

SOUTHEAST VOICE

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

October 2021



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CAPILANO COMMUNITY LEAGUE PRESENTS:

RED CROSS STAY SAFE- HOME ALONE COURSE FOR AGES 9-13 YEARS

Saturday October 23, 2021 from 9:00 AM to 2:00 PM

Capilano Members \$40

Non-Members \$58

RED CROSS BABYSITTING COURSE

FOR: AGES 11-15

Sunday October 24, 2021 from 9:00 AM to 4:00 PM

Capilano Members \$50

Non-Members \$68

Hosted by Little Lungs First Aid

<https://www.littlelungsfirfirstaid.com/>

BOTH COURSES WILL BE HELD AT
CAPILANO COMMUNITY HALL 10810-54 ST

Spaces are Limited-Register Early!!

Please note that each course requires a
separate registration & fee.

AHS guidelines will be followed while in the course.

TO REGISTER:

Contact: Maria 780-984-6839 or Marzena 780-909-5886



Thank you from the Hardisty Playground Expansion Committee!!

On behalf of Hardisty School, our School Council and our Playground Expansion Committee, we would like to send a huge thank you to Capilano TD Bank for their generous donation of \$1500 toward our Playground Project!

Thanks Capilano TD!

We would also like to send out a heartfelt thank you to
Fulton Place Community League for their donation of
\$1850 from donations collected at the
Summer Concert Series!

Giving Thanks

A message from volunteers affiliated with child and family serving organizations in Edmonton that are committed to raising awareness of the critical importance of the early years to success in life.

As you begin to think about how you will celebrate Thanksgiving this year, consider the opportunity to talk with your children including preschoolers about gratitude and ways to express it. Even toddlers grasp quickly that a smile and a thank you can brighten someone else's day and your own, as well. Websites



such as Parents.com and My Health Alberta are great sources of simple ideas that can help you figure out what works best for your children. As well, Edmonton Public Library has books that can help both you and your children explore gratitude. We hope you all stay healthy and safe.

Fulton Ravine South Park - Completion!

By the time you are reading this the Fulton Ravine South Park renovations will be complete! The project included a plaza with additional seating and shade structure, half basketball court, paved walkway loop with adult fitness circuit, and landscape planting and sod throughout the area. Unfortunately due to the additional covid-19 restrictions, the SECLA board decided to push the Grand Opening Event to Spring 2022 so keep your eyes



peeled for more info. In the meantime come on down and try out the basketball hoop and fitness equipment!

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SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
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Strathearn	James	strathearn@secla.ca
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Vice-Chair	VACANT	holyrood@secla.ca
Projects	Connie L	projects@secla.ca
SECLA SEV Liaison	VACANT	SEVliaison@secla.ca

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 conditions 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/newborn-screening.



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(Em) ottewellcc@shaw.ca

(W) www.ottewellcurlingclub.com

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Assistant Treasurer	Leigh	treasurer@avonmore.org
Volunteers	Bob	volunteer@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.

What is the Restriction Exemption Program that starts September 20?

The program from the Government of Alberta allows businesses, including Community Leagues, to be exempt from following certain COVID-19 measures if they only serve people (ages 12 and over) who have either:

-proof of vaccination
single dose accepted between September 20 and October 25 if received two weeks before time of service;

double doses required after October 25
-documentation of a medical exemption
-proof of a privately-paid negative PCR or rapid test within 72 hours of service (tests from AHS or Alberta Precision Laboratories not allowed)

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.

Phase 2 engagement has finally begun with a small outdoor workshop on September 18 (Community league day). We had planned to have our first full workshop on September 22, but the recent COVID restrictions made this impractical. However, we are still planning to have three evening workshops and launch the survey online:

The remaining workshops will each start with a guest speaker followed by an open house with four activities at different tables, so you are free to spend as much or little time as you want on each. Also, we will be there to talk with, take notes and answer questions. Here are the workshop dates and speaker topics we have planned:

-October 21 (Thursday): Infill Housing
-November 4 (Thursday): Development Process & Holyrood's Experiences
-Mid November (Date TBD): City Plan & Zoning Bylaw

All three will be at the community hall from 6-8pm. (Also, proof of vaccination will be required, as per the Province's restrictions for indoor gatherings.)

Community Coffees

Community Coffees at Avonmore Hall will start on Wednesday, October 6th at 10:00 a.m. Proof of vaccination is required. Masks are also required except while drinking coffee.

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

Swim Postponed

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.

Message from the President

Thank you to everyone who volunteered on Community League Day and everyone who came out to celebrate community.

A special thanks to Kaitlyn our Programs and Social Director and to Eugenio our Membership Director.

They put in many hours in preparation for the day and were there from beginning to end

on Saturday. If you missed the entertainment you can find a video of Alicia Cardinal on the Avonmore Community Chat FB page and Von Bieker on YouTube and Spotify.

