultonplace.org
Fulton Place Garden
fpcgcontact@gmail.com

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.

2021 Outdoor Soccer



Online registration has commenced for the upcoming season. Please visit: <https://emsasoutheast.com> to join the fun.

6th ANNUAL FULTON PLACE GARDEN TOUR

Planning for the 6th Annual Fulton Place Garden Tour is underway and we are looking for potential gardens to add to the tour. Do you have an amazing or unique garden OR know a neighbour that has an extraordinary garden space? If you would like to be considered, or if you would like to nominate a garden, please

email programmer@fultonplace.org.

Include your name and address and the name and address of any nominees. Nominees will be contacted for more information and to arrange a visit.

Tour dates will be the evening of Tuesday, June 22nd & Wednesday, June 23rd.

Fulton Place Walking Club

Are you interested in getting outside to enjoy the warmer weather and explore your community, but also want to meet your neighbours?

The Fulton Place Community League will be starting a walking club this spring and we want your input! We are looking to schedule regular walks and one-off walking events to help you get active and connect with your community. If you are interested, please complete the interest form at <https://tinyurl.com/FPCLWC> to let us know what frequency, day, time and length work best for you or programmer@fultonplace.org



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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.

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

#goldbargary

Gary the Gold Bar Gold Panner AKA Triple G will be hiding somewhere in our neighborhood and he moves around every month. It was too cold for him to be outside in February but he's heard things are starting to warm up. Will you be the first to find him and reveal to the world what he looks like? Post any clues at hashtag #goldbargary.



CONGRATULATIONS!

Membership Contest!
February's Winner is Allison Curtis
Winner receives a \$ 20 gift card to Blues Java/all care pharmacy. We will be having a winner once a month (2020/2021). Buy your membership now!
Passed winners:

December's Winner - Heather Johannes-son
January's Winner - Sherr Wadson
***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.

COMMUNITY MEMBERSHIPS AVAILABLE NOW

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

Please Remember Your Card.
ALL MEMBERSHIPS ARE ENTERED INTO OUR MONTHLY CONTEST. THE WINNER GETS \$20 GIFT CARD TO BLUES JAVA OR ALL CARE.
You can purchase memberships at any of the above places or Call Amy Cooper 780 668 6836
Adults/Family \$20 and seniors \$5. CASH or CHEQUE (goldbar community league)

Sunday Strong




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

Facebook or email for current information.
Contact Lisa to register or with any questions.
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Mom and Me Fitness

Depending on government covid guidelines we will either be in person or on zoom or outdoors (if the weather is nice). We will pick up classes when allowed.

Check Facebook or email for current information
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window be can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.
www.windowssafety.ca

www.albertahealthservices.ca

NOW LIVE!

The EMS Foundation 50-50 Cash Raffle Fundraiser via Rafflebox. Please purchase a ticket, increase the pot and help support the Foundation's many initiatives - supporting paramedics and Albertans.

www.rafflebox.ca/raffle/emsab




The Emergency Medical Services (EMS) Foundation is a registered charity.

We are separate from, but supportive of, the life-saving work of the uniformed Emergency Medical Services in Alberta.

EMS Foundation is enhancing excellence in paramedic care by:

- Supporting innovation and research
- Supporting paramedic wellness
- Providing community-focused programs

Thanks to community support, the EMS Foundation was also able to:

- Provide Medic Moose plush toy to hundreds of sick and injured children
- Distribute Capsules of Life®
- Support EMS education initiatives such as the CHOICES and SEEDS programs

Supporting the person behind the uniform – a key theme for the EMS Foundation is the mental resiliency of EMS paramedics.

We appreciate your support.

Alex Campbell, Chair
EMS Foundation Board
alex.campbell@emsfoundation.ca
www.emsfoundation.ca
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Holyrood Community League Contacts

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

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League

Purchase memberships through efcl.org/membership/

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

HOLYROOD DEVELOPMENT COMMITTEE UPDATES

Holyrood Gardens

A HUGE thank you to the tireless volunteers of the HDC, Marc Harden, Carolyn Skinner, Mike Baran, Dave Sutherland, Randall Frey, and Jaime Forster. They won a great victory for the community!

The Holyrood Gardens item went to the May 4th Public Hearing and was carried over to May 5th. On May 5th it was carried over to the May 11th Public Hearing. On May 11th, City Council voted 10 to 3 to send Regency's proposal back to administration to revert the height, floor plates and density back to what was originally agreed upon in 2018. The revised application will come back to Public Hearing on August 17, 2021, but will only include Open Option Parking, Zoning bylaw updates and changes to the lot line. There will be no increases to density by changing the existing design.

Councillor Ben Henderson put forward a motion after working with administration's lawyer and Planning and Coordination's Director, Travis Pawlyk, in order to determine the best way to remove the changes pertaining to density and design through an amendment. The motion was seconded by Councillor Andrew Knack.

