

SOUTHEAST VOICE

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

November 2021



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Cloverdale and Riverdale Communities Soon Reconnected



The Valley LRT line has been in testing for the last few months and, for the first time, a test train crossed the new beautiful Tawatiná Bridge that spans the river.

The Muttart stop, the last one northbound to downtown, is almost complete with landscaping shaping up nicely with new trees, shrubs and rock transforming the once unsightly construction zone. This can only mean one thing—the long awaited line should be open soon... well, not quite. The latest update from TransEd is that the train line is delayed until early in 2022 BUT the long awaiting pedestrian bridge slung below the bridge itself is set to open to cyclists and walkers sometime in November.

With that pending excitement in the air, the two communities of Cloverdale and Riverdale on either side of this lovely bridge will soon be reconnected and want to celebrate the oc-

casion. Final details are still being finalized since the actual bridge opening date has not yet been released. But suffice it to say both Cloverdalians and Riverdalians are itching to be the first to cross. Plans may include: a ceremonial “meeting in the middle”, including the new Mayor Amerjeet Sohi and Ward Mā’s Councillor Ashley Salvdor; children’s drawings of the new bridge or short essays on what the bridge opening means to the two communities; and perhaps we will see goodies shared from the special purveyors on either side, such as Culina Muttart and Little Brick.

Stay tuned, as it will definitely be something to rejoice in as we have been patiently waiting to get reconnected. Watch for postings on Nextdoor, or visit our website on how you can participate when details become finalized. www.cloverdalecommunity.com/#news

National Child Day

Every year, on November 20, National Child Day, adults and children across Canada and around the world celebrate the human rights of every child: the rights to survival, protection, development, and participation, no matter where they live.

You can help your preschooler learn about

these rights by reviewing online content from UNICEF and NationalChildDay.ca.

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

**Little Bear
GELATO**

**HARDISTY
PLAYGROUND
FUNDRAISER**
25% of proceeds go to the playground

ORDER ONLINE
Order a pint of ice cream (500ML)
or ice cream cake by December 7th
\$12/PINT or \$30 for 3
Pick up December 10th from 3 - 6 pm at Hardisty school
25% of proceeds go to the playground

WWW.LITTLEBEARGELATO.COM/HARDISTY-FUNDRAISING

Ottewell Community Artisan Farmers Market

With cooler temperatures arriving we have moved inside of the Community Hall.

Moving inside brings a few more guidelines we have to adhere to in order to remain open.

We are so pleased that you, our community members and neighbours, continue to shop locally at our market. Our vendors really do appreciate your business! Every week we post on our facebook and website the vendor listing.

We also want to thank you for adhering to all the health procedures we have put in place:

The Market will continue to be Thursdays 3pm-7pm

**Inside our community hall
5920 93A Ave**

Free parking and spacious shopping

Although this is not the way we may like to shop at the market, we do appreciate you recognizing the importance of the following:

The following Safety Measures are in place:



- Masks are mandatory at our indoor Market.

- We are following all health regulations as outlined by the province of Alberta, and the City of Edmonton mask bylaw.

- Hand sanitizer is available throughout the building, and at entrances and exits.

While we're looking forward to bustling market days, we ask that everyone does their part to keep themselves and others safe.

See you at the Market!



You are hereby entitled to receive one
free
market evaluation

**Buyers package delivered or
e-mailed for any part of Edmonton**

Now is a great time to sell!



Andy Verhagen
780.907.8202
email andyv@telus.net



**I love referrals they make
my world go round!**

RE/MAX Elite

to view my properties, visit www.andyv.ca

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SEESA Connecting People for 40 Years



SEESA is the place for people 55+ to connect to their interests, connect to each other and to their community in a safe, inclusive environment.

"SEESA helped me transition from a group more connected to my career to a new group focused on staying healthy and active. It helped me make the transition. SEESA is a vehicle for an active life not the end of an active life."

"In a short period of time I lost my spouse and two close friends. I went to SEESA, took a class and laughed for the first time in two years. SEESA saved my life."

"Yes, I want to stay physically active. I was also in a mentally challenging job so want to keep mentally active too. You don't want to stagnate. Volunteering at SEESA keeps me

mentally active as well as physically active."

At SEESA we have fun, learn, share and join in activities like dance, exercise, music, art, clubs, social gatherings and volunteering. We offer a wide variety of onsite and online classes, special information sessions and clubs. We are a volunteer non-profit organization dedicated to enhancing the quality of life of people in our community as we age.

Check out our new program guide at www.seesa.ca.

All people entering SEESA must provide proof of double vaccine. Everyone is required to wear a mask, sanitize often and practice social distancing whenever and wherever possible. Masks are optional during fitness programs.

Port Cultural Bridge
Connecting people to the community.

SEMAINE NATIONALE DE
L'IMMIGRATION
francophone

Le Pont Cultural Bridge
en collaboration avec le
Centre d'Arts Visuels de l'Alberta

vous invitent à un événement artistique multidisciplinaire mettant en valeur l'apport d'artistes, artisan(e)s et professionnel(le)s issus de l'immigration francophone de l'Alberta.

Venez découvrir les oeuvres 2021 de nos invité(e)s

LITTÉRATURE

Robert Suraki Watum Roger Fodjo

STYLISME-MODE

Alèthe Kaboré

CRÉATION-BIJOUX

Michelle Djedje Guy Armel Bayegnak Joëlle Kacou

Mercredi le 10 novembre 2021 de 17h à 19h
au CAVA

9103 95 Ave NW, Edmonton, AB T6C 1Z4

Dans le respect des règles sanitaires actuelles, une preuve de double vaccination sera demandée.

Merci à nos partenaires

Addictions Don't Discriminate

Here in Edmonton, the drug-poisoning crisis has brought issues related to substance use to the forefront and illuminated the reality that stigma and misconceptions around addiction are still common.

Catch the gripping, interactive Addictions Don't Discriminate public exhibit from November 5th to 9th, 2021 at the Stanley A. Milner Library downtown. The exhibit will be open to the public with no registration required during the following times: • Friday November 5th (10am-6pm) • Saturday November 6th (10am-6pm) • Sunday November 7th (1pm-5pm) • Monday Nov 8th (10am-7pm) • Tuesday Nov 9 (10am-7pm). Please note Naloxone training will also be available hourly starting at 12pm (1pm on Sunday).

This important exhibit is rooted in stories

SIX STORYTELLERS living in our city have shared their stories of pain, addiction and triumph.

ADDICTIONS DON'T DISCRIMINATE

November 5-9, 2021 | Stanley A. Milner Library

AddictionsDontDiscriminate.com #addictionsdontdiscriminate

of lived experiences around addiction, designed to inspire understanding, empathy and action. Through the power of storytelling, it offers a glimpse into the complex world of addiction, uncovering the human experience that lies beneath the statistics and stigma.

Six unique stories, showcased in connection to one another, push us to look beyond someone's substance use and into the lived experience of each individual with empathy and compassion, to help us understand that Addictions Don't Discriminate.



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



Ask about the
CORNERSTONES
PROGRAM



The Mews
AT HAZELDEAN
Future Assisted Living
& Memory Care

Southwoods
COURT NORTH
Independent Living with
Optional Meals

Terra Court South
AT HAZELDEAN
Future Active Adult Rentals



Southwoods
COURT NORTH

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

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



Southwoods
TOWNHOME RENTALS

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

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

Future Development

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



IMPROVING HEALTH AND
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CDLhomes.com



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Message from the President

Hello and welcome to anyone who is new to the Avonmore Community over the summer and fall. Just a reminder that we offer a free membership to everyone new to the community. We are also offering all community residents a chance to provide their thoughts on the future of Avonmore through the Avonmore Vision Project. There is information on this page about both how access free (or paid) membership as well as the Avonmore Vision project. Most of this section is about the League's plans for fall and winter events and programs. What kinds of events and activities we will be able to offer is still very dependent on the number of COVID cases in the province, vaccination levels and other factors we have to manage. Regardless of what happens with COVID related restrictions there will be changes

to how the rink operates. We are going back to how it used to run 4 or 5 years ago with memberships required (get your skate tags), rinks attendants etc.

We welcome your comments on items of concern as well as your ideas for more programs and activities. You can post them on our community Facebook page or send them to programs@avonmore.org or president@avonmore.org.

Finally on behalf of the Avonmore Community the League would like to offer condolences to the family and friends of Bruce Oro. Bruce passed away suddenly in October. He was a great neighbour, a good friend and an active member of the League serving as membership director for several years, as well as co-leading Neighbourhood Watch.

Community Coffee

Community Coffee hour is the first Wednesday of every month at 10 a.m. to noon at the hall. Next Community Coffee date is December 1.

It's a casual come and go event. A time to share news, ideas, concerns and meet your

neighbours. We know the time of day doesn't work for everyone and we are open to adding an evening or weekend coffee time as well. Send an email to president@avonmore.org if you would be interested in a weekend or evening coffee time at the hall.

Parents and Tots

The Parents and Tots group meets every Monday at 9:30 at the hall. There is free play, games, crafts (and more) and makes for a great morning out! For weekly updates join the avonmore parent and tot group on Facebook or email parentandtots@avonmore.org for more information.



Gingerbread Event - In a Box - Order by November 15

Prior to COVID, Avonmore Community League organized a Gingerbread Workshop event on the last Saturday in November. If you attended this event in the past, you'll know it was a really great time! To keep the tradition going, we will again be providing you with everything you need to design and build your own gingerbread house. Like last year, however, you are going to have to build it at home. Although we can't physically get together to share the fun, the League will create

online spaces where builders can share the fun of building houses and display and share their creations with the community.

The kits cost \$25 and can be purchased on Eventbrite at - <https://avonmoregingerbread2021.eventbrite.ca> until November 15th. They will be available for pick up at the Avonmore Hall on November 27th from 4-8pm. The gingerbread and kits are absolutely delicious and are made by our fantastic neighbours at Meat Street Pies!

Avonmore Community League Ice Rinks What's the Same and What's Different for 21-22

There will be ice again this year - both the boarded rink and the snowbank rink beside it. We also hope to have the rink shack open. All our plans are of course subject to COVID related policies/restrictions that may be in place or recommended for outdoor gathering and activities. Opening date is subject to weather conditions - probably around December 1st.

Changes to rink use policy:

Proof of membership required : As always use of either rink is free for members of any community league in Edmonton. The difference this year is that skate tags or a membership card must be shown as proof of membership. Non-members may be turned away by the rink attendant.