We don't know when we will be able to hold another community event so watch our FB page and website for updates and announcements. In the meantime take care everyone.

Mural Project

This past spring several residents rallied behind the idea of creating a mural on the rink shack building. The goal behind the idea was to both brighten up the rink shack building and create a welcoming environment for residents and visitors alike. A small mural committee formed this summer to discuss logistics and start the planning process. Now it's time for us to hear from you! We've developed a short survey to get your thoughts on location, community involvement and theme. The survey

will be open between October 1st-15th for your feedback. Visit <https://forms.gle/UWxueLyDi9V-Ty1G68> or scan the QR code to complete the survey. If you have questions, reach out to ace@avonmore.org.



Active Avonmore

In Avonmore, we are currently running a movement initiative, in support of mental and physical health. We know there is a definite connection between overall health and exercise! Since the beginning of June, we've encouraged Avonmore residents to track their movement in kilometers. We calculate those 20 minutes of exercise = 1.6 kms. Community members record their movement, translate it to kilometers and send their data in so we can record the numbers for the whole neighbourhood.

Right now, we have about 12 people who regularly track their movement and send in their numbers. Between June 1st and September 12th, Avonmore community members have moved and travelled a total of 20,819.46 kms. That is equivalent to walking (or running) from Vancouver to St John's and back again! Or from Edmonton to Disneyland – in fact, we are playing in one of the parks now!

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

we are enhancing our movement initiative to not only include kms from a device for walking, running, biking but INCLUDE 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! Just count 20 minutes of exercise as equivalent to 1.6 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!

Avonmore Garden Club

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

Avonmore Book Club

Please contact president@avonmore.org for details on the date and location of the next Book Club meeting.

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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:



Shared Street Pilot on 89 Street

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 pedestri-

ans 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.

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>

Soccer and Winter Shinny

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

Thank you to all coaches, line painters, and all volunteers for a great season. Our U15 boys team won their league with an undefeated re-

cord, congratulations! For information on the upcoming indoor soccer season, please visit emsasoutheast.com for more information.

Shinny ice hockey will start in October and runs on Friday nights out of the Argyll arena. For more information please email sports@avonmore.org.

Online Community

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

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

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Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Lyrus	780 242-8874
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”

Check us out on Instagram @capilanocommunity

Capilano Community is using the Nextdoor app!

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 an-



cient 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.

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.

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

Tuesday October 19, 2021: 1 p.m. to 2:30 p.m.

Capilano Community League is excited to bring to Capilano the SCONA Seniors Traveling Centre. We are hoping 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 are bringing this to Capilano. If you would like to try us on for size, please call 780-433-5377. Cost is only \$5 (Coffee and snack provided). Hope to see you there! Covid protocols are expected to be in place and please watch for changes/cancellation to the program on our webpage and social media platforms.

Capilano Playschool – Register for 2021/2022!

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

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

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

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 classes at 6:45 p.m.

We will be outside for as long as possible and move in as needed.

Current session runs September 7/9 - October 26/28, next session starts in November.

\$88 (80 for CCL members) one day a week

(8 classes)

\$176 (160 CCL members) two days a week (16 classes)

Drop-in rate is \$13

Thursday Strong class focuses on getting stronger, no cardio.

Thursday class at 8 p.m.

Current session runs September 9 - October 28, next session starts in November.

\$88 (80 for CCL members)

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

Capilano 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



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

Coping with stress

Summer and early fall are times when people get out and enjoy the nice weather and warm sun.

However, it's not that way for everyone. This time of year can be very stressful on many, especially agricultural producers who may be struggling with harsh weather conditions, including drought.

Stress can be overwhelming, but understanding what you can do to help reduce stress is important.

Simple steps can make a big difference.

Here are some positive ways to help you reduce your stress:

Start by talking to someone you trust — your spouse, a family member or close friend.

Get enough sleep.

Find an exercise or activity that helps you relax.

Eat healthy foods.

Reduce consumption of alcohol and/or drugs.

Take up a hobby such as gardening or making home repairs.



Practice deep breathing, meditation, or muscle relaxation.

Listen to music.

Seek counselling if you continue to struggle.

For more information on how to reduce stress or how to get help, call Health Link toll- free at 811 or visit www.myhealth.ab.ca. Free virtual courses such as Transform Your Stress are also available through Alberta Health Services. Visit www.ahs.ca/helpintoughtimes for more information.

Cloverdale

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

Board Member Contact Sheet

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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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Start: Six-week class begins October 18, 2021
Date/time: Mondays from 12:00 p.m. – 1:00 p.m.

Tai Chi chih is a series of 20 energizing/relaxing movements. It is a moving meditation emphasizing self-awareness, health, and energy flow.

Very little space is required, no special equipment or clothing is needed. This class is for both beginners and repeat students.