The Holyrood Development Committee's Marc Harden, Carolyn Skinner, Mike Baran, Dave Sutherland and Jaime Forster presented in sequence together and 5 other community members who signed up to speak also spoke and made presentations to Council. There



were 29 letters of opposition written by the community that were quoted by HDC and put on record.

The Holyrood Development Committee is extremely gracious for the City Council's decision. We thank members of City Council, especially Councillor Henderson for his continued support and efforts through the process. We also note our utmost respect for the administration's efforts to address our community's concerns through the previous rework and most recent Holyrood Gardens applications. Lastly, and certainly not least our biggest thank you to the community. Through many facets, your continued efforts have been invaluable. Huge thanks to so many who have taken the time to assist.

The HDC will follow the Holyrood Gardens application until it goes to Public Hearing on August 17th, 2021, at which point in time, we will provide you with a final update.

WELCOMES & GOODBYES

We are sad to say goodbye to our amazing outgoing directors - Dave, our incredible Civics Director, and Jessica, our wonderful Memberships Director. Thank you both for your long hours devoted to making our community such a great place to live!

We are excited to welcome our new Memberships Director - Nor'Ali, our new Civics Director - Carlos, the new community garden Chairperson - Geordan, and our new Soccer Coordinators - Andrew & Geordan. We're looking forward to working with our new Directors!

HOLYROOD 2021 ANNUAL GENERAL MEETING

Our virtual AGM went well, a full report was posted in last month's SEV. We still have some vacant positions, please see the list and descriptions below. Interested? If you would like to ask a question or chat with someone about one of these positions please reach out to HCL's president, Larissa, at president@holyroodcommunity.org

Vice President The gist of it- helps out as needed. A deeper look- Learns the duties and responsibilities of the president, and keeps informed on community league issues. Works closely as an advisor and consultant to the president, and fills the president role in his or her absence. Tries to volunteer for key community league programs, events and initiatives as needed.

Events Director The gist of it- Plans & executes new events! A deeper look- This is a new portfolio for the Board. We envision this

person taking the lead on the smaller events in the community, helping brainstorm and volunteer for the socially distant events that make our neighbourhood so fun! You will apply for grants, assess new event opportunities, organize volunteers, and work closely with various members of

Fitness & Sports Director

The gist of it- keeps the community's sports and fitness classes and programs running smoothly. A deeper look- Oversees the sports and fitness programs offered by the league. Helps recruit program coordinators, and acts as the board's liaison with them. Organizes new sports and fitness classes. Applies for grants, arranges registration and payment of classes, keeps records, and organizes facility access. the board to bring the social and community building events to fruition.

SPRING WINDOW SCAVENGER HUNT

You may have noticed some brightly colored windows while walking in Holyrood...did you find them all? Jot down the addresses or take

a selfie in front of the windows and send your entry to communications@holyroodcommunity.org for a chance to win some cool prizes!

GEF Seniors Housing

On May 19th, members of the HDC and the new Civics Director Carlos Freire will be meeting virtually with Raymond Swonek from the GEF Seniors Housing to discuss the redevelopment of their "Golden Homes" site located on 95 Avenue between 80 St. and 81 St., NW

(directly West of the Holyrood Extensicare and just North of the HCL licensed area.) Although many will be sad to see these adorable Golden Homes redeveloped; the committee is looking forward to the meeting and hearing more about the potential redevelopment.



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 (5). Greenfield 1.5ST, **BUYER SOLD** in POSITION #1 out of 12 (yes twelve) total offers!!

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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.

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/helpin-toughtimes or call the Mental Health Helpline, 24 hours a day, seven days a week, at 1-887-303-2642.

City of Edmonton Recreation Centres and Pools

The City of Edmonton continues to respond to the COVID-19 pandemic in a way that keeps Edmontonians as safe as possible. Changes to City services and facilities will continue to be reflected across <https://www.edmonton.ca/> including the most up-to-date information on this page.

Some indoor fitness opportunities will open for the general public to participate in low-intensity group and individual fitness activities. The following schedule of amenity openings are subject to change depending on the availability of resources or further provincial announcements:

Kinsmen Sports Centre

Commonwealth Community Recreation Centre

The Meadows Community Recreation Centre

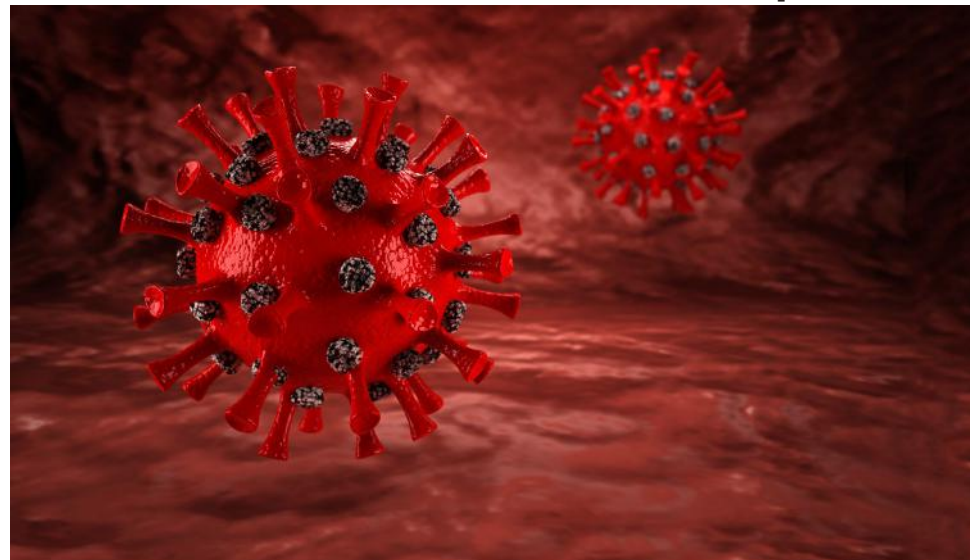
Terwillegar Community Recreation Centre
Clareview Community Recreation Centre

