

SOUTHEAST VOICE

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

Dec 2022/Jan 2023



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Welcome New SECLA Chair Marshall Hartlen

The South East Community Leagues Association (SECLA) would like to introduce you to our new Board Chair Marshall Hartlen. Marshall is a resident of the Kenilworth community and is excited to be involved



with SECLA because he believes in the good that can come from cooperation, networking and resource sharing among south-east Edmonton communities.

Outside of community volunteerism, Marshall enjoys travelling, having spent 6 years abroad in New Zealand and Colombia, as a teacher. After returning to Canada in 2019, Marshall and his family settled into their new neighbourhood in Kenilworth. In 2021 Marshall left the classroom and is now embarking on his new role as a curriculum designer with Alberta Law Enforcement Response Teams. When not working he is kept busy shuttling his three daughters to their various activities, and enjoying family time with his wife and their three cats.

FOREST TERRACE HEIGHTS COMMUNITY LEAGUE SANTA CLAUS PARADE

**SATURDAY
DEC 17
1-3 PM**

**HO
HO
HO**

Music & Merriment!
Treats from Santa!

**SANTA WILL BE COLLECTING YOUR DONATIONS
FOR THE EDMONTON FOOD BANK!**
For more info & a map of Santa's route, visit:
forestterrace.org/upcoming-events

HARDISTY PLAYGROUND FUNDRAISER

Little Bear
GELATO

**HARDISTY
PLAYGROUND
FUNDRAISER**

25% of proceeds go to the playground

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\$12/ pint or 3 for \$30 or ice cream cake
SALE STARTS DECEMBER 2!

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**PICK UP AT
HARDISTY SCHOOL
DECEMBER 16
FROM 2:30-5:30PM**

**25% of
proceeds
go to the
playground**

You are hereby entitled to receive one

free

market evaluation

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Andy Verhagen
780.907.8202
email andyv@telus.net

I love referrals they make my world go round!

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SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	VACANT	capilano@secla.ca
Cloverdale	Reg	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
Fulton Place	Mike	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood	VACANT	holyrood@secla.ca
Idylwylde	Scott	idylwylde@secla.ca
Kenilworth	Marshall	kenilworth@secla.ca
Ottewell	VACANT	ottewell@secla.ca
Strathearn	VACANT	strathearn@secla.ca
Chair	VACANT	
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Projects	VACANT	projects@secla.ca
SECLA SEV Liaison	VACANT	SEV liaison@secla.ca

Winter Fun

In December and January, create surprise fun experiences with your toddler, both indoors and outside.

Does your little one like colouring and painting? Put a few drops of food colouring into cups or spray bottles of water. Bundle up in warm clothes and boots and venture out to the yard. In a small patch of snow, paint a masterpiece with your child, and frame it with sticks. Take a photo to remember it or recreate it with crayons and paper indoors.

For a magical outdoor adventure, visit the Alberta Legislature grounds to see the beautiful display of lights. Local musical groups often hold free performances at noon. Take public transit to the Grandin Station.

Go on a winter scavenger hunt around your neighbourhood. Search for pinecones, berries, and leaves. Gather them up and glue them into a collage on paper, perhaps drawing a rabbit or squirrel hiding in a corner.

Visit your local public library and check out the selection of children's books, from a clas-



sic like The Snowy Day, by Ezra Keats to the more recent Snow by Marion Dane Bauer.

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.

Priced from \$234,000!!

Currently, there are 5 Condos available and ready for Quick possession. Come have a look and see what Our Community at "Fulton Court" has to offer you.



Fulton Court..... 6220 Fulton Road

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WWW.WORKING4U.CA



"Seniors Real Estate Specialist"

Christmas at Grace United Church

6215 104 Ave



Saturday, December 17, 7:00 p.m. Christmas Cantata "Winter's Grace" presented by the Senior Choir

Sunday, December 18, 10:00 a.m. Sunday service with Senior Choir Christmas Cantata "Winter's Grace"

Wednesday, December 21, 7:00 p.m. Blue Christmas service – a quiet reflection on the holiday season

December 24, Christmas Eve:

6:30 p.m. Family service with Christmas pageant

10:00 p.m. Candlelight and Communion service

Everyone welcome!

For information: grace.united@shaw.ca 780-466-0916



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Community League Board

President	** (VACANT) **	president@avonmore.org
Vice President	Elise	vicepresident@avonmore.org
Past President	Anita	pastpresident@avonmore.org
Secretary	Karen	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Assistant Treasurer	Leigh	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Scott/Lisa	grants@avonmore.org
Soccer/Sports	Boris (replacement needed)	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Jackie	programs@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

Mass Transit

CL Online Session Dec. 7th 2022 6-7pm
We are invited to an online information session about the Mass Transit: Network Implementation to 1.25 Million People project. The session will consist of a presentation followed by a question and answer session. This event will cover all proposed mass transit corridors. To register and receive a link to the online program please register by contacting vicepresident@avonmore.com for the link.

Community Coffee

1st and 3rd Wednesdays
Community Coffee Mornings are on the 1st and 3rd Wednesdays of every month at 10:00 a.m.. Everyone is welcome to attend. This is a great opportunity to get to know your neighbours whether you are new to Avonmore or a long time resident. All ages welcome. There are always treats from the Hazeldean Bakery or sometimes from someone's kitchen.

Avonmore Garden Club

Mark your Calendar: Success and Failures - Saturday January 28th 10 am - Avonmore Community League Hall

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

- Find pictures of things that worked or/and did not work in your yard. You can submit only successes or alternatively, only failures.
- Submit your pictures to gardenclub@avonmore.org.

avonmore.org. Last year some of you organised your pictures on a one or two page powerpoint presentation. Feel free to do so again as it decreases the work of our club organisers.

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

There is a lot of knowledge with our club members, so do not be afraid to submit failures as you will certainly get some insights from other club members on how to avoid the same mistakes twice

Avonmore Bookclub

Avonmore Bookclub meet every 4-6 weeks on Sunday evenings. New members are always welcome. Contact pastpresident@avonmore.org for details.