Please call Sharon (Accredited Instructor) at 780-288-2004 for more information and to register

www.relaxwithtaichi.com

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. Start-

ing 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

Capilano Community League Sign Rental

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

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

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

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

Please note: small business announcements/advertising also accepted at our discre-



tion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements. Please call as far in advance as possible to avoid disappointment!



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Paul Cramer (RMT)

online booking:

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Urban poling now on Thursdays

Urban poling has moved to Thursdays at 7 p.m. to better accommodate participants. Usually, between two and six people come out and walk three to 3.5 kilometres.

Nordic walking simulates the movements of cross-country skiing. Nordic poles are shorter than cross-country ski poles, and when used

correctly, they propel the walker forward along a trail or sidewalk. Nordic walking uses virtually every muscle in the body. The group meets outside the community hall. A membership in any community league is required, but it is otherwise free. Email Sonya at memberships@forestterrace.org for more information.

Sign up for indoor soccer

The start of the indoor soccer season has been pushed back to Oct. 23 and registration fees are due ASAP. Sign up through the Edmonton Southeast Soccer Association at emsasoutheast.com.

Questions? Contact Forest Terrace Heights soccer director Anj at signs@forestterrace.org.

And start thinking about whether you'd like to volunteer as soccer co-director next spring!

Get some Gūd food

The Forest Terrace Heights Gūd 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 9 a.m. Oct. 11 and can be picked up between 4:30 and 6 p.m. on Friday, Oct. 15, at the hall, 10150 80 St. Order at thegudbox.ca/ftth.



Board updates & changes

At the board's Sept. 14 meeting, Jeffrey was acclaimed as president, Connie as hall director, Kavi as civics director and Christina as social media director. The treasurer position is still vacant. 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.

To inquire about rentals of the community hall, contact Connie at hall@forestterrace.org.

To get an annual membership in Forest Terrace Heights community league, 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.

Make a dog bed out of old clothes

The final Blenderz clothing recycling workshop is coming up Oct. 14 at the hall. You can make a cushy dog bed in one of four sizes using Blenderz' sewing machines and materials and with three hours of instruction. The beds have a removable cover (zipper already inserted), several layers of polyester batting and a

heavyweight cover. The cost is \$60. Register on Eventbrite. Blenderz is a zero waste, zero export, textile recycling company in Edmonton that takes garments and other textiles from local thrift stores and charity shops and offers usable items to be worn, resold or upcycled or breaks them down for projects like these.

New Play Rangers playground program on Saturdays

A new program focused on building community and family participation will run Saturdays until May 21 at playgrounds all over the city.

Families can join in together or children 6 to 12 years old may attend on their own as long as a parent or caregiver is available in case of emergency. Rain or snow, activities start at the playground shack and may venture into

the neighbourhood.

The full schedule is posted on edmonton.ca (search for play rangers), and the program makes three stops in our area, at Gold Bar on Oct. 23 from 10:30 a.m. to 12:30 p.m. for fire building and campfire games; then, from 2 to 4 p.m. on Nov. 6 at Holyrood and on Nov. 20 at Terrace Heights (behind Argyll Centre) for a community walk and scavenger hunt.

Garden tour a great success

Thanks to everyone who came out for The Heights Community Garden's first garden tour Aug. 24. It started at the garden where Junetta from Sustainable Food Edmonton spoke about seed saving, then the group toured 10 beautiful and diverse gardens in the area.

Proceeds from the \$10 tickets will help pay for the garden's expansion, slated for the spring. Next year's tour may include a seed exchange. Email garden@forestterrace.org for more information, to rent a plot or to join the garden committee.



Playground fundraisers get creative with readathon

A readathon fundraiser for the Forest Heights playground project is coming up Oct. 12. Participants are invited to gather pledges and win prizes. Go to the project website at fh-playground.wixsite.com/play for details and to see other options to donate.

You can also help by online shopping from

retailers such as Amazon, Walmart, Indigo and Home Depot.

To start contributing, go to flippgive.com, click on Teams and enter "Forest Heights" under Find a Team. The Flippgive code is P992BF. Or go to fundscrip.com, click on Support a Team and enter the code FK2QV2.

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Fulton Place

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fultonplace.org

BOARD

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7808867794

Miles
Vice President League Affairs
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7809515253

Gavin
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Sherry-Lynn
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Ice Rink

Shawn rink@fultonplace.org
Babysitter Registry and Course
info@fultonplace.org

Miles
Seniors Liaison info@fultonplace.org

Fulton Summer Concert Series

Our summer concert series was a great success! During July and August we were pleased to host the following performers on the drive for our summer concerts on Saturday nights: Martin Kerr, Justine Vandergrift, Josh Sahunta, Eric Kane Cherrington, and Billie Zizi.

We were so pleased to see our community members out enjoying the evening perfor-

mances and their time socializing with neighbors.

