

SOUTHEAST VOICE

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

March 2021



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Fulton Ravine South Park Development Moves into Next Phase

Construction is scheduled to begin in Spring 2021.

The South East Community Leagues Association (SECLA) is delighted to announce that the next phase of the Fulton Ravine South park development will soon be under way. SECLA is an area council serving 12 neighbourhoods in southeast Edmonton, with board representation from each of the 11 community leagues.

The first phase of the park, opened in 2014 after years of consultation and fundraising, is home to a popular skatepark. The second phase will complete the area. It includes seating, landscaping, and other amenities.

SECLA Park Development Lead Volunteer Connie Lussier notes that "completion of this project will allow this local park to fulfill a role as a multi-generational gathering place, where family and friends can enjoy the outdoors and nature in a variety of ways."

The park is in a central location in the heart of neighbourhood and will be accessible to all ages and abilities. "Outdoor recreation opportunities for citizens of all ages in southeast Edmonton will be increased and enhanced," said Lussier. "Located along the Fulton Ravine, the park will promote healthy-living and provide enjoyment of the natural environment in a local community setting."

Upcoming construction includes a paved walking loop that runs through the park past the new community plaza and along the edge of the ravine. It connects with the neighborhood to the north and to a small future parking lot.

Along the walking path, there will be adult/youth fitness stations, seating, and a half basketball court. The community plaza meeting area will incorporate other elements requested



by the community: a shade structure, benches & tables, shade trees and other plantings.

The costs of all these features, including grading and all plantings other than the naturalized north edge, are estimated at \$550,000. If costs exceed the estimated projections, SECLA will need to make the difficult decision to remove some of the features from the project.

Over the next few months, SECLA will embark on the second half of its fundraising campaign. Please stay tuned to SECLA's website (secla.ca), Facebook page (@SECLA Edmonton) or Twitter (@SECLA_yeg) as new details will be posted there.

If you would like to donate, make your cheque out to 'The City of Edmonton' and mail it to SECLA at PO Box 38025, RPO Capilano, Edmonton, Alberta T6A 3Y6. This way we can make sure your donation is applied to this project. If you prefer to have your donation picked up, please let us know so we can arrange it.

For further information about the project or to assist with funding, please contact Connie Lussier by email at projects@secla.ca or by phone at 780-462-1442.

Working Toward a Waste Free Edmonton

In 2021, Edmontonians will experience one of the most visible impacts to residential waste management they've seen in decades. Edmonton single-family households will move away from bagged garbage collection and receive carts for food scraps and garbage, putting Edmonton in line with other Canadian cities. Lifelong Edmontonians may be taken aback at the drastic changes to their door-to-door collection; other residents may celebrate the long-awaited arrival of carts. But all residents can use the spring and summer of 2021 to rethink the waste they produce and how it ended up in their home.

City of Edmonton data reveals that we need significant changes to the waste management system, as we are nowhere near the 90% diversion target. We only diverted 21% of our residential waste in 2019, down from 36% in 2018. We live in a society where unnecessary consumption and waste is normalized, and where there are many challenges for citizens trying to reduce their waste footprint. Many corporations design products with planned obsolescence in mind, swaddling them in layers of unrecyclable, non-compostable, single-use plastic packaging. Municipalities and citizens are left to bear the responsibility of disposing of them.

The cart rollout is an important step by the City that provides an opportunity for us to change the way we think about waste in Edmonton, but there is more to do. We need to do better. The City of Edmonton needs a proactive approach to waste management that prioritizes waste reduction instead of waste diversion. This includes creating systems

and policies that ensure that low-waste living becomes the default, not the exception. More needs to be done so that low-waste lifestyles are the standard for all residents and not a luxury only accessible to those with the time and resources to achieve it.

Waste Free Edmonton is a volunteer-run organization committed to educating and supporting citizens in their personal waste reduction journeys. We know there are many ways

for residents to adapt to these changes and reduce their waste footprint, including home composting, exchanging goods and tools with neighbours, and purchasing products with little or no packaging. We also advocate for broader-scale policy and systems change, such as a single-use plastic bylaw and extended producer responsibility legislation, so that citizens don't

have to bear this burden alone. We invite everyone to join us in pushing for broader change. When you wheel your cart out to the curb, consider the big and small ways you can help - write a letter to your councilor, support businesses that provide low or zero waste options, or get involved in one of our waste-reduction campaigns.

To prepare for the cart rollout, visit edmonton.ca/waste for more information and wastefree.ca/take-action to learn how you can help reduce waste in Edmonton. Waste Free Edmonton can be found at @wastefreeyeg on social media.

Andrew Waddell, Waste Free Edmonton, Communications Manager

Melissa Gorrie, Waste Free Edmonton, Co-Founder and President





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SECLA Board Contact List - for the SEV as of Feb 19, 2021

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	Monte	capilano@secla.ca
Cloverdale	VACANT	cloverdale@secla.ca
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Holyrood (Chair)	Claire	holyrood@secla.ca
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Ottewell	Sandra	ottewell@secla.ca
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Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Projects	Connie L	projects@secla.ca
SECLA SEV Liaison	Erika	SEVliaison@secla.ca

Celebrate International Women's Day with Your Child



On March 8, all around the world, families celebrate International Women's Day. Join them!

As a parent, you can help your children recognize the many strengths and creativity that both girls and boys possess, when given opportunities to develop them. All year round, you can choose fun and inspiring books to read and talk about with your preschoolers. Consider these books at Edmonton Public Library [www.epl.ca]: Paper Bag Princess, by Robert Munsch; We're Different, We're the

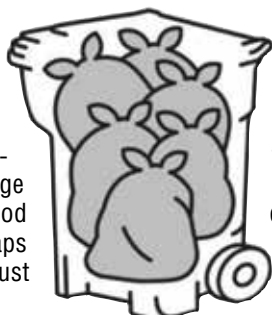
Same, by Bobbi Kates; Ada Twist Scientist, by Andrea Beaty; and My First Book of Feminism (for Boys), by Julie Merberg. CBC offers even more options at <https://tinyurl.com/y8qffcrd>.

Children are never too young to learn that each of us deserves to be encouraged and supported as we explore our potential.

As volunteers, we are committed to raising awareness of the critical importance of the early years to success in life. We hope you all stay healthy, warm, and safe.

New Waste Carts Coming Soon to Edmonton

The way residents sort and set out waste in Edmonton is changing. As part of the Edmonton Cart Rollout service changes, all single unit and some multi-unit homes will automatically receive a large (240L) garbage cart, a regular-sized 120L food scraps cart and a small food scraps pail between March and August 2021 at no cost.