Online Yoga Classes

Enjoy the benefits of yoga without leaving your home. Added bonus - classes are recorded so you can repeat as often as you like. Online classes are Wednesdays at 7:00 starting January 4 and ending March 1, 2022.

Recordings are shared the day after the live class. Cost for 9 classes is \$100. Instructor is the amazing Kat Boehm. To register and/or for more information and to view a sample class contact Anita at pastpresident@avonmore.org.

Community Bulletin Board

Don't forget to check out the bulletin board on the outside east wall of the hall.

We will be advertising events, programs, and other items of interest to the community.

If you have something to post, place the printed notice in the mailbox at the hall and send an email to vicepresident@avonmore.org.

Soccer

The indoor soccer season has started and you can see the schedule at emsmain.com

Christmas Cookie Exchange

Wed. December 14th 7:30-9:00 pm

What is a Cookie Exchange? Some people like giving cookie tins filled with a large assortment of cookies as gifts. They are also great to bring to parties, work, or to enjoy yourself. Instead of making 10 different types of cookies, you make 6-7 dozen of your signature cookies (2-3 batches), or scones, or small desserts of any type. Then, you bring your cookies along with your empty cookie tins/platters/baggies to the cookie exchange. You then fill them with the variety of cookies available. Warm

beverages, good

conversation, great music, and cookie tasting will all be part of the event, so it's bound to be a great time. You will have to bring cookies to take cookies, and you will have to pre-register on the spreadsheet using the QR code, or email vicepresident@avonmore.org. We hope to see you there!



Ice Rink - Volunteers Needed

The main hockey rink and pleasure rink are being built and will be open for use as soon as weather permits. We are seeking rink shack attendants to volunteer two hour shifts throughout the week day evenings and all day on the weekends. Please email straubcurtis@gmail.com if you are interested. The rink

shack will not be open unless an attendant is available to monitor the property, so please consider signing up. We are also looking for volunteers who are willing to help clear the snow from the ice throughout the winter with a provided snowblower, please email vicepresident@avonmore.org to sign up.

The Best Things About Avonmore

We are gathering information to assemble into printed materials. We aim to give these brochures or booklets to newcomers of the community as part of a welcome package. At this stage, we need your help to gather information on the best things about Avonmore. Please take the

time to share with the board your favourite things about the community. We have a short survey you can access using the QR code. Alternatively, you can email your testimonials and tidbits to vicepresident@avonmore.org. Stay tuned for more information on the welcoming committee.



Yoga for Toddlers and Kids

6 weeks for \$60, Sunday Mornings
Jan. 29th - Mar. 5th

Looking for something low cost and close by to get the kids moving this winter? Sunday mornings we will be hosting Glow Yoga at the Community League to get the kids uplifted and empowered with yoga adventures tailored to two age groups. The first age group is preschoolers ages 3-5 from 10:00 - 10:45 am, and the second grade school ages 6-12 from 11:00 - 12:00 pm. The cost is \$60 for 6 weeks, and we require a minimum registration of 10 people. Please register using the form

in the QR code,

this link (<https://forms.gle/nUPCH-1PAXdvsycNU7>), or email vicepresident@avonmore.org. We are really proud to be able to partner with Glow Yoga to offer this program, please check out their website for information on the fun program they run at <https://www.glowyogakids.com/>.



Avonmore Community League Merchandise

We have Avonmore merchandise available for purchase by emailing the Membership Director at membership@avonmore.org. Should you need to keep your beverage warm or chilled, the 10oz. Insulated Mug will satisfy your needs.

Or want to add colour to your wardrobe and/or stay warm? Our colourful Toques have you covered. Community league members received a discount as each item is \$15.00; otherwise, without a membership, each item is \$20.00.

Community Swim

Free to Avonmore Community League Members with a valid membership card! Phone 311 or check www.edmonton.ca for updates on closures before you go.

Commonwealth Community Recreation Centre 11000 Stadium Road; Saturdays, 3:00 - 5:00 pm

Bonnie Doon Leisure Centre 864881 Street; Sundays, 4:15 - 5:45 pm

East Glen Leisure Centre 11410 68 Street; Saturdays 3:00 - 5:00 pm

Visit www.edmonton.ca for more info.

Avonmore Moves

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

Since the beginning of June 2021, we've encouraged Avonmore residents to track movement in kilometres. Some residents use a device that tracks their movement of steps, running, biking or others calculate 20 minutes of workouts which equals 1.6 kms. Community members record their movement and send their information to us so we record the numbers for the whole neighbourhood.

We have 14 people who regularly track their movement and send in their numbers. Between June 1, 2021 and November 13, 2022 Avonmore community members have moved and travelled a total of 98,644.89 kms. Our little group is nearing 100,000 kms!!! The circumference of the earth is 40,075 kms. We have gone 2X around the earth and are working on our third.

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 snow shovelling, workouts: cross country/downhill skiing, snowshoeing, hockey, skating, figure skating, yoga, swimming, dance, cheerleading, soccer (games and practices), YouTube workouts, Zoom exercises, etc. Anything you or your kids do that is active is eligible! Just counting 20 minutes of exercise is 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!

Parent, Baby and Tot Playgroup

The playgroup is located at the Avonmore Community Hall, and runs every Monday from 9:00 am - 11:00 am (no playgroup on statutory holidays). The playgroup is a special community meeting place where parents and caregivers of babies and toddlers have an op-

portunity to socialise and engage in unstructured play. We'd like to reach out to new moms especially, who may be looking for other new moms in the community to connect with. Join the Facebook group "Avonmore Parent, Baby and Tot Group" to get real time updates.

Hall Rental

The Avonmore Community Hall is available for rentals and bookings! For more informa-

tion contact Tanya@hallrental@avonmore.org

Community League Membership

Welcome and thank you for your continued support towards making Avonmore a great community!

Annual membership term: September 1 to August 31.