The shows were sponsored by the community league, but we collected donations for the Playground Expansion Committee at the concerts, and are pleased to report that we raised over \$1800 for the project. Thanks to all who came out and enjoyed the evenings.

AGM

Fulton Place Community League AGM Notice

Monday November 15, 2021

7:00 p.m. at the Fulton Place Hall, 6115 Fulton Rd NW

November Board Meeting to follow at 8:00 p.m.

Come meet your community league board and learn more about your community!

Tool Library

The Fulton Place Community League has renewed their membership with the Edmonton Tool Library. With your Community League Membership card or number you get year-round access to their inventory of tools and you can borrow up to 8 tools at a time for a one-week rental period. The inventory is located at Bellevue Community Hall, 7308 112 Avenue NW.

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.

Community Garden Award

Congratulations to our community garden (the Sunshine Garden) for winning best public space as part of the 2021 Communities in Bloom awards.

Fall Garden Swap

We were pleased to have another successful fall garden swap on Sept 11th. Produce, books, tools, lawn ornaments, perennials, native plants, and indoor plants arrived and were taken by many happy recipients. Produce included rhubarb, apples, grapes, tomatillos and various herbs. People had lots of time to chat about plants and share their knowledge with others. The Native Plant Society was there with native plants for sale, and the Alberta Invasive Species Council was there to provide information about invasive species and plants to grow instead. Thanks to all who attended another great event.

Fulton Place Community League

Hello! Our Fulton Place Community League email accounts are not continuously monitored by our volunteers so please be patient while we find the answers you need.

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Gold Bar Executive

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

BINGOS

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 @ Parkway Hall

Sat. Oct 9, evening/late night
Monday Nov.15,evening/late night
Sat. Nov 27, afternoon only
Upcoming events at Fort Road Hall
Thurs. Oct 7,afternoon/evening
Tuesday,Nov 9,afternoon/evening

GOLDBAR COMMUNITY MEMBERSHIPS AVAILABLE

You can NOW buy your memberships at BLUES JAVA COFFEE SHOP- CASH ONLY (5010-106Ave), ALL CARE PHARMACY (5016-106Ave) come check out these wonderful 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)

CONGRATULATIONS!!!!!!

Membership Contest!

August's winner is

Stuart and Marguerite Wachowicz

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.

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

Sept 13-Oct 25 no class Oct.11 and Thursdays 930-1030am Sept 9-Oct 28 at Gold Bar Community Hall. New session starting Nov.

This session runs although you're welcome to join anytime.

Contact Lisa to register or with any questions.

Mondays \$60

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

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 Sept 12- Oct 31, no class Oct 10, New Session starting Nov.

Contact Lisa to register or with any questions.

Sundays \$70.

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





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-Rob Bernshaw



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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
Rink - VACANT	rink@holyroodcommunity.org
Soccer - Andrew & Geordan	soccer@holyroodcommunity.org
Playschool - Laurence	playschool@holyroodcommunity.org
Playgroup - VACANT	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org

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



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

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. Email Larissa at president@holyroodcommunity.org for more information.

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 so-

cially 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.

Volunteers Needed

We are looking for a few good volunteers to help out the community league with upcoming events. Have you been thinking about volunteering but don't have that much time to spare? We have a need for people that have 2-4 hours to devote

to our events occasionally. If you're interested in joining us and making our events even better, please email communications@holyroodcommunity.org

AMAZING EVENTS!

Do you have a great idea for something that would make our community more fun? Are you a member of a band that misses performing in front of a live audience?

Do you have a small company that you'd love to feature on our social media or see it here, in print? We're looking for community members who want to get involved! The community

league would love to work with you to see your ideas for Holyrood come to life. Even if you only have a few hours, or just an idea, reach out to us and let's see if we can get the ball rolling, together! If you just want to volunteer to help out for one of our events, you can also contact us. Email communications@holyroodcommunity.org

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 6, 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 anyone

who can give and associate memberships (if you don't live in Idylwylde) will still cost the regular amount.

Please contact our membership chair with proof of residency in Idylwylde to get your membership today!

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.

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, occasionally 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.

Monthly Community Meetings

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

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James Kosowan

For Ward Métis



Strong Leadership in Challenging Times

- Fighting to preserve mature neighbourhoods
- Championing affordable services
- Protecting the river valley

About James

- 41-year resident of Ward Métis
- Committed community volunteer and advocate

James understands the unique nature of mature neighbourhoods and will be a strong voice to help maintain the character of our communities. We need him on City Council. — Vicky Archer, longtime Capilano resident

Contact James to find out more about his campaign to become your City Councillor in Ward Métis.