Produce less waste? Save \$3.90/month off your monthly utility rate by swapping your large garbage cart for a smaller 120L garbage cart. An opportunity to exchange garbage cart sizes will be available after cart delivery.

For more information about the new waste carts, visit edmonton.ca/waste



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Volunteer Coordinator	Bob	volunteer@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Kaitlyn	programs@avonmore.org

Avonmore Book Club

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

ways welcome. We meet online on Sundays at 7:00. Contact president@avonmore.org if you are interested in joining.

Community Swim Postponed/Discounted Passes

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

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

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

Online Trivia Nights

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

details. No cost to participate. Get a team together and enjoy.

Adult Trivia - Saturday, March 20 at 7:30 pm.

Move for Mental Health

Give your mental health a boost

This winter, Avonmore Community League has accepted the Ritchie Community League challenge to get outside. Physical activity can improve your mood, reduce stress and anxiety and improve your positive mental health.

So whether you walk to the store or shred the mountain slopes, you are boosting your mental health! This challenge runs for three

months...plenty of time to make daily physical activity a habit that will stick.

There are weekly challenges and every week Richie posts the accomplishments of all the leagues that participate. For details and to join the challenge check the Avonmore Facebook page or the website www.avonmore.org. For fitness tips and motivational messages go to www.ritchie-league.com

Avonmore Garden Club

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

Garden Success and Failures Saturday, March 27 at 10 am

The Avonmore Garden club is bringing back its very popular success and failure event this year. As in previous years, look through all your pictures and submit your gardening success and failures. For those who are new

to this, it works this way:

-Find pictures of things that worked or/and did not work in your yard. You can submit only successes or alternatively, only failures. Up to you....

-Submit your pictures to gardenclub@avonmore.org. Last year some of you organized your pictures on a one or two page powerpoint presentation. Feel free to do so again as it decreases the work of our club organizers.

-During the meeting, each person who submitted material get to speak for a few minutes on their submission.

This event is free. Registration information to follow.

Message from the President - We'd Like to Hear From You

In the last issue I asked people to contact me if they read the SE Voice. Thanks to the 15 households that responded. The winners of the Tim Hortons gift cards are Rennee Przyswitt and Heather Baker. I really hope that more than 15 people read the SE Voice so I am asking again that you send me an e-mail at president@avonmore.org if you read the SE Voice. Your name will be entered in a draw for a Tim Hortons gift card. If you responded before please don't send a second e-mail.

It has been almost a year since we first felt the impact of COVID 19. We are all getting tired of online events, working from home,

minimal contact with friends and family etc. Hopefully in the next few weeks and months we will be able to get together outside at least. Watch the League's website, FB page, Instagram and SE Voice for information on coming events.

Here are some of the activities we have planned. Please send you ideas for more events to president@avonmore.org or programs@avonmore.org

- Easter fun
- Community Clean up and Bottle Drive
- Big Bin Event in April or May
- Community Garden
- Your suggestions....

Avonmore Website

Our new website has been live now for a few months and we are interested in your feedback! If you haven't visited it, we're still

located at www.avonmore.org. Contact us at communications@avonmore.org if you have any thoughts on our new site.

Meet Your Community League Board

Soccer/Sports - Boris Vajsabel

Boris and his wife have lived in Avonmore since the fall of 2000. Since moving in, their family has grown. They now have 4 kids between the ages of 11 and 17. Many people know him as 'Coach Boris'. He has coached soccer in Avonmore every spring since 2007 (when his oldest daughter started playing soccer at the age of 3). That's 14 years! He has coached up to 3 teams per season! Boris works for the City of Edmonton as a system

analyst in the IT department.

As a member of the Avonmore Community League Board, he has been the treasurer and has been sports/soccer director for many years. He loves living in Avonmore, close to the ravine where he really enjoys mountain biking and running in Edmonton's amazing river valley.

Boris also leads the adult drop in hockey on Friday nights. He gets out to the Avonmore outdoor rink as often as possible to enjoy some skating and hockey skills practice.

Traffic Tuesday with Edmonton Police Service

March 2 at 7:00 p.m.

Join an online Question and Answer session with Constable Stalknecht from EPS Traffic Division. Topics to be covered include reporting and handling of noise complaints

related to vehicles, new 40 km/h residential speed zones and other topics of interest to you.

Register on Eventbrite. More information on Avonmore Community League FB page.

Avonmore Yoga Classes Online

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

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

Avonmore Community League Membership

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

ued support to our community by purchasing a membership.

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

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

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

Youth Programming

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

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

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

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

A Safe & Inclusive Playground

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

community response should be when there are problems.

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

Avonmore History Project - Submissions Needed

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

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

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

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

Playschool

Hopefully Spring is just around the corner and we can spend some well needed time outside in the sun. The children at Avonmore Community Playschool are getting excited for our fun spring activities like raising butterflies, planting seeds we harvested in the fall, pirate day and just having fun playing in the trees/field/park. It has been a long winter and we are ready for the change.

On another note Playschool registrations for September have opened on March 1st and we have been working hard to provide as much info as we can on our new webpage, but if there is any questions you have that you didn't find on our webpage or are interested in registering your child please contact our teachers at playschool@avonmore.org and they will happily help you with anything you need Playschool related.



Abundant Avonmore

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

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

Online Community

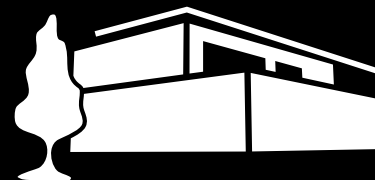
Are you on Facebook? "Like" Avonmore Community League and join "Avonmore Community League Chat" to follow what's happening with the Community League and see what your neighbours are talking about. Other groups include: "Avonmore Parent & Tot", "Avonmore Garden Club" and "Avonmore Concert Series". Come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

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

Twitter: @AvonmoreLeague



Instagram: avonmore league



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SCAN ME

Making positive steps toward your health goals

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

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

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

Step 1: Know your reason.

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

Step 2: Set a specific long-term goal.

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

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

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

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

Step 3: Set your short-term goals

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

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

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

Step 4: Prepare for slip-ups or setbacks

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

Step 5: Plan for support and rewards

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

Step 6: See your success

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



Emergency Medical Services

Burns and Scalds



Each year Emergency Medical Services respond to emergencies involving young children who have sustained severe burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces such as stoves, or making contact with electrical outlets. Fortunately, incidents such as these can be avoided by taking preventative measures.