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. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Canadian Maple? Well... Biggle (located at 8526 109 St NW) is offering 15%

off on all their maple products online or in-store by applying the promo code (VIPCODE).

We welcome new residents by celebrating with a FREE MEMBERSHIP in your first year, please contact membership@avonmore.org for more details. Looking to purchase a membership? You can, by emailing membership@avonmore.org or buying directly from Dairy Queen on 75th Street, or online via the QR Code:

We welcome all residents but if you reside in King Edward Park, please email kep.membership@gmail.com for membership inquiries.

Shinny Ice Hockey

Fall/Winter sessions are Friday's 10:45pm @ Kenilworth arena. We will play from October to March 2023.

Shinny hockey is a group of players getting together to play hockey. Players of all genders and ages are welcome to participate. Our youngest player is 14 and our oldest player is 65+, and the range of abilities are beginner to ex-NHL. Yes you read that correctly, in the past we have had NHL players playing with us and our 14 year old is good and capable enough to play with adults. We choose different teams each session while still keeping the teams balanced. There are 3 main rules we follow: Have Fun, Play to the ability of your opponent, & Avoid stick work. Full equipment is recom-



mended, but you can wear whatever you are comfortable with. We have several players who have extra sets of equipment if you need to borrow items. We play for 1.5 hours with a \$20 drop in fee, or a cost for all sessions which come to around \$17 per session.

Space is limited, if you are interested and would like to attend or would like more information please contact Boris at 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 still 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)

Music Classes for children ages 1-5

Classes are free and are always held on a Monday at 10:00am at the Avonmore Community Hall.

Come join us for a fun ½ hour of music

and dance from our wonderful music teacher Dawn Bissett.

Save these music class dates: January 16th, February 13th, April 17th, May 8th.

Avonmore Community Playschool

Do you have a little one turning three/four and is ready to start socializing with others their age? We believe it is never too late to start having fun and we still have 3 spots available for anyone looking to register late. We run Monday-Friday 9:00am-11:15am and you can register for 2-5 days a week in our program that

focuses on learning through play experiences.

To register or for more information, please email playschool@avonmore.org

For some holiday fun, we would like to share our favorite thing to do at the Playschool; is play with play dough. So we are sharing our favorite recipe with you.

Gingerbread playdough



Ingredients: 1 cup flour, ½ cup salt, 2 teaspoons crème of tartar, 1 cup water, 2 Tablespoons ground cinnamon, 1 teaspoon ground ginger, 1 teaspoon ground nutmeg, 1 teaspoon ground cloves. Feel free to use different amounts of each spice, we switch it up depending what we have.

Directions: mix all the ingredients in a saucepan - I like to mix all the drying ingredients together first then add the wet ingredients. Stir until your mixture resembles cake batter, it might have a few lumps, that is ok. Then put the sauce

pan on the stove and heat on medium heat, stirring constantly. It shouldn't take too long for the mixture to thicken, continue stirring until the mixture forms into a large clump. Then remove the dough from the heat and knead by hand until smooth (caution it will be very hot so wearing gloves helps keep the heat at bay).

Now you have soft playdough that will last up to a month if stored in a glass container or ziploc bag. Sometimes if you put it in a plastic container it can make it a little slimy, so we don't recommend it.

Avonmore Community Sponsors



Location: 7460 76 Ave NW



Thanks to our amazing sponsors who help support our community! Considering ways to support your community? Please contact our Membership Director at membership@avonmore.org.

COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	VACANT	
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanocl.ca
		780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill S.	780 718-7270
Webmaster	Katie	webmaster@capilanocl.ca
Social Media	Serena	780 965-3599
Sign Rental	Karen	780-977-5252
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	VACANT	780 242-8874
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Jill H.	jkhest@gmail.com
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

Treasurer Needed!

If you have a passion for numbers and have always wanted to volunteer in your community, here's your chance! Capilano Community League is seeking a new Treasurer commencing immediately.

**** No bookkeeping required ****

Responsibilities include:

- Attends monthly Board meetings (3rd Wednesday of month from Sept to June)
- Presents reports to the board on the financial state of the community league.
- Acts as signing officer, with another offi-

cer, for cheques and other documents.

- Issues cheques for all invoices.
- Make deposits.
- Arranges for annual audit of books.
- Prepares budgets and financial statements.
- Oversees the bookkeeper
- Completes security clearance check.
- You will receive training and on-going support.

If you are interested or have questions, please contact Kris 780 720 9003 e-mail k_cramer@telus.net

Wanted – Hall Rental Co-Manager

Capilano Community League is looking for a Hall Rental Co-Manager to start this summer.

We are looking for a community member who loves meeting new people, has flexibility in their days and weekends, is organized and enjoys being involved in community events.

Some of the hall manager's responsibilities include scheduling hall viewings, booking rentals and community events, managing and logging hall revenues and expenses, bank deposits,

making sure the space is clean and ready



for renters and our fitness classes. The hall manager position is a paid position. To find out more details please contact Marzena at 780-909-5886.

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. Third party/liability insurance is required for ALL hall rentals.

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. You must reside in the Capilano boundaries and have a current community league membership to get the member rates.

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

Capilano Community Memberships

****Effective immediately community league memberships will no longer be available through Servus Credit Union or through SEE-SA.****

We will continue to have direct sales through community member Jean (780 863 0914), at Allcare Pharmacy, and through efcl.org. Thank you.

Current memberships valid September 1, 2022 to August 31, 2023.

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

ships@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!

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

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

Ice Allocation Manager Needed!

Capilano Community requires someone to manage the use of our ice rink this winter. Responsibilities include: manager rink schedule, book ice time with teams, and supervise rink attendants. Are you interested in supporting

others in enjoying our rink, playing hockey and skating?

Then this is the role for you! If interested or have questions, please contact Kris at k_cramer@telus.net or 780-720-9003.

Capilano Seniors' Afternoon Program

Did you know that Capilano Community League is working with the SCONA Seniors program?