✉ jameskosowan2021@gmail.com **f** James Kosowan for Ward Métis
☎ 780-244-7075 **📧** jameskosowan **@** jakosowan www.jameskosowan.ca

Gold Bar Executive

President	Irene	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Maren	secretary@kenilworthcommunity.com
Adult/Seniors Programs	Loida	loida@loidahomes.ca
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Neighborhood Watch	Luann Luann	
Buildings/Grounds	Louisa & Karen	grounds@kenilworthcommunity.com
Children's Programs	Jo	childrensprogramms@kenilworthcommunity.com
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Jason	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Kevin	please email President for direct information
Social	John	please email President for direct information
General inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com Hall Rental requests: rentals@kenilworthcommunity.com Keep Current on our website, www.kenilworthcommunity.com and on Facebook!		

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.

Kenilworth Crib Club

The Kenilworth Crib League plays every Wednesday, starting at 6:30 pm until done, typically around 9:30 pm. Played in pairs, the first round of Crib's names are randomly drawn and every four weeks partners change. The entry fee is \$5.00 and the money goes towards prize money and coffee that the Crib Club supplies.

We are looking for people who make a commitment to play each week, however, things happen and when a person can't make it, we have people that act as substitutes. The substitutes are an important aspect of our club and there is no charge for the "Subs" to play. We are grateful to have these people.

The season runs from September 22 to April 27th. There is a Christmas potluck on December 15th with play crib after and a windup Potluck Dinner on May 4th where the top three male and female winners are awarded.

We are interested in people who can commit to play every Wednesday night and for those people that would like to play occasionally, we are also looking for those people to act as "Subs".

Registration is on September 12th at the Kenilworth Membership Event from 12-3. If you interested in joining our club and can't make it on September 12th, you can contact Rhys at 780 902-9553 to discuss further options.

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- * Diabetic foot care
- * Appointments Mon - Fri

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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.

Kenilworth Toddler Time

Toddler Time runs Monday mornings from 10:30 to 11:30am.

Kenilworth Play School

KCL has previously been home to a play school two days a week providing play-based opportunities for children aged 3 and 4. We are seeking community interest. We have shelved the program until April 2022 pending interest.

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

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 October and 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

Kenilworth Off Leash Dog Park

Opened May 1st in the fenced in rink area. 9am-9pm daily- managed by a great group of KCL volunteers.

We can always use volunteers to help with the opening and closing of the park.

Contact Irene at president@kenilworthcommunity.com

Please use the dog park responsibility: clean up after your dog/ use the garbage cans for doggie bags

Users must maintain 2 metres physical distance from others, comply with Alberta Health gathering restrictions and perform hand hygiene before and after use.

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All profits support the **Adeara Recovery Centre**, an Edmonton addiction recovery centre for women and their children.

Volunteer with us!

Volunteering with us is more than sorting clothes or pricing items. It's about being part of a community that works selflessly and gives generously. Join our incredible volunteer team and make meaningful connections with meaningful work. **Plus Perks** • Discount on purchases • Meet new friends • Get retail experience • Support women in addiction recovery.

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@proton-mail.com



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>

Connected Neighbors Contact Card

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

checking-in on your neighbors. To download the contact card, please visit the following link: https://www.edmonton.ca/programs_services/documents/PDF/ConnectedNeighboursCommunityCard.pdf Kenilworth Community will also print a few cards and tack them up on the bulletin board for you to take

Memberships

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

Email Rebecca at: membership@kenilworthcommunity.com 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!

Ottewell Dental Clinic

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

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Ottewell

Executive board members

President – Colleen
Vice President – Michelle
Secretary – Sandra L.
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 – Lindsay
Social Media, Website – Taylor
SEV Liaison – Open
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

Ottewell Community Parking Lot

This fall the community parking lot is very busy, Ottewell Community Playschool has relocated to the community building and St Brendan's classes are back in session. The parking lot at the hall can be very busy in the

morning with students being dropped off.

We would like to remind ALL to be extra cautious as our youngest community members access the community hall and St. Brendan School.

Connect your business to the Ottewell community

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

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

Ottewell Community League members can also get:

- a 5% discount at Anvil Coffee House - anvilcoffeeshouse.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.

New website

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

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

How does your garden grow?

Thank you for all the pictures submitted by our community gardeners!

We asked the residents of the Ottewell Place and Ottewell Manor to judge the submissions.

Here are the results for the contest,

The Lockert family was chosen for best garden veggies, and best story.

Veronica received the most votes for bright colors, as well as specific flowers. Emilie received

the most votes for best balance of plants.

A Special Gift Bag for each of these winners, includes \$50 Ottewell Community Artisan Farmers Market bucks!



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, October 19, at 6:30. If you would like to attend, please email oclpres2021@gmail.com. You will be sent a meeting invitation.

Ottewell community celebrates 60 years

Flash Back to 1961!! Just for FUN!

Average Income \$5315 per year

New Car \$2275

Gallon of Gas .25cents Loaf of Bread .21cents

Top Singles of 1961

Big Bad John (Jimmy Dean) Blue Moon (The

Marcel)

The Lion Sleeps Tonight (The Tokens) Run-Around Sue (Dion)

Top Movies of 1961 Breakfast at Tiffany's The Hustler Westside Story Splendor in the Grass

Calling all Ottewell historians

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

shared by family members?