Group bookings: Groups can book the boarded rink for games, parties, team practices etc. Rink bookings can be made for the following times: 2 hours on a Friday or Saturday evening after 8:30 p.m. or 2 hours on a

Sunday afternoon between 2 and 6. Cost for booking will be \$100 for evenings and \$50 for Sunday afternoons. Group bookings for other times may be considered.

To encourage new users, we are:

Working with Avonmore School to arrange for classes to use the rink during school hours and helping them organize donation of used skates.

Talking with the organization "Free Play for Kids" to run an 8-week recreational hockey program and/or a learn to skate program.

Elsewhere on this page you will find ads for 2 paid positions at the rink - ice maintenance contractor and rink facilities attendant. There was a time when rinks could operate with only volunteer labour. That is no longer possible. We still welcome volunteers to assist our paid contractors.

If you have questions, concerns or comments about the rink contact president@avonmore.org.

Help Wanted: Ice Maintenance Contractor(s)

Avonmore Community League is looking for a mature adult to maintain the ice on our rinks. This is a paid position responsible for cleaning and maintaining the rink surface as needed. This includes weekly flooding and snow removal as required. The League will work with the Contractor to recruit volunteers to help with maintenance if needed. While experience with ice making/maintenance is

preferred, training will be provided by ice makers/maintainers from previous years who are making the ice this year. The contract will run from late November 2021 to mid-March 2022 depending on weather conditions. The League provides all equipment. If you are interested in this role and/or would like more information, please email your questions and/or your resume to president@avonmore.org.

Wanted: Rink Facilities Attendant

Avonmore Community League is looking for a responsible and mature facility attendant(s) to contract their services to support our rink operations this winter. The paid contractor will work as part of our rink operations team. The attendant will be responsible for opening and closing the outdoor rink and facilities, maintaining the indoor facilities, snow removal to and from the rink, light snow removal from the ice, supporting the ice makers with light duties. They will also be responsible for monitoring rink use to ensure it aligns with policies set by the City of Edmonton and the League. This will include checking that users are members of a community league or have arranged to rent/use



the ice. The contract will run from late November 2021 to mid-March 2022 depending on weather conditions. A more complete job description will be available on our website by mid November. If you are interested in this role and/or would like more information, please email your questions and/or your resume to president@avonmore.org.

COVID Restrictions and Avonmore Community League

Avonmore Community League will be operating under the province's Restriction Exemption Program (the name for the province's proof of vaccination program). Anyone participating in a League organized activity in the hall must provide proof of vaccination or proof of a privately-paid negative PCR or rapid test within 72 hours of service (tests from AHS or Alberta Precision Laboratories not allowed)

• Provincial rules for anyone renting the hall:

- Renters must check for proof of vaccination and must enforce capacity limits for Edmontonians 12 and older.
- It is the renter's responsibility to be familiar with current provincial and municipal public health orders and bylaws, and abide by them.
- The League will include a COVID-19 clause in all rental agreements.

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

Mural Project

Thank you to the 68 people who took the time to complete the online survey for the Rink Shack Mural Project. Here is a summary of the survey results:

The top 2 themes chosen were 'Nature' and 'Connection'

A large majority of respondents chose a professional artist over having the community contribute to the mural

A majority of respondents chose the East wall of the rinkshack for location

Next steps include drafting a call for proposals to send out to artists and exploring funding options.

We'll keep you posted as we move through the process. If you'd like to sign up for email updates, please email vicepresident@avonmore.org.

Active Avonmore - Avonmore Moves

In Avonmore, we are currently running a movement initiative, in support of movement and of mental health. We know there is a definite connection between mental health and exercise!

We started with 8 community members and have increased participation to 23 community members. They regularly track their movement and send in their weekly numbers. In the month of September we travelled 11,007.47 kms. Between June 1st and October 17th, we travelled a total of 32,270.47 kms. That is equivalent to travelling from Vancouver to St John's return, Disneyland return, we are currently working our way to Disneyworld Florida, we are 2/3 of the way there.

The community league generously donated prizes for community members who are participating. We were able to surprise 4 people from 2 years old to 75+ years.

We want you to join us in tracking our movement! To encourage your participation,

we are including kms from a device for walking, running, biking but also workouts: yoga, swimming, dance, skating, hockey/soccer (games and practices), YouTube workouts, Zoom exercises, etc. Anything you or your kids do that is active is eligible! Counting actual kms or 20 minutes of exercise is equivalent to 1.6 kms or 1 hour is 4.8 kms.

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

1. Send me an email at active@Avonmore.org and get started recording your own movement.

2. Sending this same email address to everyone in your Avonmore contact list so they can join in.

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

Hall Rental

The Avonmore Community Hall will be operating under the Restriction Exemption Program. Please visit <https://www.alberta.ca/covid-19-public-health-actions.aspx> for more information or contact Tanya at hallrental@avonmore.org

Avonmore Garden Club

You can check out Avonmore Garden Club on FB for updates, or contact gardenclub@avonmore.org.

Avonmore Book Club

Next Book Club is December 12. We are now meeting at the hall rather than in homes. Please contact president@avonmore.org if you are interested in giving it a try. Everyone is welcome.

Avonmore Community League Membership

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

We hope to engage, develop, and connect our community by bringing residents together to improve our amenities and enhance the quality of life for our neighborhood. Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. In addition, we are thrilled to welcome two local businesses offering exclusive membership discounts to YOU! The Love Shaving Club is offering a 20% discount for ALL online purchases and FREE local shipping. And

for coffee lovers, the Candid Coffee Roasters is offering an in-store 10% discount on ALL beverages.

We must sustain and build our community for future generations by fostering the neighborly spirit. We reside in one of the best communities, so support your neighborhood because "members make the difference!"

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



Avonmore Community League Merchandise

The wait is over... we have Avonmore merchandise available for purchase by emailing the Membership Director at membership@avonmore.org. Should you need a warm or cold beverage, the 10 oz. Insulated Mug will

satisfy your needs or want to add color to your wardrobe and/or stay warm, the Toque has you covered. Community league members received a discount as each item is \$15.00; otherwise, without a membership, each item is \$20.00.

Avonmore Vision Phase 2 (Workshops, Speakers & Survey) : We need to hear from you again!

We've gone through what you told us over the summer and are back to dig a bit deeper. So far we've had two workshops (on September 18 and October 21) but we still have two more upcoming workshops. Both are in person at the Avonmore Community Hall.

Each workshop starts with a guest speaker to talk about a topic and answer questions. After that we have four activities (one on each wall) that you can do at your own pace.



Also, we hope you chat with our volunteers to share your thoughts about Avonmore and our Vision.

The next session is on **November 4 (6pm to 8pm):** Guest speaker on the Development Process and how to influence it.



November 4 (6pm to 8pm): Guest speaker on the Development Process and how to influence it.

The final workshop is on **November 24 (6pm to 8pm):** Guest speaker on the City Plan, District Plans and Zoning Bylaw Renewal.

(Proof of vaccination and ID are required for in-person workshops)

If these sessions don't work for you, we also have an online survey with the same questions. You can find it on our web page: [Avonmore.org/vision](https://www.avonmore.org/vision).

Soccer & Winter Shinny

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

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



Community Swim Postponed/Discounted Passes

Free community swim times have been postponed. We will keep you posted when this great benefit of Avonmore membership resumes.

Discounts on monthly city recreation Center passes are available if you show your membership card. Please visit www.edmonton.ca for more info.

Vision Zero and Shared Street Pilots

You may have noticed the signs and concrete blocks on 89 Street. This is a short term trial that the City is doing at the request of several Avonmore Residents. It is intended to show us what a "shared street" might look like, and is part of Edmonton's "Street Labs" project. The idea is that the small concrete ovals placed on the street will make the road safer by changing how both vehicles and pedestrians use the road. During the project, the city is collecting information on how well it worked, so please provide any comments you have either to civics@avonmore.org or

to 311.

The League has heard concerns about safety on the streets running past Avonmore Elementary School. We will be contacting the school to determine if we can work collaboratively to increase safety in that area.

More information on the Street Labs project is at: https://www.edmonton.ca/transportation/traffic_safety/get-involved-vision-zero

More information on Shared Streets is at: <https://www.edmonton.ca/transportation/shared-streets-mobility-lanes>

Online Community

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

more 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: [avonmoreleague](https://www.instagram.com/avonmoreleague)

COMMUNITY LEAGUE BOARD

| | | |
|-------------------------------|----------|--|
| President | Kris | 780 720-9003 |
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| Memberships | Jean | memberships@capilanocl.ca |
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| CCL Programs | Maria | 780 984-6839 |
| Social Director | Heather | 780 466-1380 |
| Neighborhood Watch | Jeff | 780 469-0026 |
| Southeast Voice | Jill | 780 718-7270 |
| Webmaster | Katie | webmaster@capilanocl.ca |
| Social Media | Jean | 780 863-0914 |
| Sign Rental | Patrick | 780 995-8818 |
| Building & Grounds | Carson | 587-930-6977 |
| Civics Director | Monte | 780 243-7547 |
| Babysitting Registry | Becky | 587 589-5848 |
| Capilano Playschool | Bethany | 780 802-9307 |
| Tennis | Daniel | 780 245-1285 |
| Soccer Programs | Shelley | 780 497-0395 |
| Soccer Programs | Curtis | 780 908-3889 |
| Ice Allocation | Lyriss | 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 the Nextdoor app!

Choose Capilano Hall for your Event

If you're 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, new flooring and a fresh new coat of paint and all amenities are available to make any event special. Hall capacity is 80. 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.

With the new Covid-19 restrictions in ef-

fect; Capilano Community League is participating in the Restrictions Exemption Program. Anyone entering the hall must provide a proof of vaccination, document of a medical exemption or proof of a private paid PCR/rapid test within 72 hours. Masks must be always worn in the hall, except for when eating or drinking.

Additionally, the hall will provide disinfectant for cleaning after your event but will not provide PPE (such as masks).

To book the hall or for more information contact Marzena – 780-909-5886 or visit our website at capilanocl.ca.

Capilano Playschool – Register for 2021/2022!

Capilano Playschool is accepting registrations for the 2021/2022 school year. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week for children aged 3 to 4-years.