We are bringing this program to Capilano Community Hall one afternoon a month. Come for an afternoon of chat, games, and fun!

Next date: Tuesday December 13th (pre-holiday cheers)

Time: Doors open 12:30 to 2:30 p.m.

Location: Capilano Community Hall 10810-54 St NW (Edm., T6A 2H9)

Cost: Only \$7.00 (Coffee/lunch/dessert/prizes provided)

Possible dates for 2023: January 17th, Feb 21st, March 21st.

(Subject to change but SCONA Seniors will inform us and watch our web and social media, Capilano Community Facebook Page and our webpage at capilanocl.ca for last minute updates.)

Please call 780 433-5377 to register if you are interested in attending any of the Tuesday afternoons. See you soon!

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

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!

Hardisty Gymnastics Update

There are tentative plans to start up Hardisty Gymnastics in 2023, possibly a later winter start.

Please monitor Capilano Community's website and social media platforms, as well as the Southeast Voice, for more updates.



PRESENTS:

Neighborhood Cribbage Tournament

SAVE THE DATE:

JANUARY 28TH

WATCH FOR MORE INFO ON
CAPILANO'S FACEBOOK & WEBSITE OR

CALL ADAM 780-984-7930

OR HEATHER 780-818-1456

PRIZES FOR 1ST, 2ND, 3RD PLACE

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FEATURING...



Yoga - Capilano Community Hall: December & January

Day: Wednesday mornings

Time: 10:00 - 11:00 a.m.

Cost: \$50 for 5 classes, \$12.00 drop in

December classes: 7th, 14th, and 21st

December's classes will be meditation with restorative yoga practices to provide time for reflection, deciding on what is important to each of us to close out 2022. For Dec. 21, following a meditation we will join in a circle to

visit, bring your coffee or tea if you like.

No classes December 28th or January 4th

Jan. classes: January 11th, 18th, and 25th

In January we create an inspiring start to the year with energizing and uplifting practices to bring fresh ideas and new beginnings.

Happy Holidays to all!

Contact Nancy_conlin@hotmail.com for registration and inquiries.

Karate at Capilano Hall!

Time to break out of your routine – get off your couch and get on our floor. Okinawan Goju ryu Karate and Ryukyu Kobudo are at Capilano Hall on Wednesday nights.

Get yourself, your kids, or the whole family active. We have family rates available. Karate is a great activity that helps calm and focus the mind, strengthen, and stretch the body, and helps you manage stress better. Plus learn

some great karate moves

Why break the bank when you can train locally, support your local community, and receive quality instruction in a Karate Alberta-affiliated dojo, where you will receive top instruction from an internationally ranked instructor. All for a fraction of the cost. Find us on facebook.com/RyukyuKaratedoKobudoor text/ call 780-619-3136.

FREE swim for Capilano community members on Sundays

Bring your current, valid Capilano Community League membership card to swim for FREE during the following times:

--Hardisty Leisure Centre from 1:15 to 2:45 p.m. on Sundays

The indoor community swim program runs from the second weekend in September until the end of June. Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

Total Body Fitness

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome!

We are outdoors until it gets too cold and dark then we will move inside Capilano Community Hall.

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

Thursday class at 6:45 p.m.

Current session runs November 1/3 – December 20/22. Next session starts in January.

\$88 one day a week (8 classes).

\$176 two days a week (16 classes)

Drop-in rate is \$13

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

Thursday Strong

If you are looking for a class that focuses on getting your whole body stronger, then this is your class - no cardio. We will mainly use dumbbells, bands, and kettlebells, with a longer mobility focused warmup. We are outdoors until it gets too cold and dark then we will move inside Capilano Community Hall

Thursday class at 8 p.m.

Current session runs November 3 – December 22. Next session starts in January.

\$88 for 8 weeks.

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

Capilano Playschool

Capilano Playschool continues to accept registrations for the 2022 – 2023 school year. We offer a choice of our Healthy Apple (health and wellness) or Christian program. We run morning classes two or three days per week. All classes are for 3- and 4-year-olds and include a "Learn Through Play" philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through

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


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

Capilano Babysitting Registry

Parents - now is the time to connect with a babysitter and be ready for the holiday season!

Babysitters - the registry is a great way to connect with new families.

Both parents and babysitters can email babysittingregistry@capilano.ca to learn more.



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

2022 Board of Directors Contact List

Position	Name & E-mail
President	Name: Dave Email: president@cloverdalecommunity.com
Past-President	Name: Reg Email: pastpresident@cloverdalecommunity.com
Vice-President	Name: VACANT Email: vicepresident@cloverdalecommunity.com
Secretary	Name: Braden Email: secretary@cloverdalecommunity.com
Treasurer	Name: Leigh 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: VACANT Email: socialdirector@cloverdalecommunity.com
Program Director	Name: Jennifer Email: programdirector@cloverdalecommunity.com
Membership	Name: Marilyn Email: membership@cloverdalecommunity.com
Committee Leads	
Casino Coordinators	Name: Braden Email: casino@cloverdalecommunity.com
Edmonton Ski Club Liaison	Name: Kevin Email: skiclub_chair@cloverdalecommunity.com
Flood Mitigation	Name: Eric Email: floodmitigation_chair@cloverdalecommunity.com
Community Garden (CCGC) Chair	Name: Jeanette Email: communitygarden_chair@cloverdalecommunity.com
Seniors	Name: VACANT Email: seniors@cloverdalecommunity.com
LRT Citizens Committee	Name: Graham Email: lrtcommittee_cochair@cloverdalecommunity.com

Needle-Felted Ornament Class

Join Kim from Little Blue Fibre Studio as she teaches us how to make a Needle Felted Christmas Ornament. This class is suitable for adults and children, but we recommend 7+ and require children under 10 to be accompanied by an adult as this craft involves use of a sharp needle. The class is two hours long and all materials are provided with the registration fee.