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

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

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:

OCL is looking for a volunteer, starting in September, to collect, review, and forward Ottewell community submissions for the

Southeast Voice monthly. If you have:

- üMicrosoft Word,
 - üA vector graphic program, such as Adobe Illustrator,
 - üExperience using Google Docs and Google Drive
 - ü4 hours per month, and
 - üA passion for your community,
- we need you! For more information, please contact sev.liaison@gmail.com

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 aid the market team when needed.

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

Community tables at the market

Non-profit community groups are welcome to reserve a free table at the market for registra-

tion or fundraising opportunities. Please email oclfarmersmarket@gmail.com to book your date!

Community league memberships

Get your 2021/22 Ottewell Community League membership, now 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.

Please email oclmemberships@gmail.com with any questions or concerns.

Your community league membership comes with some perks, including 5% off at Anvil Coffee House and 10% off at Ottewell Eye Care. Visit ottewell.ca for more community league perks. It's time to start reconnecting with our community and all the great people around us.

Come join the Ottewell Community League!

Ottewell Community Park

Reminder: No dogs at the park or in the 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.



OCL Playschool is now OPEN!



Our wonderful teacher Lisa Pirnak has a natural ability to relate to and communicate with her students. She'll help your little one aged 3-5 develop motor, social, and cognitive skills in a fun and encouraging environment!

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

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

Ottewell programs returning Fall



2021 POSTPONED UNTIL LATER IN THE FALL

We will be resuming our classes very soon, if you would like to attend any of our future classes of Zumba, yoga, and some of our craft classes. Please email ottewell2212@gmail.com to have your name and idea for a class. It has been too long without programming! Watch upcoming Southeast Voice issues for more details and registration information, or check ottewell.ca or our Facebook page. We would love to hear from you!

Jazz and Reflections returning to Ottewell United Church

Ottewell United Church (6611 93A Avenue) is pleased to announce the return of Jazz and Reflections! J&R is a series of five Sunday afternoon concerts featuring some of Edmonton and area's best known musical talents. Each week will feature a different performer and/or group.

The 1 hour long program will include a short reflection. Admission is by donation at the door. Concert dates: October 3, 17 & 24. It's a bit too early to tell you who's coming, but as soon as we have the names, they will be posted on our Ottewell



United Church Facebook page. This is a great way for you, your friends, and your families to put a little jazz in your lives! Hope to see you then. All health protocols in place at the time will be followed.

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

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.

Ottewell Community Artisan Farmers' Market

Many outdoor markets seasons are coming to an end!

We are one of the 12% of the Alberta Approved Farmers Market that is open year round!

We will be moving into the Ottewell Community Hall in October, following all COVID Protocols to ensure the safety of our shoppers as well as our vendors. We ask that you always shop with a purpose. We will have

weekly specials highlighting our vendors follow our Facebook Page - [ottewell community farmers market](https://www.facebook.com/ottewellcommunityfarmersmarket).

We are always accepting new vendors - email oclfarmersmarket@gmail.com or go to our website ottewell.ca for market vendor information.



Thank you for supporting our community market funds raised to enhance your community.

Farmers' markets bring vitality, community, and convenience to neighborhoods across Alberta, and support local business owners and farmers.

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



120th Ottewell Scouts



2022 Registration is open for all girls, boys and adult membership!

Start now and get 3 extra months!!

Register at <https://www.120scouts.org>

or Call Scouter Glen for more info

780-235-6379

Programs:

Beavers - Ages 5-7

Cubs Scouts - Ages 8-10

Scouts - Ages 11-14

Venturer Scouts - Ages 15-17

Rovers - Ages 18-26



Girl Guides of Canada

Guides du Canada

Registration is now open for 2021-22 Programs that start in the Fall. Registration and program information is available at

www.girlguides.ca. Feel free to reach out to Darcie Johnson, our Helen Burns District Commissioner, for information about local units at any-edmhelenburnsdc@girlguides.ca.

SCL Leadership

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Rob	vicepresident@strathearncl.org
Treasurer	Tessa	treasurer@strathearncl.org
Secretary	James	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

Environmental Mural to go up at Strathearn Hall



Members of SEY unveil their Environmental Mural at the Strathearn Community Hall on August 14, 2021.

by Heena Singla, SEY Project Leader

South Edmonton Youth Council (SEY), a local youth organization, works on a variety of projects that youth in Southern Edmonton communities are passionate about. One of our latest projects, the Environmental Mural to be displayed at Strathearn Community League, was a huge success, and we hope that it will promote the preservation of our beautiful environment.

The idea first emerged about a year ago at one of our meetings, as there was agreement that our natural world was quickly degrading, and we must act. We brainstormed several ideas, but it was decided that the best way to make an impact was to not only act ourselves, but also to inspire other youth and community members to carefully consider their actions. This is how we settled on the idea of a mural we could display in our community.