Degrees of burn

- 1°: Affects only the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- 2°: Deeper and much more painful than 1°burns; broken skin or blisters commonly develop;
- 3°: Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

First Aid for burns

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

Prevention of burns

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be yanked downward causing hot drinks or food to spill on a child;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access;
- Keep children away from areas where appliances are in use (kettles, irons, hot stoves).

If you require immediate medical attention, call 9-1-1

www.albertahealthservices.ca

Swallowing button batteries is dangerous

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

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

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

Button batteries can get stuck in your airway and can:

- cause chemical burns

- damage your internal organs

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

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

- trouble breathing
- wheezing, drooling
- coughing and gagging when eating
- trouble swallowing

- chest pain
- belly pain
- nausea, vomiting
- no appetite
- fever

There might not be any symptoms after swallowing a button battery, but injury can still occur.

If you think someone has swallowed a button battery:

- do not try to make them vomit
- take them to an emergency department immediately.



COMMUNITY LEAGUE BOARD



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Past President	Bill	780 934-1558
Vice President	Vacant	
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City Programs	Kristin	780 238-7795
CCL Programs	Maria	780 984-6839
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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
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Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	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 @capilanocommunity

Capilano Community is using Nextdoor!

Nextdoor is the neighborhood hub for connections and the exchange of helpful information, goods, and services. To connect with your neighbors, you will need to create an account on Nextdoor. You do not need an invitation to join Nextdoor. Visit www.nextdoor.com and follow the instructions to create an account. You can download the Nextdoor app on your iPhone, Android, or iPad.

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La Cité Francophone

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SHARE YOUR WINTER WALKS

Capilano Community would love to see your Winter Walk pictures!

Maybe you are in our beautiful River Valley walking your dog, or on the many cross country ski trails around the community, or perhaps standing looking out across Hardisty Drive!

Share your photos with us!

Capilano Community is beautiful anytime of year but the winter is particularly spectacular. Photo submissions will be posted on our website and social media sites. Look for your photos!

Please submit your photos to:
jeanlostyhalko@gmail.com

Thank you for supporting Capilano Community!

Kick into Spring with Karate at Capilano

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

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

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

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

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

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!



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Thank you from Capilano Community League!



**CAPILANO
COMMUNITY LEAGUE**

SAVE THE DATE
**Capilano Community's
Big Bin Event**
Saturday June 19, 2021

STAY TUNED FOR MORE
DETAILS ABOUT THE EVENT.

ALL COVID-19 RULES &
REGULATIONS WILL APPLY




CCL March Casino-Volunteers Required

We are looking for volunteers to help with our community casino.

Volunteers required for:

Wednesday MARCH 24, Thursday MARCH 25

If interested, please contact Jean at jj-

halko@telus.net or 780-863-0914.

We are hosting the casino at Century Casino, Edmonton.

Thank you for supporting this major fundraiser for Capilano Community.

Capilano Playschool – Spots Available!

Capilano Playschool offers 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).

There are currently a few spaces available for children to start playschool immediately as well. For more information or to register your 3 or 4-year-old check out www.capilanoplayschool.com, find us on Facebook or call 780-802-9307.

Choose Capilano Hall for your Event

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

6ft physical distancing requirements. Additionally, the hall will provide disinfectant for cleaning after your event but will not provide PPE or hand sanitizer. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. To book the hall or for more information, contact Marzena – 780-909-5886, or visit our website at capilano.ca.

Capilano Community Memberships

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

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

As well, memberships are available at:

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

--Servus Credit Union, Capilano Mall #110,

5615 – 101 Avenue (Cash only). Note: \$5.00 fee attached to the purchase.

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

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

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

Candy Gram Thank Yous!

Thank you to everyone who participated in the Capilano Candy Gram. We ended up handing out 75 Candy Grams throughout the neighbourhood.

We also raised \$80 that we will be do-

nating to the Edmonton Food Bank. Way to spread the love Capilano!

Also, the board would like to thank Maria and Marzena for all their hard work in making this special event happen!


Hello Nordic Skiers!



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

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

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Board Member Contact Sheet

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

Board Vacancies

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

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

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

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

The benefits! ACE works with citizens to...

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

leadership and the City of Edmonton

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

Abundant Community

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



Heather McPherson
Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

780-495-8404

heather.mcpherson@parl.gc.ca
10045 81 Avenue T6E 1W7



www.heathermcpherson.ndp.ca

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On Line Programs for Parenting

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

• Spring Fun for Everyone!

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

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



• (A little) Messy Play is Fun Play

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

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



• Infants Can Talk with Their Hands



Infants are able to use basic sign language skills well before they are able to vocalize their needs and

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

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

Eat Love More Sleep



Fulton Afterschool Care spaces available

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

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

Diagnosis, treatment of a common eye disease

World Glaucoma Week takes place Mar. 8 to 14, 2020.

Glaucoma is a leading cause of blindness in Canada. It is the name for a group of eye diseases that damage the optic nerve. This nerve carries information from the eye to the brain. When the nerve is damaged, you can lose your vision.

Glaucoma is one of the most common causes of legal blindness in the world. At first, people with glaucoma lose side (peripheral) vision. But if the disease isn't treated, vision loss may get worse. This can lead to total blindness over time.

What causes glaucoma?

The exact cause isn't known. Experts think that increased pressure in the eye (intraocular pressure) may cause the nerve damage in many cases. But some people who have glaucoma have normal eye pressure.

Some people get glaucoma after an eye injury or after eye surgery. Some medicines (corticosteroids) that are used to treat other diseases may also cause glaucoma.

How is glaucoma diagnosed?

Glaucoma can be diagnosed: During routine examinations with your eye doctor.

When you go to your family doctor because



of an eye problem. Your doctor will ask you questions about your symptoms and do a physical examination. If your doctor thinks you have glaucoma, you will then need to see an eye doctor for eye examinations and tests.

How is it treated?

Glaucoma can't be cured. But there are things you can do to help stop more damage to the optic nerve. To help keep your vision from getting worse, you'll probably need to use medicine (most likely eye drops) every day. You may also need laser treatment or surgery. You'll also need regular checkups with your eye doctor.

How do you cope with glaucoma?

If you have vision loss, you can keep your quality of life. You can use vision aids, such as large-print items and special video systems, to help you cope with reduced eyesight. Support groups and counselling may also help you deal with vision loss.



Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146



Fulton Afterschool at Hardisty

• 10310-56 St
Ph: 780-465-4383
• 10435-62 St
Ph: 780-965-4383
www.fultonchildcare.org/
Email: monicag@fulton-childccare.org
Hours: 7:00 am - 6:00 pm
Fees:
Gr. 1-6: \$560 per month.
Kindergarten: \$815
Summer Program: Gr.1-6 \$660

Mission: Our program nurtures, educates and supports children and their families to achieve potential.

Our Programming:

Our Educators are provided with time to plan around the children's interests. We offer a curriculum full of interesting projects and activities. Our Educators implement the Alberta Flight Curriculum and document projects in pictures and capture the children's learning in learning stories. Our program provides activities and experiences that promote independence, self-regulation skills, confidence, and individuality. The rooms are large and well equipped with various learning centers. We go outdoors daily. During the summer we plan a calendar of events. We take full advantage of our community resources and outdoor learning opportunities. Registration for our summer starts in April and ends in June 2021. 83% of full-time staff have the highest level of Early Childhood Education.



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Free online workshops this month

Ever get so frustrated with your child's behaviour that you're ready to pull your hair out? You're not alone. On Tuesday, March 16 at 7 p.m., join early childhood specialist Tina Geers for an interactive discussion on why children do what they do and how we can support and talk with them so they listen. Together, we can raise competent and confident children.

Then, on Tuesday, March 23 at 7 p.m., Dr. Rick Rana from Forest Heights Chiropractic Centre will answer a tough question: Is there such a thing as good posture in lockdown? The chiropractor and registered acupuncturist will have some tips and encouragement



for everyone.

To find and register for one or both free workshops, search "forest terrace heights" on eventbrite.com.

Soccer registration starts soon

Outdoor soccer registration opens March 15 and due to the pandemic, it will be online only at emsasoutheast.com. The Edmonton

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

Volunteers wanted for urban coyote project

The Edmonton Urban Coyote Project at the University of Alberta has invited volunteers from Forest Heights to participate in community-based aversive conditioning of urban coyotes. The goal of this program is to increase wariness in coyotes that occupy residential neighbourhoods. The project is seeking 20 participating neighbourhoods from among 41 with high past rates of coyote reports.

To be eligible for the program, each community will need to (a) be willing to be randomly assigned to treatment or control procedures, and (b) identify at least 8 volunteers who will (i) sign a U of A volunteer liability release, (ii) obey the COVID precautions required by the University of Alberta, City of Edmonton, and Province of Alberta, and (iii) follow the procedures for observing and treating coyotes, recording data, and main-



taining safety.

You can learn more about the program and training for volunteers at urbancoyoteinterventionprogram.weebly.com.

City halts rehab of Riverside Trail

The City of Edmonton has halted construction on Riverside Trail after complaints about tree removal and a lack of community consultation. The project was set to begin this month, but was paused after the Edmonton River Valley Conservation Coalition expressed concern about the loss of vegetation and impact on wildlife along the trail, which runs between the North Saskatchewan River and the Riverside Golf Course on the south bank. It has

been closed to the public for years because of unsafe conditions caused by erosion.

An environmental impact study prepared by the city recommended realigning the trail by clearing about 962 square metres of vegetation. But the study showed the only consultation was with the golf course and its members.

The city says it will consult with residents before any work goes ahead.

Nominate-a-neighbour bouquet contest

Has a neighbour reached out to you or made a difference on your block? If so, email Sonya at memberships@forestterrace.org or leave her a voicemail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour bouquet. Please include your contact information so Sonya can ask what makes your neighbour special.



Get thee to a skating rink

There are probably only a few days left to enjoy the rinks at Forest Heights and Terrace Heights, as the season usually ends sometime in March. Rink capacity is capped at 10 people at a time. Skaters must maintain two metres distance from anyone outside their cohort. Rink shacks are closed and no

hockey, shinny or other games are permitted.

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

Save the date and save your empties

The Forest Heights Playground Redevelopment Bottle Drive will be held on April 10. You can drop off your bottles at Forest Heights school parking lot (10304 81 St NW) on April 10 before 2 p.m., or, if you would like your donations picked up, email FHSplayground@gmail.com with your address.

We have identified several sponsors that will give us matching donations up to \$500. If you have a business connection that you would like to approach for a matching donation, please contact annakrall@yahoo.ca.

Don't forget, you can also help pay for the new playground at Forest Heights School by online shopping. The playground fund receives a percentage of purchases from a va-



riety 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.

Board and membership update

The Forest Terrace Heights community league needs a few new volunteers.

The committee that manages The Heights community garden needs a chair or co-chairs. The civics committee needs a leader. And, as of our annual general meeting in June, we will need a new secretary.

The Edmonton Federation of Community leagues offers short, self-guided online learning modules for both the secretary and civics director roles.

Please email garden@forestterrace.org for more information or to join or lead that committee. For the other positions, contact Curtis at president@forestterrace.org or Kathleen at vp@forestterrace.org.

The board meets online at 7 p.m. on the first Tuesday of each month and welcomes league members and other residents to join in. Email president@forestterrace.org for the link.

A list of board members and meeting minutes are available on forestterrace.org. Click on "About the League" in the main menu.

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

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

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

Move for Mental Health

There's still time to join Move for Mental Health, a city-wide challenge started by Ritchie Community League and running until March 31. Our team is the Forest Ter-

race Heights Ramblers. You can join in and log your activity with Strava, a free app. Our group totals will be submitted weekly to Ritchie.