The event is December 12 from 7–9pm at the Cloverdale Community Hall. The registration fee is \$20 for CCL Members and \$45 for Non-Members. To obtain the member promo code, contact Jennifer (programdirector@cloverdalecommunity.com). Register here: www.littlebluefibrestudio.com/events

Walking Club Is on the Move

The Cloverdale Walking Club meets Tuesdays at 10am outside the hall for a walk & talk, followed by warm drinks from a local shop. It's a fun and casual opportunity to meet your

neighbours and get moving! Visit our website under "Get Involved" then "Programs and Activities" for more information, or join our Facebook at facebook.com/cloverdalecommunity

Get Your Skates Out Cloverdale!



The Cloverdale skating rink has been repaired for the season and is ready for skaters! However, to keep it in great condition, we're looking for volunteers to help maintain the ice. This includes shovelling and helping with occasional rink flooding. If you can assist, please contact:

rink@cloverdalecommunity.com
Skate times and rules for the rink are available on the Cloverdale website: cloverdalecommunity.com/ice-rink-rentals. Get your community league membership on the website as well.

What's Your Budget for Alberta?

The provincial government is asking Albertans to complete a 10–15 minute online survey to help identify priorities and set the direction for the 2023 provincial budget. What would

help you, your family, business, and community thrive? The survey ends January 15, 2023, and can be found at: <https://www.alberta.ca/budget-2023-consultation.aspx>

Have Snow? Call the Snow Angels!

Snow is the gift that keeps on giving ... that's why the Cloverdale Community League is proud to announce that the Snow Angels program is back for its third season! Thanks to a grant from the City, Cloverdale youth can receive \$10 per snow event to shovel the front walks of seniors and folks with disabilities in our community. Not only do these community

members receive free shovelling, but it also makes the sidewalks safer for the whole community!

If you would like to sign up — either as a snow-shovelling youth, or as a senior or person with disabilities — please visit our website at: www.cloverdalecommunity.com/snow-angels-2022

Please Help Cloverdale! Seeking New Members for the Board

The CCL Board has been incredibly lucky to have the dedicated service of Dave (president) and Michelle (Vice-President) for the last few years. With the two of them stepping down, Cloverdale is now seeking their replacements. Could that be you?

The President is responsible for leading the board and being fully informed on Community League matters, including programs, financials, bylaws, policies, and more! Cloverdale is seeking someone who is comfortable being a leader and navigating community wants and needs. It's a big job, but we know you're up

for it, and the rest of the board is here to help!

The Vice President supports the President and their general duties, and helps maintain positive relations amongst the board and community. They assist with board meetings and various community tasks and decision-making.

Both roles require dedication, loyalty to the community, good communications, and the ability to devote time to meetings, community events, and the responsibilities of the role. If you are able to support your community in either of these roles, or have any questions, please email info@cloverdalecommunity.com.

Afterschool Youth Passes

Youth ages 8–17 can get access to all City of Edmonton fitness centres, pools, gyms, and the like with the new Afterschool Youth Pass. Valid on weekdays only, the pass allows youths

to drop in between 1pm–5:30pm for a monthly membership fee of just \$15, or a general drop-in rate of \$2 per day. For more information, visit edmonton.ca/AfterschoolYouthPass

Christmas Party at the Hall

Thank you to everyone that joined in the fun at the holiday party! The event was on Sunday, December 4th at 4:30, and included ca-

tered food, a visit from Santa, and donations to the Foodbank. Thank you so much to all our volunteers!

Forest Terrace Heights

10150 - 80th Street
forestterrace.org

Caregivers among us

AsperCaregiversAlberta (www.caregiver-salberta.ca), nearly one in four Albertans over the age of 15 are caregivers. Lois and Dave were nominated for a flower bouquet from the community league in collaboration with Grower's Direct on 101 Ave for their outstanding support of their neighbour who has been a caregiver for many years. Being a caregiver can be an around the clock job that requires family, friends, and

neighboursto lend a hand. If you are a caregiver, don't feel that you need to do this alone. Ask for assistance, often those around you may not know what you need. If you are a caregiver and need help, you can go to the website mentioned above or call Caregivers Alberta at 1-877-453-5088. To nominate a neighbour, contact our membership director at memberships@forestterrace.org or call 780-463-1613.

BRIEFS FROM THE BOARD

UPCOMING EVENTS:

Holiday Knitting Workshop, November 30, 7-9pm. An introductory class for students who would like to learn how to knit, this class will be taught by our local knitting instructor, Lyndsey Bajer. Come to the FTH Community League Hall and learn how to knit a reusable cotton dishcloth with a Christmas tree pattern—great for gifts. Check the FTHCL Eventbrite page for more information and to purchase your registration! Santa Claus Parade, December 17, 1-3pm. Santa will be handing out treats and collecting your donations for Edmonton's Food Bank! For a map of the route, visit forestterrace.org/upcoming-events, or email events@forestterrace.org. Hot Dogs & Hot Chocolate, Sunday January 22, 11:30-2:30 pm at the Forest Heightsicerink. Join us around outdoor firepits to roast hot dogs, drink some hot chocolate, and play in the snow.

PROGRAMS:

Forest Terrace Heights Parent and Baby Group: Tuesdays from 1:30-3:00pm at the FTH Community League Hall. This is a great opportunity for parents with young children to connect, and for children to meet others of similar age. Email sarah@forestterrace.org for more information. Last date for 2022 is December 22; 2023 date to be announced in January. Holiday Recharge Yoga: Mondays in December (2nd, 9th, 16th) from 7-9pm at the FTH Community League Hall. Refresh and recharge the mind and body during the busy holiday season. Join us for yoga and a cup of tea afterwards—stretch, sip and socialize! Check web and eventbrite for more details in the near future.

NEXT BOARD MEETING: Everyone in the community is welcome to attend board meetings. Our next one will be Wednesday, November 2 at 7 p.m. at the FTH Community League Hall (10150-80 St NW). Email secretary@forestterrace.org for more information.