Our mural is based around our city's most prized possession: the lively river valley. Featuring a setting close to home, we hoped to spread the message on a personal level, as community members would be able to see the repercussion of their actions in their own city. Our mural is made entirely from recycled and reused materials, incorporating all types of media such as clothing, paper from old books, cardboard, cotton balls, paint, and much more. We even included some magazine cut-outs and stories explaining the traditional and personal importance of the environment to certain people and cultures.

The project took a full year of work, from the planning to the execution and the un-

veiling event. First, we held a bottle drive to fundraise for the cost of the project. Next, we brainstormed the idea and image of the mural, before working on it with some external help to professionally draw it out and perfect it. Searching for the right location to display the mural, we partnered with Strathearn Community League in order to unveil the project and host our event, and they were major supporters throughout the entire process, contributing ideas, supplies, and working carefully with us to ensure the best possible product. We then split up the image into several smaller portions, and asked youth in the community to colour different parts of the mural in order to increase involvement and include their unique input in our final piece. After collecting all of the materials, we worked for several hours to assemble the piece. Finally, we reached out to local businesses and received some sponsors and donations, which helped us put together our success of an event and share our mural with the community!

By creating this mural, we hope to encourage other youth to get involved with their community, and also act on their own passions. We recognize the dire condition of our natural world, and hope that by displaying this piece at the Strathearn Community Hall, we can remind humankind to be a little more mindful of their actions and interaction with the environment. Even the smallest actions do make a difference, so we hope that our Environmental Mural will be a step in the right direction: motivating others to help us make a change and preserve our Earth for years to come!

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What to Know About Ovarian Cancer



September is Ovarian Cancer Awareness Month. Ovarian cancer is the tenth most common cancer among women and people with ovaries in Alberta. It is important to be able to recognize the symptoms and to learn about lowering your risk.

Epithelial ovarian cancer is the most common type of ovarian cancer and occurs most often in post-menopausal women and people with ovaries.

This kind of cancer occurs when abnormal cells grow inside or near your ovaries, the two small glands located on either side of the uterus. The role of your ovaries is to store and release eggs (ova), and to produce female sex hormones.

Symptoms of ovarian cancer can include:
Recent frequent bloating.
Pain in the belly or pelvis.
Feeling full quickly or having trouble eating.
The need to urinate more often than usual or an urgent need to urinate.

If any of these symptoms are new and occur for two to three days, consider booking an appointment with your family healthcare provider.

Factors that can increase your risk
Inheriting gene changes such as a BRCA gene change.

Family history of ovarian cancer. Having more than one relative with ovarian cancer

further increases your risk.
Having never given birth or being unable to get pregnant.

Having started menstrual cycles before age 12 and experiencing menopause past age 50.

How to lower your risk

About 21 per cent of ovarian cancer cases in Alberta are preventable. To reduce your risk:

- Be active.
- Avoid or stop smoking.
- Eat a healthy and balanced diet.
- Maintain a healthy weight.
- Screening for ovarian cancer

Screening tests are used to detect health issues before symptoms appear. If a doctor suspects ovarian cancer, they will likely refer a patient for diagnostic testing. They may recommend a test called CA-125, which measures the amount of cancer antigen 125 present in the blood.

Too much cancer antigen 125 in the blood can be a sign of ovarian cancer, but high levels can also be caused by other factors such as the menstrual cycle, endometriosis, and uterine fibroids.

Talk to a healthcare provider if you have questions or concerns about ovarian cancer or if you have symptoms.

Visit myhealth.alberta.ca to learn more about ovarian 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.

If you're 50 to 74 years of age, you are encouraged to make screening mammograms part of your regular health routine. Get screened every two years or as decided by you and your healthcare provider. Talk to your healthcare provider if you have questions or concerns about your breast health.

Visit screeningforlife.ca to learn more and to see when the mobile units are coming to a community near you.

Run for the cure

This year marks three decades that the CIBC Run for the Cure has united and inspired people across the country to help make a difference for those affected by breast cancer.

We've made lots of progress, but we're not done yet. Every day, more than 75 people are diagnosed with breast cancer in Canada. By joining the CIBC Run for the Cure on October 3rd, 2021, you can help ensure no Canadian has to face breast cancer alone.

Once again, we've transformed Run Day into a one-of-a-kind experience with both physical and virtual components. These include a refreshed app and avatar, a live-streamed opening ceremony and a celebration kit for fundraisers who will run or walk in their own neighbourhoods.

Join us and run or walk your way on October 3. Register or donate at cibcrun-forthecure.com.

Strathearn-based Business Profile

This month, we caught up with Hue and Hao Nguyen of the ever-popular Hollywood Pizza & Donair shop at Strathearn Centre.