Spread a love of reading

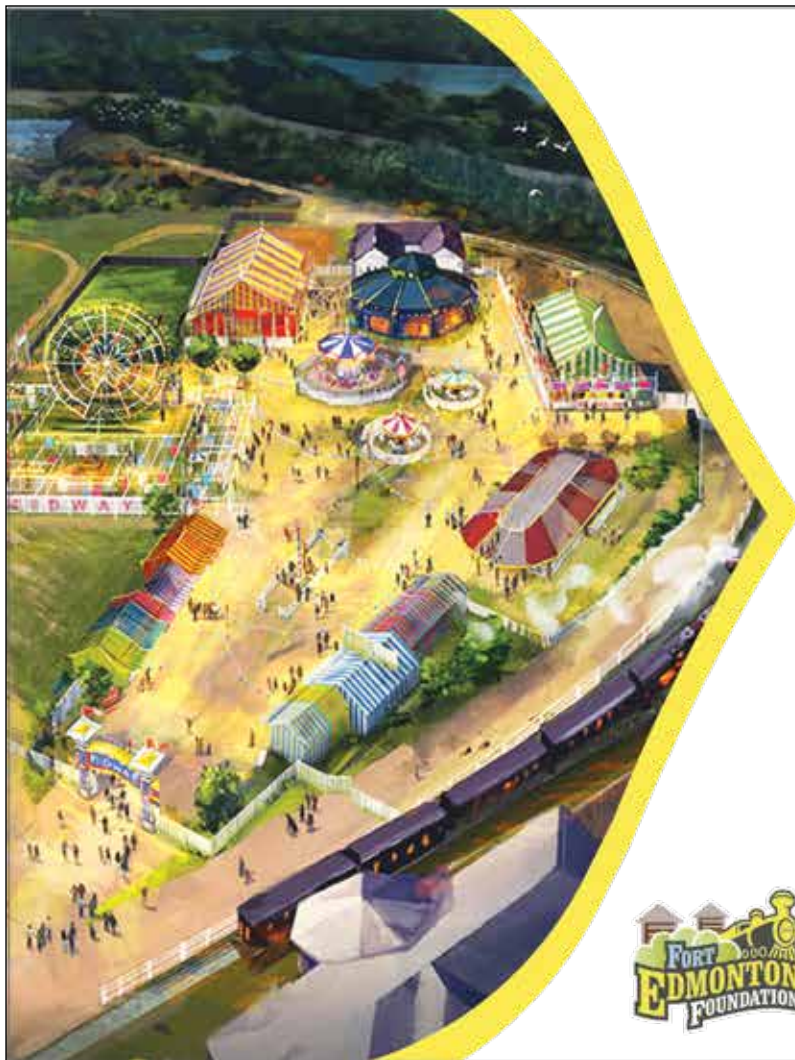
The Heights Imagination Library is looking for a volunteer with experience in early childhood education to run a few virtual reading events.

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 books are personalized with each child's name and

mailed directly to their home.

Since our branch was set up in November, 56 books have been gifted to 22 young children in our neighbourhood. We have also secured enough funding for up to 60 children and 720 books.

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



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Looking for a snow angel?

Do you or one of your neighbours need help with snow removal this winter? The Forest Terrace Heights Community League is coordinating a program to have volunteers assist

seniors and individuals with disabilities with snow removal. If you are interested in receiving assistance or volunteering, please contact Meagan Gebers at meagan@forestterrace.org.

Want to whittle your waist?

Nordic walking burns 20 to 46 per cent more calories than regular walking. The poles also make it easier on your hips and knees and sculpt your arms and shoulders while you whittle your waist. The Forest Terrace Heights nordic walking group meets Wednesdays at 7 p.m. at the hall. A membership in any com-

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

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

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(1). Parkallen 2-Storey – PENDING to March 1st!

(2). Morinville 2018 Bi-level, Panoramic Views: * SOLD * with MULTIPLE OFFERS!!

(3). My 2021 Q1 Residential, Rural, Commercial Market Trends & Statistics for the Greater Edmonton Area!!!

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Fulton Place Garden
fpcgcontact@gmail.com

Spring market is about to bloom!



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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.

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.

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Gold Bar

4620 - 105 Avenue
goldbarcl.com

Gold Bar Executive

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

Membership Contest

CONGRATULATIONS!

January winner is Sherr Wadson

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

Past winners:

October winner - Lisa Gagner

November winner (would like to remain unnamed)

December's winner - Heather Johannesson

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

Free snow shovelling service for Gold Bar residents!

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

Service is first come first serve and only available to residents in Gold Bar neighborhood.

Scouts will only clear fresh snow falls and will aim to have the clearing done within 48 hours. Covid friendly - no close contact needed!

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

#goldbargary

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.

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

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

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 to receive a FREE hot Beverage (coffee, tea, and hot chocolate) between the hours of 7- 11am.

Please Remember Your Card.

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

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

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

Fox Burger Night



Campfire and burger take-out at Gold Bar Park. Event will happen on a Saturday night when the weather gets warmer. Look for the date on our website www.goldbar.cl.com or facebook page <https://www.facebook.com/>

GoldBarCL

Food will be catered by Fox Burger. You must be a Gold Bar member to attend. Memberships will be available to purchase that night.

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House Too Cold? ...We Can Fix That!

If it's time to replace your home's furnace Weiss-Johnson has the experience and expertise to ensure it's installed right!



DAIKIN
COMFORT FOR LIFE

Daikin high efficiency furnaces carry the industry leading 12 year parts limited warranty.

DON'T PAY FOR 12 MONTHS!**

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Call Weiss-Johnson today!
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* Complete warranty details available from your local dealer or at www.daikincomfort.com. To receive the 12-year Parts Limited Warranty, online registration must be completed within 60 days of installation.

**conditions may apply

Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - VACANT	vicepresident@holyroodcommunity.org
Treasurer - Claire	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Kelly	programs@holyroodcommunity.org
Sports & Fitness - VACANT	sports@holyroodcommunity.org
Memberships - Jessica	memberships@holyroodcommunity.org
Facilities & Grounds - Sarah	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Social - Jeremiah	social@holyroodcommunity.org
Civics - Dave	civics@holyroodcommunity.org
Holyrood Development Committee - Jaime	hdc@holyroodcommunity.org
Community Garden - Jaime	garden@holyroodcommunity.org
Rink - Randall	rink@holyroodcommunity.org
Soccer - Jared	soccer@holyroodcommunity.org
Playschool - Jessica	playschool@holyroodcommunity.org
Playgroup - Jessica	playgroup@holyroodcommunity.org
Casino - Alison	casino@holyroodcommunity.org

holyroodcommunity.org @HolyroodCL Holyrood Community League

Purchase memberships through efcl.org/membership/

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

PAINT YOUR WINDOWS FOR SPRING!

Let's brighten up our neighbourhood! We're giving out free paint to any families who want to decorate their front windows with a spring or community themed image. Email programs@holyroodcommunity.org

to get your FREE PAINT! If we have enough participants, we will launch a BINGO style scavenger hunt using the windows, and you could win cool prizes.