HALL RENTALS: Our hall at 10150 80 St offers one of the lowest rental rates of any community league hall in the city. All the rental details are at forestterrace.org/hall-rental. Contact Connie at hall@forestterrace.org to book or with any questions.

FREE SWIMS: Members of Forest Terrace Heights Community League are eligible for free swims every Saturday from 3-5 p.m. at Commonwealth Community Recreation Centre (11000 Stadium Road), and Eastglen Leisure Centre (11410 68 St NW), and every Sunday from 1:15-2:45pm at Hardisty Fitness and Lei-



sure Centre (10535 65 St NW).

NEIGHBOURHOOD SAFETY: Got a concern or question about safety or security in our neighbourhood? Contact our Neighbourhood Watch representative Madison at madison@forestterrace.org.

MEMBERSHIPS NOW AVAILABLE ONLINE: Memberships for Forest Terrace Heights Community League can now be purchased on our website at www.forestterrace.org. For those who prefer cash, memberships can be purchased at Grower's Direct on 101 Ave. Grower's Direct is only for cash or cheque purchases, please do not ask to pay by debit or credit at this location. Grower's Direct can not give out free memberships. If you are new to the neighbourhood, or just have never gotten a membership, first ones are still free from our membership director. Please contact Sonya at memberships@forestterrace.org or 780-463-1613 for more information.

Connect with us!

Forest Terrace Heights Community League
Web: forestterrace.org
Facebook: [/forestterrace](https://www.facebook.com/forestterrace)
Instagram: [forestterrace](https://www.instagram.com/forestterrace)
Twitter: [@ForestTerraceCL](https://twitter.com/ForestTerraceCL)

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Quilt (Queensize) is handcrafted and generously
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Tickets \$2 each

On Sale September 7 - December 13, 2022

Purchase at SEESA Front Desk or Call 780-468-1985

Winning Ticket will be drawn December 13th

You do not need to be present to win.

Licence # 608854 (400 Tickets Printed)



A Service of Lament & Light

COVID Sorrows...
COVID Blessings

Sunday
December 18, 2022
4:00 pm

Reception to follow

With respect for care and well-being,
masking is strongly recommended..



Hosted by:

McDougall United Church

Edmonton Interfaith Centre
for Education and Action

Muslim Association of Canada

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TO SERVICE

*An Interfaith Service of Remembrance,
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10025 – 101 Street, Edmonton
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McDougall United Church

Come Home to Christmas

Christmas Eve by Candlelight
Saturday, December 24 – 7:30 p.m.

Christmas Morning
Sunday, December 25 – 11:00 a.m.

McDougall United Church

"In the Heart of the City"

10025 – 101 Street & Macdonald Drive Ph: 780-428-1818

email: info@mcdougallunited.com www.mcdougallunited.com



Wishing all my clients and everyone a Merry Christmas, Season's Greetings, and a Happy New Year 2023!

For my Quarterly Investment Guides, Cinematic Virtual Tours, New Listings, & Client Testimonials: visit my website at www.KellyGrant.ca !

*** NEW LISTING:** 2-storey townhouse end unit in Morello Gate. Sizeable 1225 sq. ft., with oversized heated tandem garage & located next to big box retail and services in NW Edmonton - Pembina. Priced at \$248,000 with Immediate Possession!!

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- Wills and Estates
- Business Law

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Esther
Director/Community Garden
esther@fultonplace.org
Michelle
Director/Walking Group Coordinator
michelle@fultonplace.org
Shawn
Director
shawn@fultonplace.org

Wet Felted Soap Workshop

Sunday December 4 10am to 12pm
Join our local fibre and learn the magical technique of wet felting. Hosted by Little Blue Fibre Studio. For \$45 register with Lisa at programmer@fultonplace.org

Call for rink volunteers



We're looking for some rink shack supervisors for the 2022-2023 season. This is a volunteer position requiring no labour. All snow removal and ice maintenance is provided by contractors. Daily scrapes are generally done by players so no manual labour involved for the volunteers.

Duties for rink supervisors include opening and closing the rink, engaging with community members, and keeping an eye on the rinks and rink shack.

Requirements to volunteer: 18 years or older (16w/parental oversight), and a Fulton Place community member.

If you are interested in volunteering to help supervise the rink please contact, Shawn@ (780) 278 5884 or rink@fultonplace.org

Hall Rental

The Fulton Place hall is available for rent, and is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league members. Rental rates can be found on our website (www.fultonplace.org) under the 'Rent Our Hall' section. To book the hall please contact hall@fultonplace.org

Past and current our Community Events:

- COMMUNITY BOOK CLUB (ONGOING)
- COMMUNITY SWIM DAYS AT HARDISTY
- WALKING CLUB (TWICE A WEEK)
- SUNSHINE GARDEN (AWARD WINNING COMMUNITY GARDEN)
- GARDEN TOURS
- GARDEN SWAPS (SPRING AND FALL)
- COMMUNITY HALLOWEEN STOP WITH FIRE PITS AND TREATS
- HARVEST FESTIVAL
- WINTER FESTIVAL WITH SANTA
- SKATING PARTIES
- BIG BIN EVENT WITH COMMUNITY GARAGE SALE AND TAKE-LEAVE IT
- SUMMER CONCERT SERIES
- FULTON RAVINE CLEAN UP
- COMMUNITY PINE CONE BIRD FEEDER BUILDING
- PAINT EVENTS
- WORKSHOPS: FALL BIKE TUNE UP AND LEARN TO FELT
- BLOCK PARTIES

SATURDAY DECEMBER 10 FROM 4 - 7 PM

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6110 FULTON RD NW

FULTON COMMUNITY AND THE SUNSHINE GARDEN PRESENTS:
**A CHRISTMAS FESTIVAL AND
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@ECORENEWCONTRACTING | @DANABRADLEYREALESTATE

Welcome from the Fulton Place Board

For anyone new to our community, and for any residents unaware of some of our activities, the following is a list of community events we've put on in the last year or two. If we missed you during our membership drive this summer, we want to welcome all new residents to our fabulous community, and we hope to see you around at our events! Keep an eye on our website, the sign at the 4 way stop, our e-blasts, and SEV for event details.