For information about activities, membership prices, and COVID19 guidelines and requirements, visit https://www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools.aspx

Low intensity fitness programs and activities in facilities are open for registration or booking through <https://movelearnplay.edmonton.ca/> Low-intensity activities are defined by being able to breathe and talk easily while engaged in the exercise. These include yoga, Pilates, treadmill walking, all cardio and strength training equipment at a low intensity. Weight and cardio equipment will be available for low-intensity workouts.

The pools at Kinsmen Sports Centre are open for gentle water aquafit classes. All other aquatic facilities remain closed. Residents are required to reserve a time slot through <https://movelearnplay.edmonton.ca/> Drop-in visits are not permitted.

General and COVID-19 Concerns and Complaints



Visit www.edmonton.ca/311 or call 311 for information about City of Edmonton services. 311 agents are available 24 hours a day, every day. Download the Edmonton 311 App to report concerns about winter road/bike lane maintenance, sidewalk maintenance, traffic lights and signs, litter, vandalism, tree damage, parking enforcement, and COVID-19 general complaints.

Albertans and Alberta businesses must follow the orders issued by the provincial Chief Medical Officer under the Public Health Act. For complaints on self-isolation restrictions, mass gatherings, workplaces or businesses not complying with closures, please visit the Alberta Health Services (AHS) Environmental Public Health site <https://ephisahs.microsoftcorporate.com/create-case/> or call 1-833-415-9179.

Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft

from Vehicle under \$5,000, and Theft under \$5000.

If you have difficulties while entering your report, please call the online reporting help line at 780-391-6001.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS Mobile App

Access everything for the Edmonton Police Service in just a single app on your mobile device. And more!

Download for your iOS or Android device.

Stay connected: Easy access to EPS' Face-

book, Twitter, YouTube, Instagram, and Pinterest accounts.

Stay informed: Direct route to EPS' media releases, alerts, and crime files.

Stay safe: Report a crime online, locate

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

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Idylwylde Community League

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

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Nekilworth Board Members

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	childrenprograms@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!

Community Champion Award

It is with great honour and pleasure that we announce the nomination of Liz and Al Thomas for the Community Champion Award. They'll be featured in the EFCL newsletter, website, and on social media at a later date.

Elizabeth and Al are very kind, caring, friendly, helpful, and considerate couple. Even at times of discomfort and health challenges, they are dedicated and involved. They are respected by all members of Kenilworth Community. Elizabeth and Al have lived in the community since 1978 and have been active members for many years.

Elizabeth and Al devote a considerable amount of time volunteering and participating in different community initiatives and activities. They are certainly a model couple of an admirable community volunteer. They approach all event planning very methodically and in an organized manner.

One position that they have held since 2012 is Hall Rentals for Kenilworth Community. They manage the hall rentals efficiently and professionally. They showcase our community to tenants. They put in much care and attention to this task such as answering phone calls daily, showing the hall, doing the paperwork, handing out keys, and checking renters out after events.

Due to their dedication, our hall is rented out almost every weekend and sometimes there are up to 9 rentals per month. Elizabeth is very patient with the questions about the hall and

sometimes it involves 20-23 phone calls from renters.

They treat Kenilworth Hall like their own home showing a sense of pride and ownership. Elizabeth and Al are always looking for ways to beautify and improve the hall. Many times they do repairs as needed by themselves.

Elizabeth and Al are very active in our senior's program. They help with set up and clean up with our monthly senior's lunches and they assisted in delivering donations to the homes of seniors during COVID times. They encourage other seniors to join the seniors program and are always seeking out more residents to join the group.

Elizabeth has done an exemplary and creative job of decorating our display case in the front entrance of the hall. It changes with every season and holiday and is a beautiful first sight when anyone enters the hall. Elizabeth has also been our Badminton representative for over 20 years.

Elizabeth and Al have been instrumental in organizing and promoting our Cardmaking/Scrapbooking Garage Sale every March and October. They also organize our regular garage sale every May. This includes setting up, collecting table rentals, and cleaning up after the events.

Elizabeth and Al are always willing and gracious volunteers at all our other community events. It is a pleasure to work with them and we certainly enjoy Al's sense of humour!!