The programs include a “Learn Through Play” philosophy that facilitates learning letters, numbers, socialization and self-regulation skills through physical activity, art and

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

For more information on our parent co-operative playschool, or to get a registration package, please contact Bethany at 780-802-9307 or capilanoplayschool@hotmail.com; check out our website www.capilanoplayschool.com; or find us on Facebook! Hurry as space is limited!



Sign Rental

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

Do you have a message for the community, a birthday, anniversary, graduation, or special event that you would like advertised? Advertise it on our changeable sign located at the intersection of 65 Street and 108 Avenue. Sign rental fees: Community League Members - \$10 (\$15 for non-members). Small business/commercial advertising - \$25.

Guaranteed 3 days.

Please note: small business announcements/advertising also accepted at our discretion.

Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements.

Please call as far in advance as possible to avoid disappointment!

Babysitting Registry

Need a babysitter? Contact the Capilano Babysitting Registry to be connected to sitters in your area!

Are you a babysitter looking to meet some new families? Contact us as well! babysittingregistry@capilanocl.ca

Capilano Community Memberships

Memberships for September 1, 2021, to August 31, 2022, are available.

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

As well, memberships are available at:

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

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

--SEESA (Southeast Edmonton Seniors Association), 9350 – 82 Street. Available at front desk during business hours (Cash only).

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

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

New Seniors' Program at Capilano Community Hall!

Thank you to those who came to our first Seniors afternoon on Tuesday October 19! We were small but the chat was plenty, and we all enjoyed a nice visit.

Capilano has brought the SCONA Seniors Centre to the Community League.

We are planning to host an afternoon once a month on the third Tuesday of the month. This seniors' program is new to Capilano Community. The SCONA Seniors program runs at various venues on the South Side of Edmonton, and we have now brought this to Capilano Community Hall.

If you would like to try us on for size,

please call 780-433-5377. Cost is only \$5 (Coffee and snack/lunch provided). Hope to see you there!

Upcoming dates are:

--Tuesday November 16: doors open 12:45 to 2:30 p.m.

--Tuesday December 14: doors open 12:45 to 2:30 p.m.

Potential dates for 2022 - Tuesday January 18, Tuesday February 15

Covid protocols are expected to be in place and please watch for changes/cancellation to the program on our webpage and social media platforms.

Play Rangers Program

Play Rangers is a new City neighbourhood program coming your way!

Program leaders are excited to share an adventure with you that will include fun activities, all taking place during the fall season. Bundle up, as your family does not want to miss out!

Play Rangers focuses on building community and family participation with planned special outdoor activities that can be enjoyed by families or individuals. Children 6-12 years old are welcome to attend on their own.

Starting location will always be the shack at the park and some activities may venture into the community.

Play Rangers will run on Saturdays from September 18 - December 18 at a variety of locations. Neighbourhood playgrounds will either have an AM program time (10:30am-12:30pm) or a PM program time (2-4pm). For more information, check out:

www.edmonton.ca/activities-parks-recreation/playgrounds-spray-parks/play-rangers-playground-program-fall-2021

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www.greenwayspodiatric.ca

Karate Classes - Capilano

Still looking for a fall activity for yourself, your kids, or the whole family? Check out what's happening at Capilano's karate program:

--Youth and family class: great for kids 7-12 years, parents encouraged to join kids to get active and strengthen family bonds by engaging in physical literacy in an activity that can be practiced at any age. Focus is in physical, mental and character development. Give your child the gifts of a positive mental attitude, goal-setting/ attainment, perseverance confidence and self-discipline/ self-control.

--Adult class (13+): take a trip out of your comfort zone and get into karate. Class content will improve flexibility and agility, help with memory, and provide you with a great workout for mind and body. Work at your

own pace yet benefit from working with more experienced students in class in solo and partner training activities. It's never too late to start karate - why not join now?

--Kobudo (13+): for those with prior martial arts training, something different. Push your physical skills through studying the ancient weapons art of Okinawa? Enhance your body awareness and overall body coordination through use of tools such as bo, sai and tonfa! Builds on the skills learned in karate and broadens the appreciation for Okinawa's Indigenous fighting arts.

All classes taught by an internationally-trained black belt instructor with over 40 years' experience in the martial arts. For more information, visit www.kaizendojo.ca or call/ text 780-619-3136.

Total Body Fitness is outdoors!

Your strength and cardio classes are now being offered outside near Capilano Community Hall! This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome!

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

Thursday class at 6:45 p.m.

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

Session runs November 2/4 - December 14/16 (no class November 11).

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

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

Drop-in rate is \$13

Thursday Strong class focuses on getting stronger, no cardio.

Thursday class at 8 p.m.

Session runs November 4 - December 16 (no class November 11)

\$66 (60 for CCL members)

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

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**conditions may apply

Ask Charles

I interviewed a real estate agent who said now is the time to sell because average sale prices in my city rose 15% last month – but the last newspaper article I saw said sales are way down. How is this possible?

It's possible because your real estate agent was likely referring to something completely different than what the newspaper article is describing. While both were referring to conditions in your real estate market, they were looking at different measures of those conditions.

The average selling price is the total dollar volume of all property sales divided by the number of property sales. Average dollar values can be skewed if there is a particularly expensive or particularly cheap property that sells in the time period in question.

Imagine in one month, there are four homes that sell for \$200,000, but a fifth home sells for \$1.5-million – the average sale price of the homes that month is \$460,000, even though only one home sold for more than \$400,000.

Now imagine that in the prior month the number of homes sold was the same but the fifth home sold for \$200,000 not \$1.5-million. That month's average price would be \$200,000.

A single expensive home sale can make the average sale price rise significantly.

When they refer to sales being "way down," they're likely referring to the number of sales. And yes, it's possible to have a higher average price this month over last, but still have lower sales.

Take the example above, but change it so that only two home sales occur – one at \$200,000, and one at \$1-million. The number of sales is much lower (2), but the average price is \$600,000.

There are many things to consider when someone is talking about the state of the market, whether average prices or number of home sales. Remember, all real estate is local. The average price in Calgary doesn't tell you anything about current values in a specific neighbourhood or on your street – and there are wide variations in prices across a city.

Just as the average temperature in Canada tells you nothing about how you should dress for the day, the average house price over a set period of time doesn't tell you how much your home is going to sell for.

Any time you look at housing statistics, you can't do so in isolation. Take in as much information as you can, and look to your real estate professional for market advice and information—but keep in mind that nobody has a crystal ball about what the market will do next.

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

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

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



Emergency
Medical
Services



Yielding to Emergency Vehicles

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

When an emergency vehicle approaches with lights and siren activated:

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

When operating a vehicle:

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

www.albertahealthservices.ca

Male fertility and the COVID-19 vaccine

Are you concerned about getting the COVID-19 vaccine because you think it may make you sterile?

Good news: There is no scientific evidence that any vaccine, including the COVID-19 vaccine in any form, causes male fertility problems or erectile dysfunction. There is no scientific evidence that the COVID-19 vaccine impacts fertility in men or women.

A recent study of healthy men who received an mRNA COVID-19 vaccine looked at sperm characteristics, such as quantity and movement, before and after vaccination. Research-

ers found no significant changes in sperm after vaccination.

The COVID-19 virus, however, targets the blood vessels in your body. When you get COVID-19, those blood vessels do not expand like they should, and that can result in erectile dysfunction. Men with COVID-19 may experience erectile dysfunction, even if they have a mild case of the virus.

Vaccination remains our best means of preventing COVID-19. Even healthy Albertans are at risk of severe illness and even death from this virus.

You cannot get COVID-19 from the vaccine. The vaccine does not change your DNA.

Vaccines make your immune system stronger. They build antibodies to help prevent diseases. Immunization is safe. It is much safer to get immunized than to get COVID-19 disease.

Immunization is the single most effective means of protecting yourself, your loved ones and the greater community from COVID-19.

All Albertans who are eligible are encouraged to book their COVID-19 vaccine by calling 811, visiting a walk-in clinic, contacting a doctor's office or visiting bookvaccine.alberta.ca.

Ivermectin and COVID-19

Ivermectin is an anti-parasitic medicine developed to treat worms and parasites in animals. It has also been found useful in treating some human diseases related to worms and parasites.

But parasites are not the same as viruses, and COVID-19 is caused by a virus.

Neither the veterinary nor human drug versions of ivermectin have been deemed safe or effective for use in treating or preventing COVID-19.

Even the drug manufacturer has issued a statement that ivermectin should not be used for COVID-19.

There is no evidence that ivermectin benefits COVID-19 patients, but there are known harms. Ivermectin use has been associated with rash, nausea, vomiting, low blood pressure, abdominal pain, tremors, seizures and severe hepatitis (liver disease) requiring hospitalization.

The use of veterinary versions of ivermectin is especially risky because they may contain ingredients not used in medications for humans, and they are meant for use in much larger animals like horses and cattle. Consuming large amounts of veterinary iver-

mectin can cause poisoning and even lead to death.

Alberta Health Services' Scientific Advisory Group has reviewed the existing studies using ivermectin in the prevention and treatment of COVID-19.

The Scientific Advisory Group agrees with expert groups that include Health Canada, the Food and Drug Administration, World Health Organization and professional regulatory groups such as the College of Physicians and Surgeons of Alberta and the Alberta College of Pharmacy. There is no high-quality evidence that ivermectin is effective against COVID-19.

Visit www.ahs.ca/covid to get the facts on ivermectin, and to view the full report from the Scientific Advisory Group.

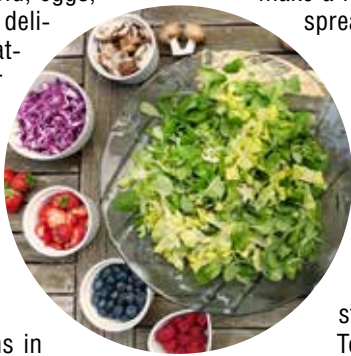
Vaccination remains our best means of preventing COVID-19. Our COVID-19 vaccines are safe, fully approved and have been studied in high quality trials of tens of thousands of people. All Albertans who are eligible are encouraged to book their shot by calling 811, visiting a walk-in clinic, contacting a doctor's office or visiting bookvaccine.alberta.ca.

Enjoy a meatless meal

Looking for vegetarian or vegan protein choices for your next meal? Instead of meat, you can use beans, lentils, tofu, eggs, nuts or seed butter to make delicious, healthy dishes. Meatless meals are excellent for anyone, not just people who avoid meat for religious or cultural reasons.