Community Swim

Community Swim will be on Sundays, 1:15 p.m. to 2:45 p.m., at the Hardisty pool, and is FREE for Fulton Place Community League members. The 2022-2023 community swim season starts Sept 11, 2022 and ends June 18, 2023. Community swims do not take place on Statutory Holidays or days the facilities close early such as Easter Sunday.

Facilities Help Needed



Do you have a passion for our community, and want to help out the league? We want your help! We are in search of a Facilities Director, to provide minor maintenance at the hall on an ongoing basis, and work with contractors as needed. This is a volunteer position, with a time requirement of 2-3 hours/month typically. If you are interested in helping us out, please email mike@fultonplace.org

Welcome Wagon Update

Earlier this year the league decided to initiate a welcome wagon program in our neighborhood. So far we have given out a dozen welcome baskets to new neighbors, they have been well received, and it has been wonderful to meet the new people calling our community home. We look forward to the continued success of this program!

Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road		
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	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Dominique Kott	dQ.kott@gmail.com
Sign Director	Alison Boese	akcurtis23@yahoo.ca

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. Bring a yoga mat, water, and anything your kids need. People without kids are also welcome to join.

sThis session Oct 31-Dec 19 New Sessions

starts in January

Mondays from 930-1030am

Contact Lisa to register or with any questions.

Mondays \$80

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

Volunteers Wanted

Would you like to volunteer one or two hours at an event hosted by the Gold Bar Community League? If you are 15 years or older, we would be happy if you could join us at an event at the hall.

We need help with the seniors tea, christ-

mas party or fall family funday. The more volunteers, the more events we can have. If you have an idea for bringing people together, I am interested.

Please text, call or email Ronda magician-ronda@gmail.com 780-966-3096

Gold Bar Community presents

2022 Best Decorated Holiday House Gold Bar community members contest winners will receive 1st, 2nd and 3rd place finish. How to enter: email goldbarcontest@outlook.com

Your email must include your full name, your favorite decorated house address. (full address). All entries must be submitted by December 20th. Winners will be contacted in person by December 21st.

Contest Rules

Entry is free, no cost or fees apply. Everyone in the Gold Bar community is eligible. One entry per person. (Example: a family of 4 would have 4 votes) Contest is for exterior decoration only, including decoration in the windows that are visible from the street.



Rink Manager Needed

The Gold Bar Community League has an amazing opportunity. We need an attendant to keep our community rink, shoveled and clear. This paid evening position is perfect for students to earn some cash, keep an eye on our

rink, all the while being close to a wifi hotspot. For homework purpose, of course. Shoveling the rink is helped, by our tracked snowblower, to do most of the heavy lifting. For more details, email adamrompfer@yahoo.ca

Goldbar Community Memberships Available Now!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106 Ave) and at SEE-SA (9350-82 St) come check out these wonderful business and pick up your community membership. Check your local pool for community swim times. Please Remember Your Card.

WE NEED YOUR HELP!! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU! If you're interested in helping your community

by selling memberships, we have short and long routes available.

With your membership you have FREE access to the Edmonton Tool Library, and the Community Swim at Hardisty Pool from 1:15-2:45 Sundays.

You can purchase memberships at any of the above places or Call Amy Cooper 780-668-6836. Adults/Family \$20 and seniors \$5.

Membership Contest!

Winner receives a \$20 gift card to All Care Pharmacy. We will be having a winner once a month. Buy your membership now!

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

BINGO

If you are interested in volunteering for any of the Gold Bar bingos, please contact Lorie@780-447-1110. Funds raised help out in the community

Parkway hall

Sat Dec 3, afternoon only

Sun Dec 18, evening/late night

Tues Jan 31, evening/late night
Fort Road Hall

Wed Dec 7, afternoon/evening

Tues Jan 24, afternoon/evening

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, and a 20 min foam rolling and stretching finish. We will be outside for the duration of this session (inside for inclement weather)

This Session Runs Nov 6- Dec 18 New Sessions start in January

Sundays 6:45-7:55 (note this is a 70min class)

Contact Lisa to register or with any questions.

Sundays \$77

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

December and January Yoga at Gold Bar Community Hall

Mondays: 11:00 am - 12:15 pm on Dec. 5, 12 and 19.

Wednesdays 7:30 - 8:45 pm on Dec. 7, 14 and 21.

Congrats to our November wellness winner, Mary Jane!

December will be meditation with restorative yoga practices to provide time for reflection, and deciding on what is essential to each of us to close out 2022. For Dec. 19 and 21 following a meditation, we will join in a circle to visit, bring your coffee or tea if you like.

\$50 for 5 classes, you will be entered into our monthly draw for a \$100 Wellness Package.

Congrats to our October Wellness Winner: Mary Jane!

Drop-in pay \$12

All of our Community League Members get to try one class free!

No classes on Dec. 26, 28, Jan. 2 or 4.

Starting after the Holidays:

Monday's: 11:00 am - 12:15 pm Jan. 9, 16, 23, 30.

Wednesday's: 7:30 - 8:45 pm Jan. 11, 18, 25.

January we create an inspiring start to the year with energizing and uplifting practices to bring fresh ideas and new beginnings.

Happy Holidays to all!

Contact: Nancy_conlin@hotmail.com

Family Futures

Family Futures Resource Network will be running a free 'Music and Motion' Drop-In Program for children ages 3-6 years and their caregivers every Tuesday afternoon starting January 17th until March 21st from 2:00-4:00pm at the Gold Bar Community Hall.

This free drop-in program offers children the opportunity to move freely and express

themselves through play and music. Come join in the fun and support your child's development with activities such as dancing, musical instruments and parachute time.

For more information on this and other programs and services Family Futures offers, please call 780-413-4521 or visit www.familyfutures.ca.