PROGRAMS MESSAGE

Are you looking to share your skills? Do you have an idea for an activity or program (that is Covid compliant)? Reach out to our amazing Programs Coordinator, Kelly! The board is ex-

cited to support members of our community on any ideas they may have for programs or classes we can run to make our community better. Email programs@holyroodcommunity.org

EDMONTON NEIGHBOURHOOD WATCH

Trina Kane is our Neighbourhood Watch Community Representative for Holyrood and she encourages residents to contact the appropriate sources in order to successfully impact crime in our neighbourhood, with little effort or costs associated! EN Watch does not accept reporting of crimes or incidents, does not record or keep records of incidents or crimes and will not report crimes or suspicious activities to Edmonton Police Service on behalf of ENW members or the public.

Edmonton Neighbourhood Watch (ENW) is a passive crime prevention program that provides crime prevention information and programs. Please do not call or send emails about suspicious activities and/or crimes to ENW. They cannot and will not be addressed by ENW. Contact the Edmonton Police Service.

Safety Tips

-Get to know your neighbours; it will make it easier to spot and identify potential issues on your street.

-Follow tips on Holyrood's Community Facebook page and Holyrood's Enwatch Neighbourhood Watch page.

<https://www.facebook.com/HolyroodCommunityLeague/>

<https://www.facebook.com/Holyroodenwatch/>

-Register your walks on Walk Your Block.

<https://enwatch.ca/walk-your-block/>

-Volunteer as an Enwatch Ambassador

<https://enwatch.ca/roles/neighbourhood-watch-ambassador/>



ICE ICE BABY

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

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

If you have a concern about the amount of people on the ice, please contact bylaw through the use of the following forms.

-the physical distancing form - <http://ow.ly/A7p150DHfbd> specifies that the information collected will be used solely for the purpose of gathering information, identifying

trends and planning future responses.

-the bylaw complaint form - <http://ow.ly/6ZcP50DHf8V> specifies that it will be reviewed for prioritization and enforcement as soon as possible and that "...by submitting this form you are allowing your personal information to be collected for possible use in legal proceedings relative to the filed complaint."

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

HOLYROOD COMMUNITY LEAGUE VIRTUAL AGM

STAY TUNED IN APRIL

Follow us on social media & check the website for more details!

www.holyroodcommunity.org



Holyrood Cooperative Playschool

Now accepting registrations for the 2021-2022 school year!

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

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

Questions? Email us at
playschoolholyrood@gmail.com

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.microsoftcrmpor-tals.com/create-case/> or call 1-833-415-9179.

City of Edmonton Recreation Centres and Pools

Due to COVID-19 restrictions announced by the Government of Alberta in December 2020, all recreation centres, arenas, pools and attractions remain closed. Restrictions

on indoor fitness may lift as early as February 8, 2021. For updates, visit https://www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools.aspx

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' Facebook, 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 the station nearest you, and get through the stress of a collision with our handy collision tips.

Information about COVID-19

Stay up to date on current information from reliable websites:

Alberta Health Services

<https://www.albertahealthservices.ca/topics/Page16944.aspx>

Government of Alberta

<http://alberta.ca/covid19>

City of Edmonton

<http://edmonton.ca/covid19>

Government of Canada

<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

Relief for Back Pain

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

When you first feel back pain, try these steps:

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

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

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

Other suggestions:

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



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

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

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

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

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

Idylwylde Community League Board

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

Idylwylde.org @IdylwyldeCL Idylwylde Community League

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

Monthly Community Meetings

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

Social Volunteers Needed

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

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

Podiatric foot care! 780-466-5290

Dr. Jeannette Furtak, DPM
#302 Capilano Centre
9945 - 50 Street

- * Nails, callous, heel pain, toe problems
- * Custom-made foot orthotics
- * Diabetic foot care
- * Appointments Mon - Sat

www.greenwayspodiatric.ca

Hello Neighbour!

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

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

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

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

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

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

The Idylwylde Community League Board

Free Memberships


With the uncertainty of COVID times and family finances, the Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde! Donations are always accepted from

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

Cheery Tomato Community Garden

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

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



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

CONTACT US!

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

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
Weekend (Fri pm-Sun pm)	\$450.00	\$550.00
Day Rate	\$300.00	\$385.00

Damage Deposit \$250/day \$550/day
\$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.**

Ice Rink

Please follow all posted COVID rules.
Rink open with rink attendant on site: 4-9 Weekdays and 11-9 Weekends
We are seeing more young people 16-21 out, which is great, but a reminder that cannabis and alcohol use is prohibited. We are also allowed to practice hockey skills (with distancing) which is why one net has been removed. If

people bring their own nets, it defeats the purpose. We need help from the whole community to encourage others to follow distancing protocols and engage in behavior that is good for the whole community.

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

Adult Badminton

Badminton is cancelled until further notice. To contact the Kenilworth Badminton Club: send email to kenilworthbadmintonclub@protonmail.com

Bingos

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

February 20	Afternoon
March 2	Evening/Late
March 14	Afternoon
April 21	Evening/Late

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.

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

VOLUNTEER OPPORTUNITIES

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

We have the following volunteer positions 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.

Neighborhood Watch: There are many postings on Facebook and Next Door that speak to thefts, break-ins, and concerns in our com-

munity. If you have some volunteer time and can support our community in becoming better informed about safety, etc., this position is for you.

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

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

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!

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>



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MOBILE REGISTERED MASSAGE THERAPIST

I COME TO YOU. I TAKE YOUR PAIN AWAY

\$99.95

ROBERT HODGINS

PHONE: 780-862-5335

EMAIL: ROB@ROBHODGINS.COM

WWW.ROBHODGINS.COM

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

Ottewell

Board Members

Executive:

President – Corinne

Vice President – Colleen

Secretary – Sandra L.

Treasurer – Eric

Board Members:

Bingo Director – Kyla/Tyler

Casino – Colleen

Hall Manager – Tim

Grants – Chelsea

Big Bin – Andrew

Building Projects – Lukas

History of Ottewell Committee – We need more members!

Indoor & Outdoor Soccer Director – Cory

Summer Playground Director – Colleen

Social Team – Many OC Members

Playschool Rep – Jason

Rink Chair – Tom

Membership Director – Lindsay

Communications – Open

Website – Taylor

EFCL Rep – Corinne

SECLA Rep – Sandra

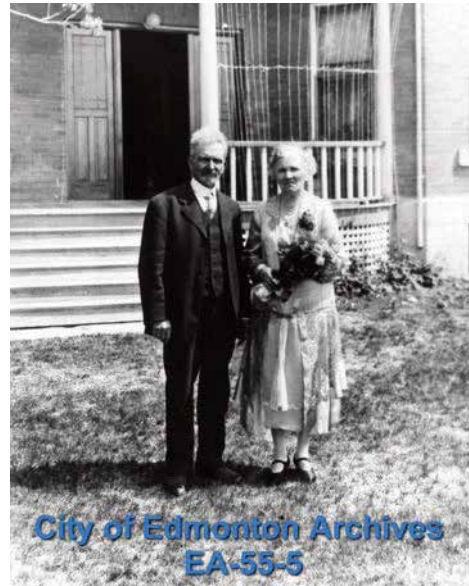
All positions are volunteer. Please send all inquiries via email to ottewell2212@gmail.com or call 780-469-0093 to leave a message. Someone will return your call.