Six simple ways to update some popular recipes:

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or a hard-boiled egg.
- Add tofu to a vegetable stir-fry.



Puree cooked black beans, white beans or chickpeas. Then add herbs and spices to make a fast and easy dip or sandwich spread.

Use nut, seed or soybean butters. Add them to dips, smoothies or spread them thinly on breads or crackers for a snack or quick protein boost.

For recipes using meat alternatives or to find out more, go to healthyeating-startshere.ca.

To find out more about vegetarian diets or alternatives to meats, ask your healthcare professional to be referred to a dietitian.

Tips on avoiding peanuts and tree nuts

Children with a peanut allergy need to choose peanut-free foods. Children with a tree nut allergy need to choose tree-nut-free foods.

Some classrooms, schools and childcare centres ask that children bring foods that are free of peanuts, tree nuts or both.

- How can you tell if a food has peanuts or tree nuts in it?
- Food products that contain peanuts are labelled with the word "peanut."
- Food products that contain tree nuts are labelled with the name of the nut. Common tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts.

If you have a peanut or nut allergy, or have a family member who does:

- Read the entire ingredient list and the "contains" statement on the food label every time you buy a product, because the ingredi-

ents may change.

- Avoid foods that have the words "contains" or "may contain" peanuts or tree nuts on the label.
- Avoid using utensils or cooking equipment that have come in contact with peanuts or tree nuts when making food. Cross contamination is when peanuts or tree nuts are transferred accidentally to another food, object or person. Even a small amount of peanut or tree nuts can cause an allergic reaction.

Always carry medication and/or epinephrine auto-injector that can treat an allergic reaction.

Ensure family members, school and friends are aware of the allergy.

Consider wearing a medical identification bracelet that provides information about the food allergy.

For more information, search "nut allergies" at ahs.ca.

Creating awareness around addiction

There is no single cause of addiction. However, people can do a few small things to help prevent addiction in themselves and others. Even small actions can make a big difference.

National Addictions Awareness Week takes place Nov. 21 to 27. It is an opportunity to talk about what people can do to help prevent addiction.

Addiction is common, but can also be complicated to explain. It may be different for each person, depending on:

- The drug or behaviour involved
- The person's psychology, biology, and genes
- The person's past experiences
- The person's life situation
- How available the drugs are
- How socially acceptable the drug or behaviour is.

The following steps can help prevent addiction:

- Consider your choices. If you or someone you know seems to be using a drug more and more in certain situations, look for ways to avoid those situations.
- Be aware if there is a history of addiction in your family which helps you better understand your own personal risk factors.
- Learn how addictive any drugs are. This includes alcohol, caffeine, and prescription drugs.
- Some drugs are more addictive than others.

Educate yourself on these differences and factors that could make them more addictive for you.

Be aware of stress and how it can impact your consumption of substances. Try to address stress in other ways before it escalates. If someone is already having trouble controlling their behaviour or use of drugs, encourage them to seek help.

There are resources available to help individuals, families, schools and communities. Visit www.ahs.ca/amh. These resources include information on what individuals can do for their mental well-being including self-care tips, which can reduce the chance of addiction occurring.

Some examples of positive self-care include:

- Asking for help
- Treating yourself with respect as you would treat a friend
- Going for a walk
- Practicing gratitude
- Laughing often
- Understanding your emotions
- Trying a new hobby.

If you or someone you know is struggling with an addiction, it is important to know that help is available. Albertans can get more information and help by calling Health Link at 811 or the Addiction Helpline at 1-866-332-2322.

Learn more about acne

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

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

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

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

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

What causes acne?

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

For most people, acne starts during the teenage years. This is because hormone changes make the skin oilier after puberty starts.

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

What are the symptoms?

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

How is acne treated?

To help control acne, keep your skin clean. Avoid skin products that clog your pores. Look for products that say "non-comedogenic" on the label. Wash your skin once or twice a day with a gentle soap or acne wash. Try not to scrub or pick at your pimples. This can make them worse and can cause scars.

If you have just a few pimples to treat, you can get an acne cream without a prescription. Look for one that has adapalene, benzoyl peroxide, or salicylic acid. These work best when used just the way the label says.

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

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

What can be done about acne scars?

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

Are You Good At Repairs?

Cloverdale Community League (CCL) Maintenance Crew (aka The Red Green Crew):

The CCL is entirely managed and operated by volunteers. We need the assistance of a few handy persons to deal with minor maintenance and repairs as they occur (e.g replacement of light bulbs, replace faucet washers, change filters.) A small selection of hand tools is available. You would also help

identify larger maintenance issues and help secure competitive bids for work that needs to be outsourced.

These are all opportunities for you to give back to the CCL in meaningful and practical ways. Many hands make light work. Here are ways for you to get involved. For more information or questions, contact Reg at past-president@cloverdalecommunity.com.

Cloverdale and Riverdale Communities Soon Reconnected

The Valley LRT line has been in testing for the last few months and, for the first time, a test train crossed the new beautiful Tawatin Bridge that spans the river.

The Muttart stop, the last one northbound to downtown, is almost complete with landscaping shaping up nicely with new trees, shrubs and rock transforming the once unsightly construction zone. This can only mean one thing—the long awaited line should be open soon... well, not quite. The latest update from TransEd is that the train line is delayed until early in 2022 BUT the long awaiting pedestrian bridge slung below the bridge itself is set to open to cyclists and walkers sometime in November.

With that pending excitement in the air, the two communities of Cloverdale and Riverdale on either side of this lovely bridge will soon be reconnected and want to celebrate the occasion.

Final details are still being finalized since the actual bridge opening date has not yet been released. But suffice it to say both Cloverdadians and Riverdadians are itching to be the first to cross. Plans may include: a ceremonial “meeting in the middle”, including the new Mayor Amerjeet Sohi and Ward Mts Councillor Ashley Salvador; children’s drawings of the new bridge or short essays on what the bridge opening means to the two communities; and perhaps we will see goodies shared from the special purveyors on either side, such as Culina Muttart and Little Brick.

Stay tuned, as it will definitely be something to rejoice in as we have been patiently waiting to get reconnected. Watch for postings on Nextdoor, or visit our website on how you can participate when details become finalized. www.cloverdalecommunity.com/#news

Board Member Contact Sheet

| Position | Name & E-mail |
|---|--|
| President | Name: Dave 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: Al Email: treasurer@cloverdalecommunity.com |
| Civics Director | Name: Carly Email: civicsdirector@cloverdalecommunity.com |
| Folk Festival Liaison Director | Name: Jayne Email: folkfest@cloverdalecommunity.com |
| Communications Director | Name: Alexa Email: communications@cloverdalecommunity.com |
| Social Director | Name: Leigh Email: socialdirector@cloverdalecommunity.com |
| Program Director | Name: Michelle K. Email: programmedirector@cloverdalecommunity.com |
| Membership | Name: Marilyn Email: membership@cloverdalecommunity.com |
| Committee Leads | |
| Casino Coordinators | Name: Braden Email: casino@cloverdalecommunity.com |
| 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 Email: communitygarden_chair@cloverdalecommunity.com |
| Seniors | Name: Vacant Email: seniors@cloverdalecommunity.com |
| LRT Citizens Committee | Name: Graham Email: lrtcommittee_cochair@cloverdalecommunity.com |
| Gallagher Park Concept Plan | Name: Kirsten Email: lrtcommittee_cochair@cloverdalecommunity.com |
| Abundant Community - Neighbourhood Connectors | Name: Marilyn Email: neighbourhoodconnector@cloverdalecommunity.com |

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Community Garden Seeking Volunteers

1. Community Garden Committee Chair: The Cloverdale Community Garden is looking for a volunteer to chair the committee for the 2022 season. This position is vital not only to the Community Garden but also to the Cloverdale Community League (CCL). The position is part-time. Duties include: Chair meetings; set the agenda with input from members; represent the Community Garden at the CCL meetings; address concerns about the garden with the assistance of other Community Garden members; inform and cooperate with the Bennett Centre; represent the Community Garden on the Board of the CCL and present

the Garden Club report at the CCL AGM. For more information or questions, contact Reg at pastpresident@cloverdalecommunity.com.

2. Community Garden Coordinator: Oversee the operation of the garden; primary contact for garden operational concerns; ensure that the equipment is in good working order; oversee maintenance of the Food Bank Plot; maintain the process for collecting volunteer hours. This position works closely with the Community Garden Committee Chair. It's a part-time seasonal position. For more information or questions, contact Reg at pastpresident@cloverdalecommunity.com.

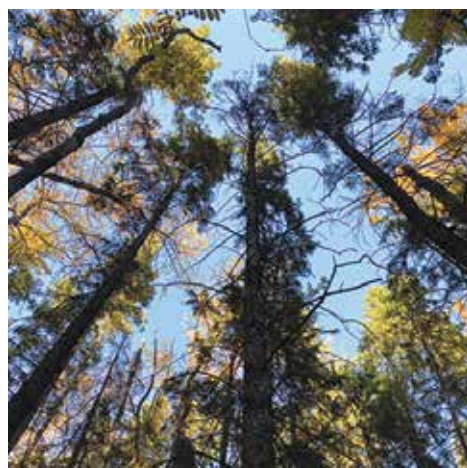
We are all treaty people

For thousands of years, when an Indigenous person visited the lands of another nation, it was customary to say something like, "I acknowledge that I am on the traditional territory of X nation." It was an act of diplomacy, a way of saying, "I understand who is responsible here and I come in peace."

Today, a territorial acknowledgement is an act of reconciliation. It demonstrates respect for the Indigenous peoples on this land both in the past and in the present, and recognition of their historic and ongoing oppression.

The Forest Terrace Heights Community League board of directors began a discussion about making a land acknowledgement in 2020. We drafted the text below with guidance from a number of sources, including an Indigenous consultant from the Edmonton Federation of Community Leagues. Then, at the October board meeting, we unanimously voted to post it on our website and at the hall, promote it on our social media accounts, in our monthly newsletter and here in the Southeast Voice, and to include a verbal acknowledgement at every meeting.

We understand that this is a small step, and that much more effort will be required to forge real understanding and improve relations with Indigenous peoples. In this spirit of reconciliation, we had hoped to offer a community event to bring Indigenous and non-Indigenous people together to share and learn. But the pandemic keeps getting in the way and we



don't want to delay this acknowledgement any longer.