Hall Rental Rates

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

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

\$300.00 385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

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

FREE DROP-IN SUMMER GREEN SHACK

Edmonton

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
efcl.org

LIVE
ACTIVE

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

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

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

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.

Kenilworth Child and Youth Engagement Update

We had a great turnout for our town hall meeting! Lots of youth showed up most of which are going to move forward and join our engagement committee!

Did you or your young adults miss the town hall? No problem! 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.

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/ConnectedNeighbourhoodCommunityCard.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 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:

Last I checked the crime stats for Kenilworth was 6 thefts from vehicles and 1 theft of vehicle in a 60-day period.

Never leave insurance/ registration cards in the card

Remove things like loose change, sunglasses, cigarettes etc from the car

ALWAYS lock car even if it is in the garage

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

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

Kenilworth in the Kitchen: Introduction to Sushi Making

Grab your apron and chef’s hat and take part in a virtual cooking class with other members of the Kenilworth community! A perfect opportunity to meet and get to know other people in your area, from the comfort and safety of your own kitchen. In this fun and interactive cooking class you will be introduced to sushi making at home. Fresh, healthy and aesthetically pleasing—sushi is all about letting beautiful ingredients shine. Join Hung Ly as he teaches you how to make the perfect sushi rice and then create cucumber, fresh salmon, avocado maki and California rolls. At the end of class, sit down altogether (virtually) and enjoy your tasty sushi creations - nothing brings people together like cooking (and eating!).

Ingredients List: Ingredients are needed email grounds@kenilworthcommunity.com or check our Website, Nextdoor or Facebook

Class Date: Thursday, June 24th

Class Maximum: 35 participants

Online Platform: Zoom (link to be sent closer to the date of the class)

Cost to Participants: Free! (A Metro Continuing Education class, cost covered for you by Kenilworth Community League)

How to Register -Get your ticket on Eventbrite <https://www.eventbrite.ca/e/kenilworth-in-the-kitchen-introduction-to-sushi-making-online-tickets-156299579249>

Deadline to Register: Tuesday, June 22 before midnight

For more information, email event organizer Louisa Smith at grounds@kenilworthcommunity.com.



Scan QR code for direct link to event registration!



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.



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>

New Online and In-Class Programs coming to City Arts Center


Explore your creative side and learn something new with one of our arts programs! Try your hand at painting, drawing, pottery, dance, cooking, sewing, photography and more. We have courses for all ages including children, youth and families. We currently offer virtual programs from the comfort of your home and are taking registrations for future in-class programming. Visit MoveLearnPlay to register online or email cityartscentre@edmonton.ca for more information.





Emergency Medical Services

Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it’s the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a “Y” below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

*Parachute Canada
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities>

Ottewell

Board Members

Executive:

President – Colleen

Vice President – Michelle

Secretary – Sandra L.

Treasurer – Eric

Past President – Corinne

Board Members:

Bingo Director – Tyler

Casino – Open

Hall Manager – Tim

Grants – Chelsea

Big Bin – Andrew

Building Projects – Lukas

History of Ottewell Committee - We need more members!

Indoor & Outdoor Soccer Director – Cory

Summer Playground Director – Open

Social Team – Many OC Members

Playschool Rep – Jason

Rink Chair – Tom

Membership Director – Lindsay

Communications – Open

Website – Taylor

SEV Liaison - Erika

EFCL Rep – Corinne

SECLA Rep - Sandra

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

Ottewell Community League

5920 93A Avenue NW

Edmonton AB T6B 0X2

Your AGM Results

On May 18, the Ottewell Community League hosted the first virtual AGM in their 60-year history. We are excited to share the results from our election.

Colleen has accepted the position as President; she will hold this position for a three-year term, as outlined in the OCL bylaws. Colleen is continually active in our community, hosting special events, supporting our seniors lodge, and facilitating our snow angel program.

Colleen is a busy mother of 2 children (plus a few fur babies). Thank you to her husband Travis for supporting her in future endeavors with the league! We would like to congratulate Colleen and thank her for giving her time

to the Ottewell Community.

We also have a new vice president that has graciously stepped into the Vice President role for a 1-year term. Michelle is currently active in our community with the Scouts program. Thank you for giving your time to the Ottewell Community League!

We are growing stronger with every volunteer that steps up to help in any way. Ottewell has a great group of folks that give back to the community so that we all can enjoy the programming and amenities.

If you are thinking about getting involved, no matter how much time you have to give, please reach out to oclpres@gmail.com to hear about some great opportunities!

FREE Community League Memberships

Come be a part of an awesome community! Sign up for your FREE Ottewell Community League membership for 2020-2021 and have your neighbours become friends! You can get your free membership by emailing oclmembership@gmail.com for sign-up info or clicking on the link on our Facebook page. You will be added to our membership list, and we will drop off your membership card in your mailbox. Please note that membership card delivery relies on volunteers; we will get your membership to you within a week.