Ottewell Community League

5920 93A Avenue NW

Edmonton AB T6B 0X2

Ottewell Community League Celebrates 60 Years



Smith, Jennie Ottewell. Mr. & Mrs. Richard P. Ottewell - 50th Anniversary. Reference EA-55-5, City of Edmonton Archives.

Smith, Jennie Ottewell. Mr. & Mrs. Richard P. Ottewell - 50th Anniversary. Reference EA-55-5, City of Edmonton Archives

Richard Phillip Ottewell (1848 – 1942) was an early pioneer who lived through the Riel Rebellion and was one of the first farmers to homestead in the Clover Bar area, in what is now eastern Edmonton. Ottewell emigrated from England to Ontario with his family in 1850, when he was still a small child. In 1869, Ottewell travelled to Fort Garry (now Winnipeg) as part of a general work party and, arriving amid the Metis rebellion, was imprisoned for six weeks by Louis Riel's provisional government. One of the party, Ottewell's cellmate Thomas Scott, was tried and executed by Riel's forces.

Upon their release from prison in March 1870, Ottewell walked for nine days in the dead of winter, the temperature falling as low as -40, to reach the safety of Fort Abercrombie in the United States. Ottewell later returned to Ontario, where he married Frances Trevillion. In 1881, leaving his wife and family behind, he set off for the west once more. Ottewell was one of



the first to stake his claim and homestead in the Clover Bar area, then a distance of 16 kilometers east of Fort Edmonton. In 1883 his family, which would eventually number nine children, joined him. During the North-West Rebellion of 1885, the Ottewells took refuge in Fort Edmonton, and Richard served in the home guard. As Edmonton grew, the Ottewell farm shifted from grain to dairy farming. In 1904, Ottewell opened the Ottewell Coal Company and later founded Campbell & Ottewell Flour Mills. Ottewell continued to live on his homestead until shortly before his death at the age of 93 in 1942. The historic Ottewell farm, cut out of the bush in the 1880s, is today at the heart of Edmonton's Heavy industrial area. Oil refineries and chemical plant now cover what was once considered among the best farmland in the region. During the 1910s, part of the Ottewell subdivision (90 Ave to Whyte Ave and 50 Street to 67 Street) was known as East Glenora; to the north of this area, 90 Avenue to 95 Avenue, was known as East Edmonton Park.

Information obtained from the City of Edmonton – Naming Book

Ottewell Rink

A huge THANK YOU goes out to our rink volunteers this year! Ottewell Community is truly fortunate to have you hard-working individuals.



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, March 16, at 6:30. If you would like to attend, please email ottewell2212@gmail.com. You will be sent a meeting invitation via ZOOM. We will also have the link to the meeting posted on Ottewell's Facebook page.

Ottewell Hall

The Ottewell Hall is not currently available for rentals. OCL board members are working hard to put COVID-19 procedures in place to ensure that we can provide safe access to small group programs in the fall. We will be posting hall rental requirements for future rentals and further program information on ottewell.org.

Volunteer with the Ottewell Community League

Volunteering allows you to connect to your community and make it a better place.

Volunteering is a two-way street; it can benefit you and your family as much as the cause you choose to help.

Dedicating your time as a volunteer helps you make new friends, expand your network,

FREE Community League Memberships

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

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

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

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

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

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

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 all Historians

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

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

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

Snow Angel Program



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

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 - anvil-coffeehouse.com

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

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



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

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

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

OCL Bingo

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

May 22, 2021

June 11, 2021

Due to COVID-19 physical distancing re-

quirements, only 132 customers will be allowed in the hall at any time. To check out the specifics, contact Parkway Bingo Hall.

Please consider supporting your community event.

Something Exciting is Happening in Ottewell

Follow us on our Facebook page to see what it is!

Keep up to date on all the events by sub-

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

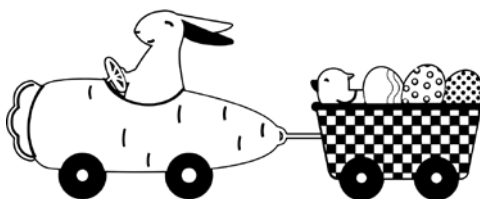
St. Patrick's Day Coloring Contest

St. Patrick's Day is coming! Here is your chance to win some great prizes. In the next week, we will post a coloring sheet. Send in your completed coloring sheet with name, phone number and address to be entered

in a draw to win a \$50.00 gift card. Open to Ottewell members, max of 2 entries per family, no age limit. Entries can be submitted on Facebook or by email ottewellsocial@gmail.com. Do you have the luck of the Irish?

Guess Who's Back for Easter?

Guess who's coming back to Ottewell? That's right - Ottewell's own Easter Bunny! He can't wait to see the kids and give out some yummy treats. Keep watching the Ottewell Facebook page and website for details. If you would like to help, please message ottewellsocial@gmail.com



Exciting Developments at OCL Community Playschool

We are excited to announce that we have relocated to Ottewell Community Hall, a wonderful space with access to beautiful park land just outside the door. We will also be welcoming Teacher Lisa!

Unfortunately, due to COVID-19, the classroom is not open. We will be posting a virtual tour of the OCL Playschool Classroom very soon. Watch Ottewell.org and Facebook for updates.

Ottewell and Area New Moms' Group

Being a new mom is challenging, especially during these times. If you're looking to connect with other new moms in the area in a supportive and non-judgmental setting, join the Ottewell and Area New Moms Group. We'll meet online

every second Wednesday from 11-12 am to share and discuss challenges, successes, and issues impacting ourselves and our families. Sign up by emailing aceottewell@gmail.com as soon as possible; spots are limited.

Ottewell Artisan Farmers' Market

*** UPDATED INFO COMING SOON ***

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

The farmers' market is currently closed due

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

Ottewell 120th Scouting

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



Girl Guides

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



Girl Guides
of Canada
Guides
du Canada

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!