The Forest Terrace Heights Community League respectfully acknowledges that we are located on Treaty 6 territory and in Region 4 of the Métis Nation of Alberta. For thousands of years, this has been the home and gathering place of treaty signatories the Cree, Nakota Sioux, Stony, Saulteaux and Cree-Iroquois, and of other Indigenous peoples, including the Blackfoot, Dene and Métis.

We make this acknowledgement as an act of reconciliation and to honour those who signed the treaties with the intent that we live alongside one another harmoniously. We recognize that all Albertans are treaty people and have a responsibility to become aware of our shared history and to understand the spirit of Treaty 6

so that we can create a just future built on peace and friendship.

We are grateful for the opportunity to live, work and play on this land and to the people whose histories, languages, and cultures continue to enhance our community.

Thank you Brian & Terry!

While our Nominate-a-Neighbour bouquet program took a break during the summer, neighbourliness did not.

Janice nominated her neighbours Brian (pictured) and Terry not just for their help with early-morning snow shovelling last winter, but also with spring and fall rototilling.

Has a neighbour reached out to you or made a difference on your block? If so, email Sonya@forestterrace.org or leave her a voice-mail at 780-463-1613 and put in their name for our monthly Nominate-a-Neighbour bouquet. Be sure to tell her what makes your neighbour special.



Get some Gûd food

The Forest Terrace Heights Gûd Box is a large, \$30 box of fresh, seasonal produce delivered twice a month to our hall by an Edmonton company.

Selection is always changing but boxes feature staples such as carrots, apples, potatoes, onions, and a variety of other fresh produce based on availability. Pictured above is the

contents of one box from this summer.

A portion of each purchase goes to the league to help support free and low-cost programs and events in the community.

The next round of orders is due before 10 a.m. Nov. 22 and can be picked up between 4:30 and 6 p.m. on Friday, Nov. 26, at the hall, 10150 80 St. Order at thegudbox.ca/ft.

Board updates & changes

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

The board treasurer position is still vacant and potential volunteers are reminded that you do not need to be an accountant or bookkeeper; you just need to be organized and able to commit a few hours a month. If you are interested, please contact Kathleen at vp@forestterrace.org. Members of the board receive free membership in the league and one free hall rental per year. They are expected to attend board meetings, held on the first Tuesday of every month except July and August.

Community league weekly free swims are still suspended but may resume this month.

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

The board's next meeting is Tuesday, Dec. 7, at 7 p.m. on Google Meet. All community members are welcome. Contact Meagan@forestterrace.org for a link.

Urban poling now on Thursdays

Urban poling has moved to Thursdays at 7 p.m. to better accommodate participants.

The group meets outside the community hall and usually walks from two to 3.5 ki-

lometres. A membership in any community league is required, but it is otherwise free. Email Sonya@forestterrace.org for more information.

Want free kids books?

There's room for more kids in The Heights Imagination Library.

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

Since our branch was set up one year ago, more than 300 books have been distributed to children in the area.



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

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clubs and classes at
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Facebook Live Town Hall




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Heather McPherson


7:00 pm, Thursday, November 18

Find Heather's page at [HeatherMcPhersonNDP](https://www.facebook.com/HeatherMcPhersonNDP)

Email questions in advance to heather.mcpherson@parl.gc.ca (put Town Hall in the subject line).



Heather McPherson
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BOARD

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7808867794

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7809515253

Gavin
Vice President Civic Affairs
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Sherry-Lynn
Hall Rental
hall@fultonplace.org

Ice Rink
Shawn
rink@fultonplace.org

Babysitter Registry and Course
info@fultonplace.org

Miles
Seniors Liaison
info@fultonplace.org

Babysitters in Fulton Place

Are you in need of a babysitter? We have a Babysitter Registry with young community league members who are certified through the Red Cross program.

Please email info@fultonplace.org with permission for us to share you contact with those on the list to contact you and arrange for babysitting services.

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INSTA: @SKIPTHEGYM.YEG

AGM

Fulton Community League AGM Notice
Monday November 15, 2021
7:00 p.m. at the Fulton Place Hall, 6115 Fulton Rd NW

Nov. Board Meeting to follow at 8:00 p.m.
Come meet your community league board and learn more about your community!

There are several positions on the FPCL board that are up for election, including President, Vice President - Civic Affairs, Membership Director, and Facilities Director. If you are interested in one of these board positions, please contact Mike Reimer at president@fultonplace.org.

The AGM will be livestreamed along with in-person attendance for those with REP cards.

On Line Programs for Parenting

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

• Infants Can Talk with Their Hands



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

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

Please call
780-667-4383
or email
jessicam@fultonchildcare.org
to register.

• (A little) Messy Play is Fun Play



In this 4 week program participants will be encouraged to explore various types of messy play. A copy of any of the recipes used

during the program will be available so that messy play can be created again and again.

Thursdays from 9:45 – 10:30am
Zoom Meeting (ID# given at registration)
November 18 - December 9

• Winter Fun for Everyone!



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

and crafts that are seasonally appropriate and fun to explore.

Wednesdays from 9:45 – 10:30am
Zoom Meeting (ID# given at registration)
November 17 – December 8

Memberships

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

Needle Felting Workshop

On Sun. Nov. 14 from 1pm to 4pm join our fibre studio and learn how to needle felt an adorable donut creation. Hosted by one of our neighbourhood businesses Little Blue Fibre Studio, the session costs \$45 sign up through our League Director Lisa at programmer@fultonplace.org.

Fulton Place Page Turners Club

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

Newborn Screening Awareness

September is Newborn Screening Awareness Month

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies.

Newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about. It's possible to have one of the screened conditions even if there is no family history.

Screening helps your baby have the best start to life possible. The tests are quick and safe, and they can be done shortly after birth.

About Alberta's newborn screening programs

AHS provides these services free of charge through our two provincial programs.

Alberta's Early Hearing Detection and Intervention (EHDI) Program: This program identifies permanent hearing loss as early as possible in a baby's life. This is one of the most common conditions found in newborns.

Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays. It's best for your baby to be screened for permanent hearing loss by one month of age.

Alberta's Newborn Metabolic Screening (NMS) Program: This program uses blood spot screening to find certain serious condi-



tions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can begin sooner to prevent irreversible problems, improve health and maybe even save your baby's life.

It's best for your baby to have newborn blood spot screening between 24 and 72 hours

after birth.

Where is screening offered?

You'll be offered to have your baby screened in hospital before discharge or given information on where to get screening done in the community.

Learn more at ahs.ca/newbornscreening.

Gold Bar Executive

| Name | Position | Email |
|------------------------------|------------------|------------------------------|
| *President | Adam Rompfer | adamrompfer@yahoo.ca |
| *Vice President | Jamie Melnyk | jamie21_twitcher@hotmail.com |
| *Secretary | Cody Charlene | codycharlene86@gmail.com |
| *Treasurer | Nicole Kraychy | nicolegoldbar@live.com |
| Bingo Director - Fort Road | Jessica Negrey | negrey@shaw.ca |
| Bingo Director - Parkway | Charlene Lazenby | charnelazenby@gmail.com |
| Bingo Worker Director | Lorie Smith | loriesmih@gmail.com |
| Casino Director | Isabella Pierce | bella.edm@shaw.ca |
| Communications Director | Lisa Shorten | brian.lisa.shorten@gmail.com |
| Community Liaison | Rhae Hansen | gbcl.liaison@gmail.com |
| Director At Large | Pat Chmilar | p.chmilar@icloud.com |
| Social Director | Ronda Lisowski | magicianronda@gmail.com |
| Financial Director | Andrew Mason | andrewroycemason@gmail.com |
| Green Shack Program Director | Joelle Zimmerman | Joelle_zimmerman@gmail.com |
| Hall Manager | Liisa Armstrong | goldbarhallrentals@gmail.com |
| Membership Director | Amy Cooper | Amycooper88@outlook.com |
| Programming Director | Sharon Harker | gbhallfun@gmail.com |
| Sign Director | Alison Boese | akcurtis23@yahoo.ca |

Goldbar Community Memberships Available Now

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP- CASH ONLY (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) come check out these wonderful business and pick up your community membership- CASH/CHEQUE ONLY.

On the second Tuesday of every month, show your membership card at Blues Java Caf   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)

Membership Contest!

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!!!!

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

Bingo

We are always welcoming new workers for our community bingos. All proceeds help fund events in our community. Please give me a call if you are interested, would love to have you join in the fun! Lorie Smith 780-447-1110.

Upcoming events:
Fort Road Bingo Hall
Tuesday Nov 9 afternoon and evening events

Tuesday Nov 16 afternoon and evening events

Wednesday Dec 29 afternoon event only
Parkway Bingo Hall:

Monday Nov 15 evening and late night events

Saturday Nov 27 afternoon only

Monday Dec 27 evening and late night events

Mom and Me Fitness

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn. We will be outdoors beside the playground for as long as possible this fall and move inside the hall as the weather turns too cold. Bring a yoga mat, water, and anything your kids need. People without kids are also welcome to join.

This class runs Mondays from 930-1030am Nov 1-Dec 19 at Gold Bar Community Hall. New session starting January, although you're welcome to join anytime.

Contact Lisa to register or with any questions.

Mondays \$70

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

The Christmas Amazing Race

Keep your eye out for the Christmas Amazing Race Activity Bag registration form coming out soon. Thank you to EPCOR , the SIA, and

Gold Bar Community League for their sponsorship of the Halloween Gift Bags, and The Christmas Amazing Race!



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Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands and kettlebells, with a longer mobility focused warm up.

Sundays 7-8pm. This session runs Nov

7-Dec19

Contact Lisa to register or with any questions.

Sundays \$70.

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

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Holyrood Community League Contacts

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

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League

Purchase memberships through efcl.org/membership/

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

WINTER CLOTHING DRIVE

Holyrood Community League is working to support our wider community after a fire in early October wiped out most of Hope Mission winter supplies for the community's most vulnerable population. If you have any winter clothing, new or gently used, including but not limited to toques, mittens, boots, snow pants, sweaters and jackets, please put items in a

waterproof bag (garbage bags are fine) and bring them to the rink shack at Holyrood park on Saturday November 20, 2021 from 10am - 2pm. All items will be donated to the Hope Mission.

If this time does not work but you would like to donate clothing please send an email to programs@holyroodcommunityleague.org.



BOARD MEMBERS NEEDED

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

Our current positions include Rink Shack

Helper and Social Director, and we are looking for more volunteers for our Holyrood Development committee and the community garden committee. Email Larissa at president@holyroodcommunity.org for more information.