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

Your community league membership

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

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

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

Reminder: No Dogs at the Park or Rink Area

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

Calling Ottewell Historians

We want to build our history page. Sixty years ago Ottewell 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? Do you have stories about your childhood in Ottewell or stories that have been shared by family members?

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

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, June 15, at 6:30. If you would like to attend, please email oclpres@gmail.com. You will be sent a meeting invitation.

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!

Volunteer with Front Yards in Bloom



Volunteer to deliver signs and judge yards during this year's Front Yards in Bloom, July 5 - July 18, 2021! Sign up at <https://tinyurl.com/e68pcr6k> to get involved.

(Above: A yearly contestant and previous winner of "Front Yards in Bloom".)

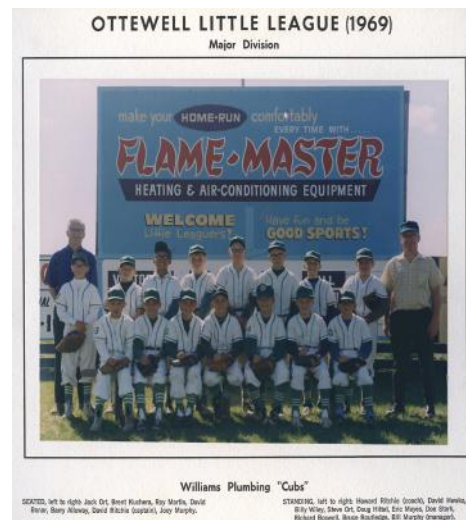
Exciting Website Changes

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.

Ottewell Community Celebrates 60 Years



The Alloway family was one of the original Ottewellian households of 1960. Their father, Douglas Alloway, passed away in 1970; their mother lived in the Ottewell house until she moved in 1992. When she passed away in



2018, the Alloway family found some pictures they wanted to share with the community: photos of the '68 Astros and the '69 Cubs. Thank you for sharing these gems with us!

Community News and Information Board

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

OCL Bingo



We are sad to announce that bingo on June 11, 2021 has been cancelled. Please watch for new dates.

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

- 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.

How Does Your Garden Grow?

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

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

Happy gardening!



Ottewell Community Playschool

Now taking registrations for OCL September 2021 Playschool.

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

If you have any questions, please contact



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

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.

Share Your Leadership Skills with the Waldorf-Ottewell Community Garden

The Waldorf-Ottewell Community Garden is seeking individuals who want to share or enhance their skills by helping lead and manage our established community garden and food forest.

We have a committed team who are happy to mentor you during this gardening season. Positions range in time commitment and can be as little as 1 to 3 hours a month. We are seeking a Committee Chair, Meeting Recorder, Recruiter, Event Coordinator, Seed and Seedling Gatherer, Compost Master, Growing Coordinator, Fundraiser, and Greenhouse Project



Manager. Please email communitygarden@wese.ca for more information about these skill-building opportunities, to garden with us, or to schedule a garden tour. The garden and food forest is located at 7211 96A Avenue NW - it is open to everyone at no cost, even if you live outside of Ottewell.

Tour the Waldorf-Ottewell Community Garden and Food Forest

Get to know your local community garden and food forest by participating in a free tour. The garden is located at 7211 96A Avenue NW. It is open to everyone at no cost, even if you live outside of Ottewell. We currently share over 30 garden beds and 100 fruit trees and shrubs with the Waldorf Independent School of Edmonton and are intending to build a four-season greenhouse. We welcome beginner and seasoned gardeners to work collectively so we can exchange knowledge and cultivate community. Whether you can give a lot of time or just a little, we welcome all interested in-



dividuals and families to share in the harvest. Email communitygarden@wese.ca to schedule a tour to learn more about how we garden communally and join our Facebook group to stay informed about events and workshops.



**Ottewell 120th Scout Troop
wants to THANK YOU**



**for supporting the
Spring Bottle Drive and Compost Sale**

**The Ottewell 120th Scout Troop
is so very grateful for this community and your patronage
over the years! Your past support has provided many
adventures for our youth. Again, thank you!**

Girl Guides

Registration for the 2021-22 guiding year has begun! We have branches for girls in kindergarten-high school. Please visit www.girlguides.ca for details.

We also welcome adult female volunteers willing to contribute to girl empowerment. Want more information on volunteer opportunities or information about our local community units? Looking for some of our yummy classic vanilla/chocolate sandwich cookies?



**Girl Guides
of Canada
Guides
du Canada**

We can connect you with those too @ \$5 per box. Please contact our Helen Burns District Commissioner, Darcie, at any-edmhelenburn-sdc@girlguides.ca.

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



ABUNDANT COMMUNITY

Ottewell Artisan Farmers' Market Reopening

Ottewell Artisan Farmers Market - Grand Reopening

Ottewell Community Rink and Hall, 5920 93A Avenue NW

Thursday, June 3, 3-7 p.m.

The Ottewell Artisan Farmers Market has a new home at Ottewell Community League! We are very excited to launch a year-round market in our community. We've been on the hunt for the very best local artisan vendors. Farmers' markets are bringing vitality, community, and convenience to neighborhoods across Alberta,

and support local business owners and artists.