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

Waldorf-Ottewell Community Garden Is Welcoming New Members

The Waldorf-Ottewell Community Garden, located at 7211 96A Avenue NW, is an inclusive garden - open to everyone at no cost, even if you live outside of Ottewell. We currently share more than 30 garden beds and 100 fruit trees and shrubs with the Waldorf Independent School of Edmonton and intend to build a four-season greenhouse. We welcome beginner and seasoned gardeners to work collectively so we can exchange knowledge and cultivate community. We are stewards of the land and employ sustainable

gardening methods. We are currently seeking new members for roles including administering, fundraising, planting, weeding, watering, and harvesting. Whether you can give a lot of time or just a little, we welcome all interested individuals and families to share in the harvest. Many hands make for light work, and a few hours can have great impact. Please email communitygarden@wese.ca and let us know how you would like to participate. Join our Facebook Group to stay informed about events and workshops.



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SCL Contacts

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
A.V. Club/Youth Director	Andrew	avclub@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

Stay Tuned, Strathearn!

At the time you're reading this, hopefully we are progressing to "Step 2" of lifted Covid restrictions and can look forward to some warmer weather and better conditions for responsible social gatherings, so please stay in touch to find out about current events and programs offered through the league as public health measures allow.

Our website, strathearncl.org, and social media feeds will give you as much notice as possible for upcoming events. Weather- and COVID-restrictions-permitting, we're hoping that we will soon be able to announce details for an Easter egg hunt on hall grounds, and possibly other fun outdoor events at our excellent rink!

Signs of Spring

Outdoor soccer registration opens March 15 and will be conducted online only.

Pending Alberta Health guidelines, the Edmonton Southeast Soccer Association is planning to have a regular May/June season this year.

See emsasoutheast.com for details.

You will require 2020/2021 community



league membership for registration.

Another sure sign of spring - planning out your garden! If you are interested in joining the Strathearn community garden located just north of the rink, or for any inquiries, please contact: strathearnsgarden@gmail.com

Time to Reserve Your Spring Clean-up

You can ask for the full package or choose from the following a la carte services:

Power Rake, Aeration, Garden Bed/Hedge Blow out, First Mow & Trim



- Fertilization & Weed Control
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- Concrete Pavers
- Power Wash, Homes & Decks
- Fence Repair /Replacement
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Buy your 2020 / 21 Strathearn Community League Membership

Only \$20/family \$10/individual valid through Aug 31, 2021

Available for Purchase at:

- Ralph's Convenience Store, 9508 87 St
- Massage Therapy Supply Outlet, 9206 95 Ave
- Strathearn Heights Apartments, 8768 96 Ave
- Juniper Cafe and Bistro, 9514 87 St
- Online at strathearncl.org/membership-1

If you've just moved into Strathearn, your first year membership is on us! To claim just drop us an email at membership@strathearncl.org

Benefits of Membership

- Access to City recreation facilities at reduced rates
- Neighbourhood parties, events, classes, news & info
- Free skating on any outdoor Community League rink
- Free access to borrow from the Edmonton Tool Library
- A voice in shaping your community!

What is a Community League?

At its simplest, it is a group of your neighbours who volunteer to organize recreational, educational and sport programming, host community parties and events, develop amenities such as community gardens and community halls, and who advocate for the services they need to make their community thrive. Community Leagues are about bringing neighbours together, establishing friendships, and enjoying facilities, programs and events that are close to home.

By becoming a Strathearn Community League member, you actively help to build a healthier, safer and more vibrant community. The best way to create the place you want to live is to get active and get engaged! Please take the time to learn more about SCL and get involved, find out more on our website:

strathearncl.org

Strathearn-based Business Profile

We're happy to spotlight local Strathearn-based businesses, and this month talked to Kyle Brown of the Snug Underwear company, found right here in our neighbourhood.

Kyle, can you tell us a bit about the origin story of your business? Has it always been based in Strathearn?

So Snug Underwear started in 2013 as an online business, then in 2015 we moved to a mobile store where we did more festivals and pop-up style shopping. In 2017, we started to design some of our own brand underwear, and we have been expanding that ever since. Snug has carried over 12 brands of Mens underwear since we started as we want to ensure we have the best mix of quality and styles that feel best for guys. Originally we were located in the Glenora neighborhood, but in 2017 we moved into our current location in Strathearn.

What are your best selling products?

We have a large selection of products for Men, and we find that our best sellers would be the mens trunk underwear or the Snug brand Sweatpants these days.

Yes sweatpants have certainly made a comeback! How has the Covid-19 pandemic impacted your business over this past year?

Covid definitely left us on a roller coaster of a year, as we lost a lot of our festivals and events that we used to pop-up at, and have had to adjust. We have had our mobile shop set-up in our winter month configuration (meaning set up as a store in front of our house) and we have been trying to get our name out there more through advertising. Also over the past year we have focused on growing our Snug brand, and refining some of our looks.

What is your favourite part of our neighbourhood and why?

I think the best part of being in Strathearn is being close to downtown and easily accessible to our customers; well connected to the core yet just far enough outside the hustle of downtown to enjoy. My favourite part is when we get customers coming to our mobile store and their first comment is that they got to drive by the fabulous view as they made their way to our location.

You have one of the coolest Christmas light displays in the neighbourhood! What



motivated you to create that festive magic?

Well the Christmas lights show has been one of our favorite parts of our location. We have such a huge yard to play with and open views to Connors Road, so we decided we needed to have a display that went 360 degrees around the location. When we lived in Glenora we were close to Candy Cane Lane, and we wanted to have people drive by our neighborhood and see us as that extension. When we moved to Strathearn we knew we were open to be seen from all directions, so we knew we had to have a display that people would love to see each and every year. And so every year we hunt to find more lights and unique pieces to add to our display.

Excited to be so close to the new Valley LRT line?

We are excited to have it running and the opportunity that it brings to our neighborhood. I think our biggest thing is we can't wait until everything is completed though.

Anything else you'd like to share with us neighbours about SNUG?

For us Snug was a fun venture that has evolved and brought us into a whole new experience. Since we started in 2013, we have seen a lot of other stores come and go, and we knew we had to do our journey differently. We have tried many things and learned a lot, and can't wait to continue learning and designing cool and different things that people can't find in a big box store. We love having that uniqueness to our store and everything we do. Snug is proudly LGBTQ+ owned and operated and we work hard supporting the communities we serve.

For more information please check out the website at www.snug-underwear.com



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