Vice President

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

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

Fitness & Sports Director

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

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

Social Director

The gist of it- Plans & executes opportunities for our community to connect! A deeper look- This is a new portfolio for the Board.

We envision this person taking the lead on the smaller initiatives in the community (such as gingerbread houses and scavenger hunts), but also helping brainstorm for the socially

distant events that make our neighbourhood so fun!

You will have assistance learning how to apply for grants, assess new connection opportunities, organize volunteers, and work closely with various members of the board to bring things to fruition.

Rink Shack Helper

The gist of it - A position that assists with rink shack issues. A deeper look - Is there an alarm going off in the rink shack? Did someone graffiti the rink?

If the answer is yes, you are our hero! This position is not at all time intensive, requiring occasional phone calls to utilities or other services.

BABYSITTERS COURSE

For those who missed it this summer, Holyrood community league is hosting a Babysitting Course through Spectrum Safety Services / Second Chance CPR & First Aid for any interested prospective babysitters ages 11 and up.

It will be held Saturday November 20, 2021, 9 am - 4 pm in the fellowship hall at First Church of God 9224 82 St NW, Edmonton, AB. Class is \$70.00

In this 7-hour session, you'll learn some babysitting basics, what to expect of children of different ages and how to handle emergencies - all the information parents will want

you to know. We'll also throw in tons of useful tidbits and suggestions that will make you the most popular babysitter on the block!

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

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

COMMUNITY LEAGUE SWIM PROGRAM

The 2021/22 Community League Swim Program continues to be on hold. Aquatic Bookings will provide a further update to community leagues regarding the program by October 29th. In the meantime, the City continues to

offer as many public swim opportunities as possible. Check them out online at https://www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools or dial 311

PLAY RANGERS SCAVENGER HUNT

Bundle up for the fall, as your family does not want to miss out on this fun! Up for an adventure? Join us as we venture around Holyrood trying to find everything on a scavenger hunt!

November 6th, 2-4pm - meet at the green

shack in the park. Children 6-12 years old are welcome to attend on their own.

What to Bring:

- ~ Closed Toe Shoes
- ~ Dressed for the weather
- ~ Water/Snacks

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

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 any-

one 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!

Monthly Community Meetings

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

Fitness Classes

-Fall into Fitness

Starting September 20 - Mondays, 7:00 - 8:15 p.m.

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

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

-Yoga

Starting October 7 to December 16 - Thursdays, 6:30 p.m.

Come join Tori Lunden at the hall for a yoga class. These gentle, all-level classes are a great way to venture into a new yoga practice and/or compliment your existing exercise regime. These slow moving, occasion-

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

Each class combines a variety of functional mobility exercises with breath work, relaxation techniques, and feel-good stretching. Modification options are always given to accommodate personal wants and needs. This class is great for beginners and folks who are rehabbing injuries. All movements and breath work are trauma sensitive. Free for Idylwylde community league members (memberships available at the hall)! To register email programs@idylwylde.org.

To participate in our fitness classes we require proof of vaccination or a proof of a privately-paid negative rapid test result taken within 72 hours of service, or documentation of a medical exemption. Card size vaccine records can be accessed at alberta.ca/CovidRecords. Masks and distancing are also required.

Join our Special Events Team

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

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

We are looking for creative and enthusias-

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

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

Taking smart risks

Risks are a part of life.

Taking smart risks means knowing an activity's risks and then managing those risks to prevent injuries. The smart risk approach includes six steps:

Look first

Think ahead and know the risks. You can only choose to take a smart risk if you know what the risks are. Prepare and plan before the activity so you can make smart choices.

Before you do an activity like cross the street, ski down a hill, or climb a ladder, understand the risks and know how to manage them.

Wear the gear

Use protective equipment, like helmets and elbow and knee pads. Wear the right clothing and gear such as safety glasses. Wearing the right gear lowers the risk of an injury at home, work, or play.

It's also important that you wear or use the right size of gear for your body. No matter what you're doing—riding a bike, using tools, or going for a walk—wear the right gear.

Get trained

Training and practice help you learn how to do an activity and get better at it. This helps to lower your risk of an injury.

Training includes job safety training, ski lessons, and driver education.

Buckle up

Wear a seat belt (a type of safety buckle) when you're in a vehicle, no matter how short the trip is. Seat belts and child safety seats save lives and stop injuries from happening.

Safety buckles aren't just for using in cars. Make sure to use the safety buckle on your helmet and life jacket too. Buckle up every time.

Stay sober and avoid distractions

Staying sober means no alcohol or drugs in your body. Staying sober allows you to be in full control of your mind and body while doing an activity or driving any type of vehicle, such as a car, truck, boat, all-terrain vehicle (ATV), or snowmobile.

To lower the risk of an injury or accident when you drive, it's also important that you're not tired or distracted, for example, by your cell phone or other people in your vehicle).

Remember that children under 16 should not drive a snowmobile or any size of ATV.

Get help

Find support when you or someone you know needs help or support. It can be hard to deal with issues and challenges in your life when you face them alone. It's OK to ask for help. Ask your family healthcare provider for help or call Health Link at 811 to speak with a registered nurse.



Start your day with a healthy breakfast

There are many good reasons to start the day with a healthy breakfast. Eating breakfast and other meals and snacks throughout the day can help you and your family have more energy for school, work and play. People who skip breakfast often have lower intakes of calcium, iron and fibre. These are nutrients for growth and health. Breakfast can be simple and still meet your nutrition needs.

Parents and caregivers are role models for

children. Enjoy meals and snacks with your family as often as you can. Breakfast can be a good chance to share a healthy meal.

- Explore new healthy foods
- Explore cultural and traditional foods.
- Whole grain hot or cold cereal with fruit and low-fat milk (skim, one per cent or two per cent milk fat)
- Whole grain toast, bagel or English muffin topped with nut butter and sliced banana.

Rural and remote communities benefit from Screen Test Mobile Mammography Clinic

About Screen Test Mobile
Screen Test Mobile is a service provided by AHS as part of the Alberta Breast Cancer Screening Program. Staffed by a team of technologists, the two 53-foot mobile screening units are “clinics on wheels.”

AHS continually strives to help reduce barriers to healthcare by providing free breast cancer screening where women live. The mobile units visit 120 rural and remote communities across Alberta, including 26 Indigenous communities, to offer high quality digital screening mammograms that consistently meet or exceed national standards.

Since launching the mobile mammography service in 1991, Screen Test has completed more than 308,500 screening mammograms (breast x-rays) and found 1,845 cases of breast cancer.

Breast cancer screening and you
Breast cancer is the most common cancer found in women and the second leading cause of female cancer deaths in Alberta. The good news: Having regular screening



mammograms is the best way to find breast cancer early, before there are symptoms and when treatment may work better. Remember, breast cancer screening is for people who may feel healthy and have no symptoms.

“Move in for Christmas”

Top Floor 2 Bed/2Bath Condo



- * Air Conditioned
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- * Workshop
- * Library
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Call me, “Craig Stenersen” and let’s chat about the benefits of Condo Living. “Fulton Court” has been my home for 17 years!!

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“Seniors Real Estate Specialist”



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D.C., R.Ac



Dr. Henry Tso
D.C., BScKin



Jangira Boychuk
RMT



Miranda Pisani
RMT

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Serving our community with corporate and personal taxes.



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BOARD MEMBERS

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

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

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

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/ConnectedNeighbour-sCommunityCard.pdf

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

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>

VOLUNTEER OPPORTUNITIES

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

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

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

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

Memberships

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

They are also valid for discounts at city rec centers and pools.

Email Rebecca at: membership@kenilworthcommunity.com

[kenilworthcommunity.com](mailto: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!

Kenilworth Off Leash Dog Park

Closed on October 31st So grateful to all the volunteers who supported the unlocking and locking of the gates every day. It was great to meet the dog community: see you next year.

Kenilworth Crib Club

Thank you to Rhys who has coordinated our crib club for the past 15 years. Rhys has decided to step back, on behalf of KCL THANK YOU!

If you are interested in joining our crib club you can contact Liz at rentals@kenilworthcommunity.com

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00

\$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

*Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

By-Laws

Kenilworth Community League is in need of a bylaw re-write. If you are an individual who enjoys policy development and would like to

add some skills to your resume: we could use your help. Reach out to Irene: president@kenilworthcommunity.com

Skating Rink and Ice Trail

The weather is turning and we are getting ready to install the ice rink and hoping for the ice trail as well. It takes a great community to make this happen and your donation is always welcome for our ice rink. If you wish to donate please reach out to Irene at president@kenilworthcommunity.com or you can donate

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

Thank you for your generous support.

<https://www.canadahelps.org/en/charities/kenilworth-community-league/campaign/kcl-ice-rink-2021-2022/>

QR Code Event

Kenilworth Hall 7104-87 Avenue Sunday, November 7th 1 – 3 pm

Kenilworth Community League is opening our doors to help members who could use some assistance with the QR Code for Proof of Vaccination. Do you have a neighbor who could benefit from our QR event? Please share this information.

We will have a laptop, printer, and laminator to help you.

Stop by: wear a mask, take a seat, have a coffee and a cookie and we can print out your QR code.

Please bring your AHS number and the dates of your immunization so we can look up your profile and print out the QR Code.

Have a question: text/call Irene at 780 695 2009 or

Email: president@kenilworthcommunity.com

Annual Sleigh Ride and Chili Supper

Save the date!

Holding the event will be subject to COVID protocols at that time.

Friday, November 26

Kenilworth Community Hall

7104 – 87 Avenue

5:30 – 7:30 P.M.

FREE Event with a Food Bank Donation

Enjoy Chili Supper, Hotdogs

Christmas music, Sleigh Rides

Christmas Crafts for kids

Fun for the Whole Family

Scrapbooking At Kenilworth Hall

We are happy to tell you that our scrapbooking evening will continue at Kenilworth Hall this fall and winter of 2021-2022

Anyone who is a scrapbooker is welcome to come and spend the evening with a lovely bunch of scrapbookers. There is no vender, so please bring whatever you need. There is room to spread out and have a large table all to yourself or if you prefer digital scrapbooking there is Wi-Fi in the hall for those who want to bring their lap top computers.

We are all responsible for setting up and taking down any tables and chairs we use (we help each other). These group sessions are a

great way to get those photos organized, tell your family history, or show off your vacation photos.