The spring and summer market will be held outside on the rink surface May 20-October 14. The decision to host the market in the rink area gives us plenty of room for many shoppers and makes it easier to follow all AHS guidelines and COVID-19 protocols. In the winter months, we will move the market inside the hall. Watch our Facebook page and website for information on opening week special events and details on farmers' market vendors. See you at the market!

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.

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.

FREE DROP-IN

SUMMER

GREEN SHACK

LOCATION	DATES	DAYS	TIMES
Ottewell	July 5 – August 27	Monday – Friday	2:30 PM - 5:30 PM
5920 – 93A 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 efcl.org

LIVE LIVE ACTIVE

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

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.

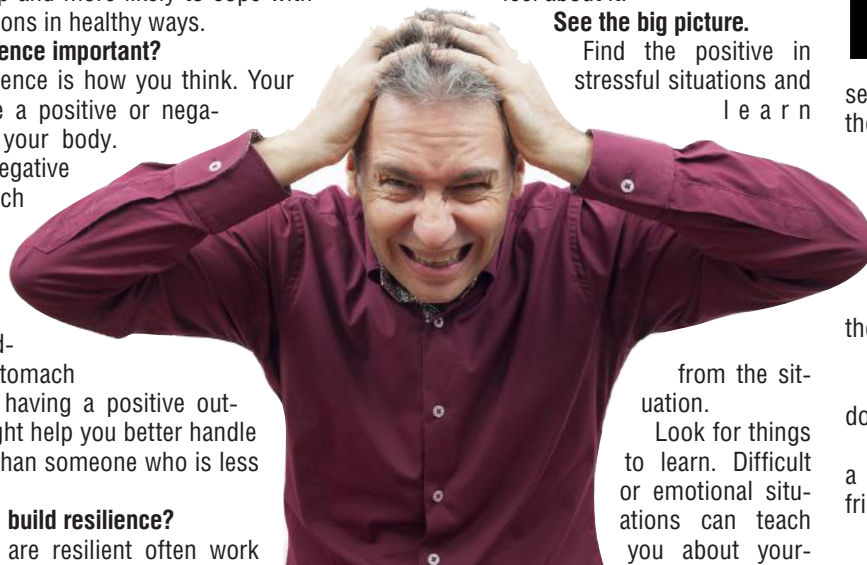
Being resilient doesn't mean that you find it easy to deal with difficult or stressful situations or that you won't feel angry, sad, or worried during tough times. But it does mean that you won't feel so overwhelmed. You'll be less likely to give up and more likely to cope with stressful situations in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

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 deal with pain or stress than someone who is not hopeful.

People who are resilient often work

Find the positive in stressful situations and learn

Look for things to learn. Difficult or emotional situations can teach you about your-



Edmonton

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2003!



Do things to gain self confidence and build

Be thankful for the good you see around yourself.



BAY 1
Gallery

From Nothing to All Solo Art Show:
Helis Podnek - June 28 – July 4th



**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/>

SCL Leadership

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

Notice of Strathearn Community League Annual General Meeting

This year's AGM will be held virtually on Wednesday June 9th at 7PM. Please contact the league for the link to the meeting and information on the AGM.

Our AGM is a general meeting about Strathearn Community League including reports from the board members, voting in of new board members as required, discuss projects and plans, and to present and audit the annual operating budget.

We have a few positions to fill this year:

-Treasurer

-Vice President

Anyone interested can connect with the



league and we'll provide you with more information.

Strathearn Green Shack is Back!



We are excited to announce that Silver Heights Park (at the Strathearn Community Hall) 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 2 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.

Community League Bike Month – Biking Challenge

COMMUNITY LEAGUE BIKE MONTH

WHO WILL WIN?

THE LEAGUE WIDE CHALLENGE IS BACK

JOIN STRATHEARN'S STRAVA CLUB: 'Strathearn Community' OR EMAIL YOUR TOTALS WEEKLY*

RECORD YOUR PROGRESS BETWEEN JUNE 1- 30 2021

*MORE INFO, CONTACTS AND QUESTIONS: gailwozny@gmail.com



June is National Bike Month. Join in with Edmonton's Community League Bike Month! Whenever you bike during the month of June record your progress and add your total to Strathearn's for a little friendly competition.

Download the Strava app to your phone and search for "Strathearn Community" or manually add your rides at: <https://www.strava.com/clubs/674813>.

101 Avenue Streetscape Concept Plan

The concept planning study is starting for the 101 Avenue Streetscape project. If you live, work or move through this area, we want to hear from you.

JUN 09 2021

Public Engagement Opportunities

Available online from June 9 – 23
edmonton.ca/101AvenueStreetscape

ONLINE PUBLIC ENGAGEMENT

Online survey

After viewing the project information, complete the online survey to share your feedback to validate the corridor study vision and help us understand issues and opportunities in the project area.

Engaged Edmonton

Share your feedback about the project area using our online Ideas tool.

Paper copy of project information and survey

If you require a paper copy of project information or the online survey please call 311.