We know that Hollywood Pizza is well-loved by people in Strathearn and beyond! Please tell us about how it all began.

We opened the store in December 1999, simply because we like to make pizza and wanted to start our own business.

So what is your busiest pizza night, and the most common toppings that people order?

The most popular night for people to order pizza is definitely Friday, and most popular toppings are pepperoni and mushroom. Next after that would be ham and pineapple, and the 'Hollywood Special' (which is like a mix of those first two types PLUS bacon, salami, onions, green peppers and olives).

Kids just love to come into the restaurant to see the big fish in your aquarium. What are their names?

My husband loves fish and has taken care of them for quite some time...15 years actually! Unfortunately though, they do not have names.

What do you like best about being a part of Strathearn?

It is full of kind and interesting people who love their community. They take care of each other and try to get to know each other. We



would like to thank the Strathearn Community for all their support!

Excited for the LRT to open down the block from you?

Yes, it will create more awareness for the neighbourhood and Strathearn Centre.

How do you keep track of your many regular customers? You know our orders by heart and what grades our children are in, it's amazing!

After 22 years of having this business, you start seeing familiar faces and can match up with their orders, and then they become regulars. Eventually we get to know them even by name.

And how has the last year or so been for business?

The pandemic has slowed things down and of course we do more deliveries now than before Covid. We are now on Skip-the-Dishes in addition to offering our direct delivery.

Signs of Opioid Poisoning

- Slow or no breathing
- Gurgling or snoring sounds
- Can't wake them up
- Pale face, blue lips or nails
- Cold and damp skin
- Choking or throwing up

Sponsored by: Partners in Drug Poisoning Prevention



Helping you grow towards wellness.

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

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takecare@strathearnpsychology.com

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- Forced Air Heating
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- Solar Heat




Learn more about acne

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

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.

SLIDING SCALE SERVICES

- Hand & Foot Reflexology
- Usui Reiki
- Private or Small Group Yoga, Meditation & Relaxation Classes


Raw



Rawholistic Health & Wellness Services

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For COVID guidelines or to book visit our website or call

Rawholistic.com / 780-982-5885



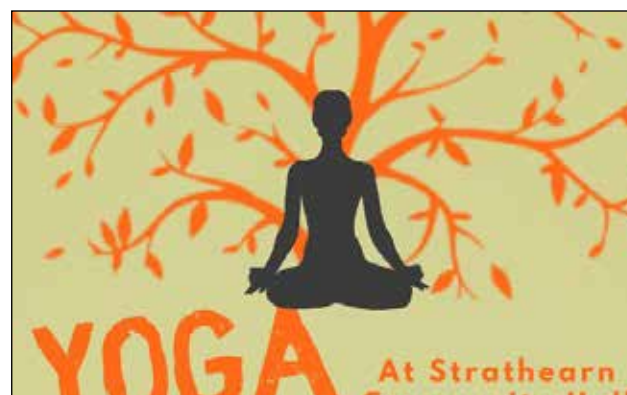
ZUMBA

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



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



BARRE Fall Session
8 weeks
Sept 15 - Nov 10
(no class Oct13)

WEDNESDAYS 7:00-8:00pm

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

On Line Programs for Parenting

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



• Autumn Fun for Everyone!

In this 4 week program, children will be able to join along in some songs, stories, movement, and crafts that are seasonally appropriate and fun to explore.
Wednesdays from 9:45 – 10:30am
Zoom Meeting (ID# given at registration)
October 13 - November 3



• (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)
October 14 - November 4;
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 upon registration)
November 17 – December 8



• Infants Can Talk with Their Hands

Eat Love More Sleep

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.

Fall Program Sessions - New Protocol

Strathearn Community League will be following the new Restrictions Exemption Program for our league fitness classes at the Hall (Yoga, Barre and Zumba). Please note that registered and drop-in participants will require:

- Proof of vaccination single dose accepted between September 20 and October 25 if received two weeks before the time of service
- double dose required after October 25;
- Documentation of a medical exemption;
- Proof of a privately-paid negative PCR or rapid test within 72 hours of service (tests from AHS or Alberta Precision Laboratories are not allowed)



Contribute to our community!

SCL is currently seeking two volunteers to join our Board, in the positions of Membership Director and Rink Director

Interested? Contact president@strathearncl.org

WE NEED YOUR HELP!
IT'S LOTS OF FUN TOO!



Fundraiser Gelato and sorbet

12\$/pint 10\$/pint if 3 or more

No gelatin. Lots of vegan (dairy-free) and gluten-free options.

Place your order here before October 5:
<http://tinyurl.com/ss44ssmd>

Pick up your order: October 7 in the École Gabrielle Roy parking lot
3:00pm – 6:30pm

Payment in cash upon pick-up.

For a limited time only – try the pumpkin spice ice cream cake!

Little Bear GELATO

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(Office)

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

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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.



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



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



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