Coming once a month will help keep you motivated in getting your photos in order.

When: The last Monday of November and in 2022...January, February, March, April, May, and June.

Time: 6:30-10:00 pm

Where: Kenilworth Hall 7104 87 Ave

Cost: \$0

Hope to meet some new faces.

For more information: Linda Burns 780-951-5339 lmiburns@gmail.com

Adult Badminton

The Kenilworth Badminton Club expects to be playing badminton during the 2021-2022 season.

Our normal start time is early October and we usually play on Tuesdays and Thursdays.

We are dependent on getting access to Kenilworth School from the city to operate our club. Since access is uncertain and can change, for current status, please contact: kenilworthbadmintonclub@protonmail.com

Ottewell

Executive & Board Members

Executive:

President – Colleen
Vice President – Michelle
Secretary – Rebecca
Treasurer – Eric
Past President – Corinne

Board Members:

Bingo Director – Tyler
Casino – Open
Grants – Chelsea
Big Bin – Andrew
Building Projects – Lukas
History of Ottewell Committee –
We need more members!
Indoor & Outdoor Soccer Director – Cory
Summer Playground Director – Open
Social Team – Many OC Members
Playschool Director – Jason
Rink Director – Tom
Membership Director – Sandra
Communications – (Facebook) – Hailie
Website – Taylor
SEV Liaison – Darlene
EFCL Rep – Corinne
SECLA Rep – Sandra

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

Ottewell Community League

5920 93A Avenue NW
Edmonton AB T6B 0X2
Hall Manager – Tim

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, November 16 at 6:30.

If you would like to attend, please email oclpres2021@gmail.com. You will be sent a meeting invitation.

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

Playschool

We have begun our school year with so much excitement, we welcome all students and look forward to a wonderful fall session / winter session.

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

Ottewell Community Celebrates 60 Years

Over the last few months we have shared stories from Ottewell Community residents, the past history of our vibrant community. We asked our smallest community members to share what they like about growing up in Ottewell!

I like my friends and neighbours, that you can trust in Ottewell. There are good houses and two close parks and a splash park, and a bike park. I love the Farmers Market and the kind vendors that are there. I like eating at the food trucks. By Phoenix age 10

I like Ottewell because I like my friends and because there are a lot of dogs. I like my neighbourhood that has big trees. I like Ottewell because it is my home. By Griffin age 7

My Favorite things about my community Ottewell is the park and of course the rink. By Gregory age 10

I like Ottewell because the people/neighbours are so friendly. By Breanna age 13

I like Ottewell because I live next door to my best friends! And thankful we have no tornadoes or earthquakes. By Sofia age 8

I love my neighbourhood ottewell because of the parks and playground. The back alleys are great for street hockey games, and the rink in the winter is the best! I love that I can walk to my school. By Tyler age 9

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

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

Edmonton Tool Library

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

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

through the Edmonton Federation Of Community Leagues website or at any Edmonton Servus Credit Union branch.

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

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

Exciting Volunteer Opportunities Available

Come join us at the Ottewell Community League!

As a volunteer-run organization, the OCL depends on people like you to offer programs and services. Help us make Ottewell an even more amazing community.

Featured Opportunity:
Market Day Volunteers

Thursdays, October - May INDOORS

We are looking for folks to assist with market day activities at our new farmers' market. We need volunteers to welcome shoppers, staff the information table, assist vendors with inquiries, and provide assistance to the market team when needed. We appreciate anytime you can give, once a month or when you time

allows. Typical hours are from 1:30 to greet the vendors and assist with marketing opening until 7pm. We can adjust the schedule to meet your needs.

MANY HANDS are welcome!

We will be adhering to all AHS guidelines. Please email oclfarmersmarket@gmail.com to be a part of this fun team!

Snow Angel Program

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

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

Contact us with your address and we will provide you a list of Seniors that need assistance with snow removal within your area of Ottewell. Team Lead for the Snow Angels

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

Seniors that request assistance from our Snow Angel Program please call 780.469.0093 to leave a message to have your name added to our Community Snow Angel Map!

We will call back to confirm.

If you are able to help with our Snow An-

gel program please contact Colleen at oclpres2021@gmail.com

Reminder: No Dogs at the Park or Rink Area

Neighbours, this a fur-iendly 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

Community League Memberships

Get your 2021/22 Ottewell Community League membership, available for purchase at the Ottewell Community Artisan Farmers Market every Thursday.

Or alternatively you can go to Servus Credit Union at Capilano, or at Anvil Coffee House.

Visit our website ottewell.ca for more com-

munity league perks.

It's time to start reconnecting with our community and all the great people around us. Please email oclmemberships@gmail.com with any questions or concerns.

NEW WEBSITE:

Check out Ottewell.ca for market hours, hall

rentals, and local Ottewell based shops and businesses.

Subscribe to keep up to date with news sent directly to your inbox!

Reach out to oclwebpage@gmail.com with any website suggestions or your home based business.

Ottewell Community School Parking

Easy Is Not Always Safest!

Illegal parking around schools is a safety hazard for kids.

COVID-19 safety measures at schools add a whole new layer to safety.

Common Parking Infractions Around Schools:

- Parking in a disabled parking space (zero tolerance)

- Parking in a school bus zone

- Parking in an alley is not permitted

- Parking in any bus zone is not permitted

Responsible Parking Tips:

- Park at least 5 metres away from intersections and crosswalks

- Park at least 5 metres away from a fire hydrant

- Be a good neighbour and do not park in front of residential driveways

- Know your school's drop-off procedures
- Park farther away if needed or encourage your kids to walk or bike if safe to do so.

For more information visit: edmonton.ca/schoolparking

Connect Your Business to the Ottewell Community

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

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

Ottewell Community League members can also get:

Participate in the Tool Shed Program

A 5% discount at Anvil Coffee House - anvil-

coffehouse.com

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

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

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

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

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

Ottewell Community League



is delighted to sponsor the Kids Christmas Market.

Saturday November 20, 2021. 11am - 3 pm. Crafters 17 yrs of age and under will be showcasing and selling their crafts to the general public.

If you are interested in being a vendor for the day - submit an application -found on the ottewell.ca website.

Please email: oclconcerns@gmail.com with any questions.

CALLING ALL CHRISTMAS VENDORS!



We are looking for all those talented crafters!

Our Annual Christmas Craft Market is November 27 10am - 3pm

please go to our website - ottewell.ca to complete a form.

Apply early as we try our best not to have duplications.

For more information please email oclconcerns@gmail.com

HOLYROOD WINTER CLOTHING DRIVE

Saturday November 20 from 10 - 2



Please bring clean, gently used winter items such as mittens, gloves, toques, jackets, sweaters, and ski pants, or new items such as socks and underwear to the Holyrood Community League Rink Shack. Items should be placed in a waterproof bag (a garbage bag is fine).

All items will be donated to Hope Mission

This Season - consider shopping local

Buy local

Buy Handmade

Buy from people you know

Buy from self-employed

Remember the Big Box Stores don't do a

Little "Jig" when they make a sale

Make someone "Jig" this holiday season.

Ottewell offers 3 distinct Markets:

Farmer's Market - open every Thursday

3-7 pm

OCL Annual Holiday Market Nov. 27

10am - 3 pm

Kids Crafter Market Nov. 20 - 11am - 3pm

Our hall location: 5920 - 93A Ave

Living with Osteoarthritis

Osteoarthritis is a condition that affects a person's joints. It's caused by cartilage breaking down. As the cartilage breaks down, it makes the bones rub against each other. It is painful and can cause everyday movements to hurt.

Osteoarthritis causes

No one is sure what causes osteoarthritis but it has been linked to aging, joint injuries, obesity and genetics.

Osteoarthritis symptoms

It usually affects the spine, hips, hands, knees and feet. It can cause:

- Pain
- Stiffness
- Muscle weakness
- Deformed joints

Ottewell 120th Scouts Troop



Thank you for supporting our Scouts Troop during our 2021 Annual Fall Bottle Drive.



- Cracking and creaking
- Osteoarthritis treatments**
Treatment is available.

- Pain medicine
- Pain-relieving gels or creams
- Steroid shots
- Physiotherapy
- Walking aids
- Applying heat or ice to the joint
- Losing weight, if you're overweight
- Exercising to strengthen your muscles
- Surgery
- Acupuncture
- Natural health products

For more information about living with osteoarthritis, search "osteoarthritis" at my-health.alberta.ca.



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

SCL Leadership

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

The Perks of SCL Membership!

2021/2022 memberships are now available! Memberships are available online at <https://strathearncl.org/> or in person at Ralph's Convenience Store, Juniper Cafe and Bistro, Strathearn Heights Apartments' main office, or the Massage Therapy Supply Outlet. Community league membership entitles you to substantial discounts at any City of Edmonton recreation facility. As a membership holder you can save 20% on Adult, Family, Child, and Youth/Senior Annual Memberships, 15% on

the already discounted multi admission pass (5+ visits), and 20% off an on-going monthly membership. Another perk is free membership to the Edmonton Tool Library. As part of your membership you have access to the ETL library of over 300 tools through their reservation system. For more information visit www.edmontontoolibrary.ca

SCL Fall Session programs continue into November! Drop in for a class (proof of vaccination required).

Strathearn - Rink Watch

Building of our outdoor skating rink for the winter season will soon be underway next to the Community Hall ready to welcome skaters. This rink is a much loved and well used part of our community, but does take time and effort to create and maintain the ice. Please consider

volunteering some time to make the ice and with continual maintenance over the winter! To volunteer please contact rink@strathearncl.org. For skate times and updates, follow us on Facebook (@StrathearnCL), Twitter (@StrathearnCL) & Instagram (strathearn_community).



Have You Tried Self Care Sessions?

These custom sessions are a great way to manage stress, reduce physical pain and tension & feel lighter in body and mind.

Visit our Kenilworth home based practice, try a session online or schedule a visit to your home or business.