To learn more and provide feedback:
edmonton.ca/101AvenueStreetscape

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SHAPE OUR CITY

Edmonton

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Cycling in Strathearn

Does your bike need a tune up? Interested in learning more about cycling in Edmonton? We have good news for you!

Dates have changed but the following events are still planned!

On **Sunday, June 20**, right here in Strathearn, Bike Edmonton's volunteer mechanics will safety check and inspect your bike, and perform any needed adjustments. They can adjust the headset, wheels, brakes, shifters, saddle, and more; and do their best to solve your bike's mechanical issues. They carry a limited selection of parts like tubes and cables. If they don't have the parts your bike needs, their volunteers will let you know where you can find bike repair services in Edmonton. Following their health protocol, including wearing a mask, is mandatory and makes attending Bike Edmonton outreach events easy for everyone.

Then on **Sunday, July 4**, join Bike Edmon-

ton on an easy-paced urban bike ride through Strathearn and into Mill Creek ravine, exploring Edmonton's dedicated bike infrastructure. We'll be cycling about 12 kilometers with lots of breaks, an accessible distance for many adults. Participants are to bring a fully tuned bike, extra clothing to suit the weather, and snacks and drinks they need. Participants will have to sign a waiver, including an agreement to adhere to Bike Edmonton's health protocol. Anyone under 18 has to wear a helmet and be accompanied by a parent or guardian who has signed their waiver and release.

More details on both of these events (including registrant sign up, if necessary) will be coming soon on strathearncl.org and our social media. Changing COVID conditions will determine the number of participants and may require changes to the format and dates of events -- so mark your calendars and please stay tuned.

It's Only Rock'n Roll...

The next meeting of Strathearn's always fascinating Rock n Roll Bookclub has been re-scheduled to Thursday, June 24th at 7pm and will hopefully be held outdoors near the Hall, weather and COVID guidelines permitting. We

will be discussing two titles: Half Blood Blues by Esi Edugyan, and Please Kill Me: An Uncensored Oral History of Punk by Legs McNeil and Gillian McCain. Please join us -- all are welcome! Contact avclub@strathearncl.org for details.

Revival - Strathearn Essay Project

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 sub-

ject 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.

We are hiring. Get your resume ready!

SEESA South East Edmonton
Seniors Association
Activity Centre

SEESA is reopening its facility and starting programs. We require several positions to be filled in order to open again.

The following positions are available.

Program Services

We are hiring a **Program Coordinator**, **Volunteer Coordinator** and a Part Time **Communications Coordinator**. The positions are full-time paid positions.

• **Program Coordinator:** responsible for developing and organizing programs at SEESA and developing programs in partnership with other agencies. Qualifications; Degree in Adult Education or related experience, creative, resourceful problem solver; experience working with seniors and for seniors, ability to work in multi-platform environment.

• **Volunteer Coordinator:** responsible for recruiting, training and supervising volunteers. Qualifications; Bachelor's degree or equivalent, minimum of 5-8 years related work experience, budget management, experience with a strong understanding of the senior sector and experience with development, coordination and delivery of programs.

• **Communications Coordinator:** plays a key role in achieving SEESA's strategic goal of building a more accessible, more vibrant, and more joyful place for our entire community. Qualifications: a degree or diploma in communications and proven brand management experience.

Board of Directors

We are looking for two people who are 55yrs and over. Experience and knowledge of government contractors, human resources -- people oriented, and IT technology would be an asset. The Board is an operational Board meaning board members work. These are volunteer positions.

Please submit your resume to M.Mitchell @ mom.mitchell@hotmail.com by July 2, 2021.



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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

NDP

www.heathermcpherson.ndp.ca

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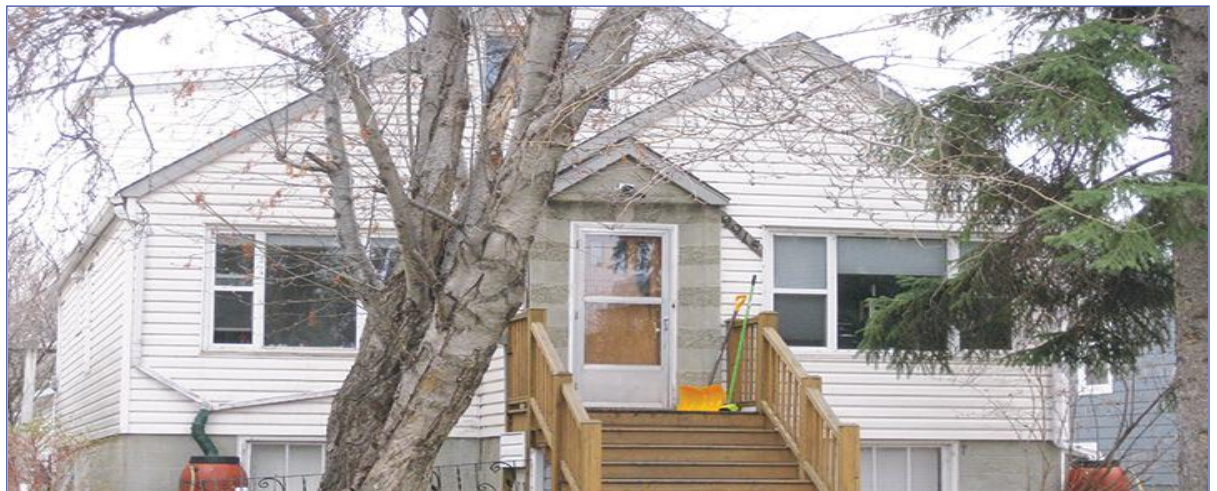
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Team Today
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(Office)