Rawholistic Health & Wellness Services

Rebecca Hung, HHP, RYT 500 hr
For COVID guidelines or to book visit our website or call
Rawholistic.com / 780-982-5885



Suzuki Charter School

A public school committed to Academic, Musical and Leadership Excellence

We Remember

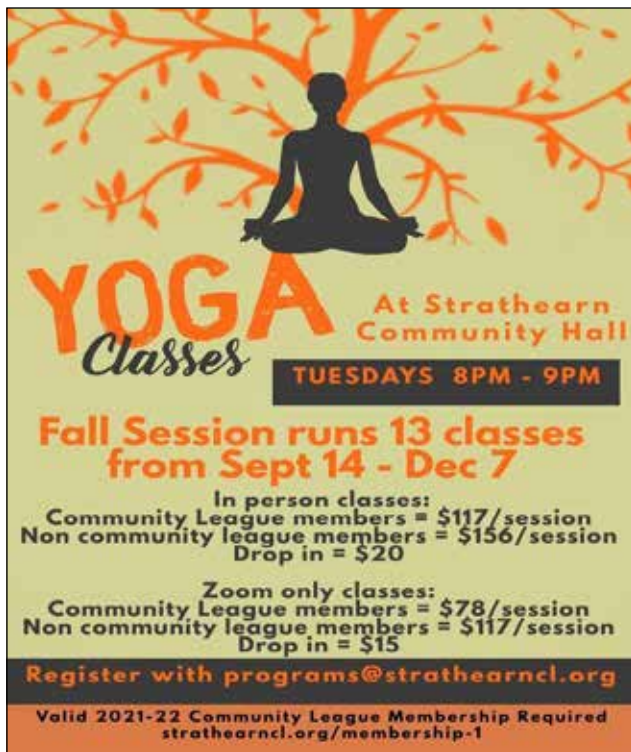
Staff and students at Suzuki Charter School wish to honour our service men and women, to thank them for their sacrifice, and to celebrate the gift of freedom they have created for us all.



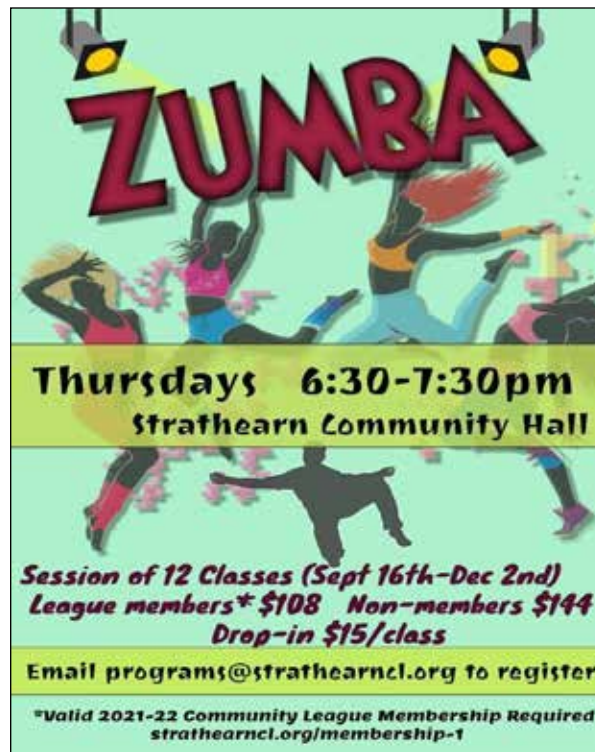
Lest we forget



10720 - 54 Street NW T6A 2H9
www.suzukischool.ca



YOGA Classes At Strathearn Community Hall
TUESDAYS 8PM - 9PM
Fall Session runs 13 classes from Sept 14 - Dec 7
 In person classes:
 Community League members = \$117/session
 Non community league members = \$156/session
 Drop in = \$20
 Zoom only classes:
 Community League members = \$78/session
 Non community league members = \$117/session
 Drop in = \$15
 Register with programs@strathearncl.org
 Valid 2021-22 Community League Membership Required
strathearncl.org/membership-1



ZUMBA
Thursdays 6:30-7:30pm
 Strathearn Community Hall
Session of 12 Classes (Sept 16th-Dec 2nd)
League members* \$108 Non-members \$144
Drop-in \$15/class
 Email programs@strathearncl.org to register
 *Valid 2021-22 Community League Membership Required
strathearncl.org/membership-1



BARRE Fall Session
8 weeks
WEDNESDAYS Sept 15 - Nov 10
7:00-8:00pm (no class Oct 13)
 Strathearn Community Hall
\$75 for Community League Members
\$90 for Non-Community League Members
\$15/class for Drop-ins
 To register email programs@strathearncl.org

Strathearn-based Business Profile

This month, we connected with Jenny McAlister, Registered Psychologist at Strathearn Psychology (as well as Director of the Strathearn Art Walk and Past President of the Strathearn Community League!)

Please tell us a bit about how your business got started in Strathearn, what initially drew you to and keeps you at your current location?

We are huge fans of Strathearn and couldn't imagine being anywhere else! Strathearn Psychology has been in the neighbourhood for 2.5 years now (initially inside Anahata Wellness, now with a spot of our own in the strip mall). We love the central location of Strathearn, and the people here are just the best!

Some say the legacy of Covid-19 will be its impact on the mental health and wellness of the population. How has the pandemic impacted Strathearn Psychology, and what do you foresee in terms of future implications?

The pandemic has taken a toll on the mental health of many of us; it's been a tough few years for sure. We have seen more people coming to counselling for the first time after

not being able to manage on their own anymore. We've also seen a rise in people reaching out before it gets bad and taking a more active role in managing their mental health in a preventative way.

Can you tell us more about your services, and in particular the low-cost therapy options available?

At Strathearn Psychology our mission is to not have anyone struggling on their own. We are passionate about joining with you to help turn your struggles into growth.

We are a team of 11 therapists (6 registered psychologists, 3 registered provisional psychologists and 2 psychology interns) who work with children, teens, adults, couples and families. We are in the office for appointments during the daytime, evening and weekends!

We welcome two psychology interns into our practice each year who provide good quality, low cost counselling to people in our community. They offer services for \$50/hour for individuals or \$75/hour for couples.

Is virtual therapy/telepsychology as effective as those conducted in real life? Do you think there will still be a place for virtual/online sessions in a post-pandemic future?

Online sessions have been an amazing way to increase the accessibility of counselling services both in the context of the pandemic, but also in regular life. Meeting with your therapist online is almost as good as in person and the evidence shows that it's just as helpful. We will definitely not be getting rid of this option any time soon.

We know your business is very community-minded. What types of local initiatives is Strathearn Psychology currently involved in?

Yes, one of our core values is community, and we love anything community related! We are a big supporter of the Strathearn Art Walk and we hope to continue bringing Art and Community together in amazing ways.

We also partner with awareness and advocacy organizations such as Each & Every, an organization of businesses committed to harm reduction and reducing preventable drug overdose deaths.



And this year at Christmas (actually in November) we will be collecting toys for Santa's Anonymous and also hope to get out as a team to volunteer with them as well. We hope our Strathearn neighbours will help us with collecting toys!

Anything else you'd like to share with your neighbours in Strathearn?

We are super excited to launch some group programming including Circle of Security Parenting and Seven Principles for Making Marriage Work workshops. Keep a look out at our website www.strathearnpsychology.com and social media for more details...

Addictions Don't Discriminate

Here in Edmonton, the drug-poisoning crisis has brought issues related to substance use to the forefront and illuminated the reality that stigma and misconceptions around addiction are still common.

Catch the gripping, interactive Addictions Don't Discriminate public exhibit from **November 5th to 9th, 2021 at the Stanley A. Milner Library**. The exhibit will be open to the public with no registration required during the following times: • **Fri. Nov. 5 (10am-6pm)** • **Sat. Nov. 6 (10am-6pm)** • **Sun. Nov. 7 (1pm-5pm)** • **Mon. Nov 8 (10am-7pm)** • **Tues. Nov 9 (10am-7pm)**. Note: Naloxone training will be available

hourly starting at 12pm (1pm on Sunday). This important exhibit is rooted in stories of lived experiences around addiction, designed to inspire understanding, empathy and action. Through the power of storytelling, it offers a glimpse into the complex world of addiction, uncovering the human experience that lies beneath the statistics and stigma. Six unique stories, showcased in connection to one another, push us to look beyond someone's substance use and into the lived experience of each individual with empathy and compassion, to help us understand that Addictions Don't Discriminate.

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Ask Charles

I'm in a time crunch and need to purchase a property fast. I've made an offer that expires shortly but the seller's agent won't take it to the seller, saying the seller is considering all offers at a later date. Is this allowed?

Yes. The seller controls how they want to consider offers. If the agent is instructed to hold off on presenting offers until a certain date or time, the agent is obligated to follow that instruction.

There is nothing stopping your agent from asking the seller's agent to talk with the seller and see if they'll make an exception, but if they

decide to not review your offer until the date they set, there is nothing you can do about it.

Everything is up to the seller. We'd like to think that in such a situation the seller's agent discussed the pros and cons of such a strategy with their client. But, if knowing those pros and cons, the seller still wants to proceed with holding off, it's their choice. Waiting to consider all offers at the same time, is usually in a hot seller's market where multiple offers are made. This has been common, but it's less common now (especially in Alberta.) In a hot seller's market,

when a buyer swoops in with an offer they want seen before the seller's offer date, this is called a "bully offer." If you ask the seller's agent to ask the seller to review and consider your offer early, this could still spark the multiple offer situation the buyer with the bully offer was trying to avoid. The seller's agent will likely suggest to the seller that they tell other buyers who showed interest in the property that a bully offer was made in. This may lead other buyers to immediately put in offers to compete with it. Unfortunately, the sellers may not review your offer on time or, they

may review it, but not accept it. If you are in a rush to buy, it's a good idea to make sure the first offer you put in is your best one, and have other properties in mind in case the offer isn't accepted or looked at within your timeframe.

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

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

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

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2000 sq ft River Valley BUNGALOW: STUNNING vaulted family room with ceramic fireplace, open concept kitchen, large master bedroom with 4 piece ensuite, main floor laundry, Bright & Unique property with all the extras.



University Condo: Impressive 1200 sq ft 2nd floor unit, 2 bedrooms, 2 bathrooms, ensuite laundry, underground parking w/ storage, concrete & steel construction, pet friendly complex.



Kensington Bungalow: Full renovation upstairs and down, 3 bedrooms up, 2 full bathrooms, 827 m2 lot, move in ready.



MacEwan Condo: 55 plus complex with top notch amenities, Bright west view, TOP FLOOR, Close to all amenities.



Wetaskiwin: Open Beam Bungalow 1000 sq ft, 2 bedrooms, 2 bathrooms, oversized attached garage, large south facing yard.



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