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

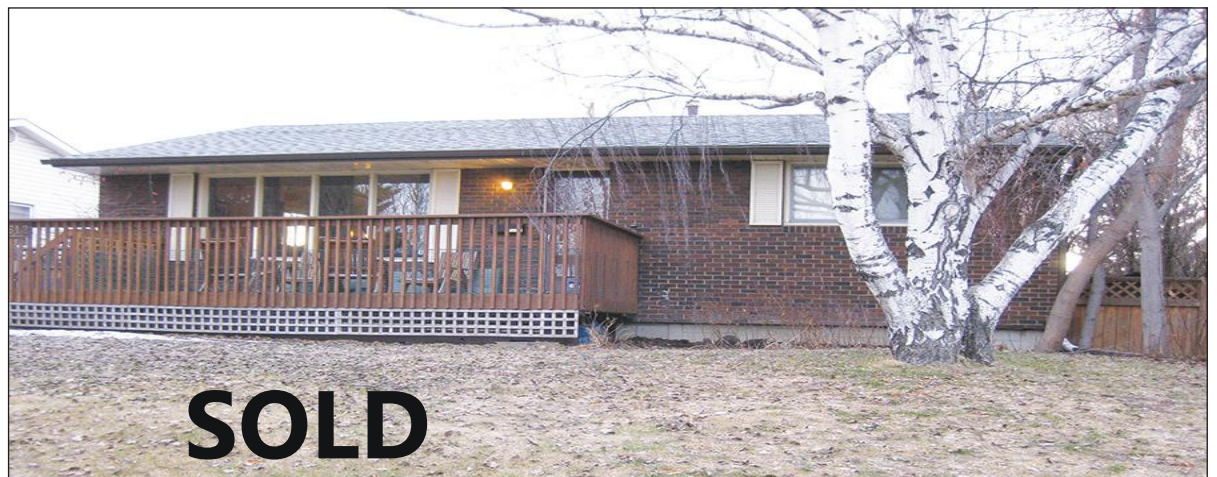
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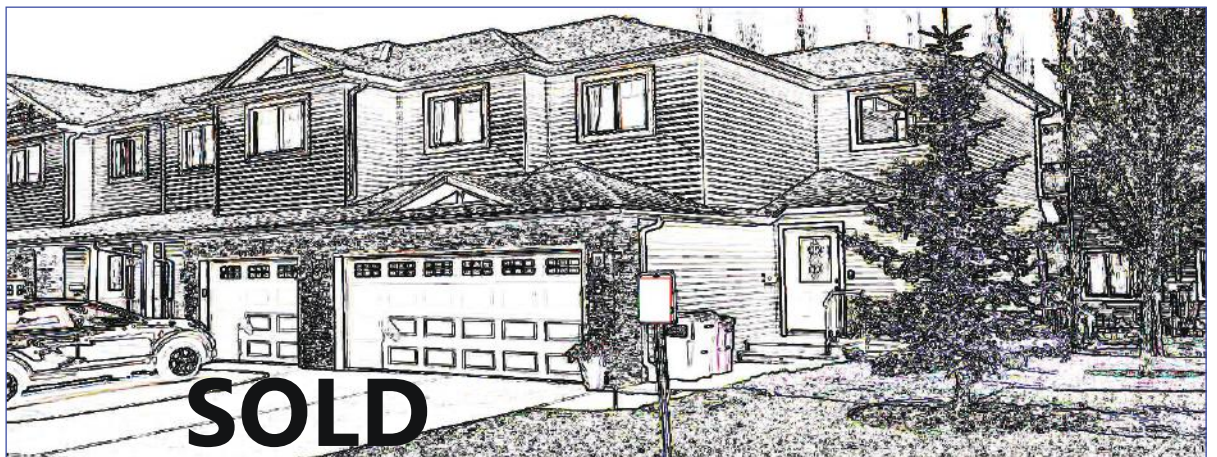
Forest Heights Up-Down Duplex: Upper suite 3 bedrooms + 2 bathrooms, 2 bedroom lower suite, common laundry and utility area, Oversized double garage, large parking pad.



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



Ottewell: 1180 sq ft Bungalow, renovated upstairs & down, all mechanicals updated, fully fenced west facing yard, double garage with new overhead door, perfect adult home, MOVE IN READY.



Ellerslie Condo: New build, 2 storey with double attached garage.