Hall Rentals

The Hall is open for rentals! Contact goldbarhallrentals@gmail.com or leave a message at 780-249-0366 and our Hall Manager Liisa will contact you!

Rates, rental info and availability calendar also available on the Gold Bar website www.goldbarcl.com. Gold Bar community membership discounts apply.



Holyrood Community League Contacts

President - Larissa	president@holyroodcommunity.org
Vice President - Megan	vicepresident@holyroodcommunity.org
Treasurer - Vonn	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Kelly	programs@holyroodcommunity.org
Sports & Fitness - Paul	sports@holyroodcommunity.org
Memberships - Nor'Ali	memberships@holyroodcommunity.org
Facilities & Grounds - Vacant	facilities@holyroodcommunity.org
Communications - Jana	communications@holyroodcommunity.org
Events - Vacant	social@holyroodcommunity.org
Civics - Carlos	civics@holyroodcommunity.org
Holyrood Development Committee - Vacant	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Soccer - Vacant	soccer@holyroodcommunity.org
Playschool - Laurence	playschool@holyroodcommunity.org
Playgroup - Vacant	playgroup@holyroodcommunity.org
Casino - Vacant	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org



holyroodcommunity.org



@HolyroodCL



Holyrood Community League

Purchase memberships through efcl.org/membership/

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

GINGERBREAD HOUSE DECORATING

Holyrood Community League is continuing our gingerbread house community tradition, and this year it will finally be together IN PERSON! All you need to bring is yourself, and participants will be entered into a contest for best decorating! The league will provide the

first 50 participants/families with the gingerbread house kits, complete with cookies, icing and candies. Be sure to register by contacting programs@holyroodcommunity.org

When: Saturday December 10 from 1-3pm

Where: Holyrood Church (9224-83 St)

COMMUNITY SWIM

With the weather turning cold, now's that perfect time to head inside to a heated aquatic centre!

Community swim is free for those who have a current community league membership (don't forget to bring it with you!)

SATURDAYS 3:00 p.m. to 5:00 p.m.
Commonwealth Community Recreation Centre (11000 Stadium Road)
Eastglen Leisure Centre (11410 68 St NW)
SUNDAYS 1:15 p.m. to 2:45 p.m.
Hardisty Leisure Centre (10535 65 St NW)

YOGA WITH BARB

Until December 15, 2022, drop-in every Thursday evening from 7:00 to 8:15 pm for Yoga with Barb. \$15 per class/adult \$8 per child/youth. Barb will take you through gentle and inclusive movement while teaching you calming techniques so you can live with more ease and joy.

St. Luke's Anglican Church, 8424 95 Ave NW Edmonton



Contact programs@holyroodcommunity.org or barbayogaguide@gmail.com
<https://barbaralritter.ca>

HOLYROOD GÜD BOX

Get a large fresh, seasonal produce box that saves you approximately 35% on fruits and vegetables with Holyrood's Community Gud Box.

The box is available for next day home delivery

every 7 days a week and includes always changing seasonal fruit and vegetables as well as some common staple items. A portion of the proceeds go towards the Holyrood Community League. thegudbox.ca/holyrood.

HOLYROOD COOPERATIVE PLAYSCHOOL

STILL ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR!

LOCATED IN THE BEAUTIFUL STRATHEARN COMMUNITY LEAGUE BUILDING FOR A SECOND YEAR IN A ROW.

VISIT
WWW.HOLYROODPLAYSCHOOL.CA
FOR REGISTRATION INFORMATION.

QUESTIONS? EMAIL US AT
PLAYSCHOOLHOLYROOD@GMAIL.COM

HOLYROOD COMMUNITY PLAYGROUP

Join the Holyrood Community League Playgroup Thursdays mornings for drop-in play for caregivers of preschool aged kids. The upcoming winter can feel long and cold, so get out of the house with your littles and have a hot coffee and an easy chat with your neighbours.

This is an informal group put on by Holyrood Community League that allows kids to play and caregivers to chat and get to know each other. Although this meeting takes place in a church, this is not a religious group.

Thursday mornings, 9:00am – 11:00am, Holyrood Community Church 9224 82 Street

Holyrood Drop in Playgroup is still in need of a volunteer playgroup coordinator to help once per week to keep our playgroup running! This is a great opportunity to get involved and meet other caregivers of young children in the community. This position liaises with the programs director and is not required to attend board meetings. Please contact programs@holyroodcommunity.org if you are interested or would like more information.

BABYSITTERS REGISTRY

Holyrood Community League has a babysitters registry, if you are a babysitter or need a babysitter, please contact programs@holyroodcommunity.org to get your name on the registry, or to find a sitter.



Volunteer Rink Attendants Wanted!

DO YOU LOVE USING THE SKATING RINK IN THE WINTER? SO DO WE!

WE NEED VOLUNTEERS TO MAN THE RINK SHACK IN 4-HOUR SHIFTS, ON WEEK NIGHTS & WEEKENDS. NO SPECIAL SKILLS ARE NEEDED. CAN YOU HELP US OUT?

HELP KEEP OUR RINK SHACK WARM & COZY, NEAT & TIDY! RECEIVE FUN PERKS AS A THANK YOU!

**Contact
programs@holyroodcommunity.org
to apply**

**Podiatric foot care!
780-466-5290**

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

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

www.greenwayspodiatric.ca

BOARD VOLUNTEERS NEEDED

Holyrood Community League is looking to fill the following volunteer positions:

Holyrood Soccer Director - Duties include being a liaison between the Holyrood Community League board and Edmonton Minor Soccer Association (EMSA) South by relaying important information to the Sports Director, advocating for Holyrood, attend meetings with EMSA South, Run the end of the soccer season party "Super Soccer Saturday"

Playgroup Director - Duties include opening up the playgroup, making coffee, cleaning and locking up when playgroup is over as well as

keeping track of attendance and any special events days.

Other available positions include:

- Facilities and Grounds Director
- Events Director
- Holyrood Development Committee Director
- Casino Director

These positions are important to keeping our community active and well-rounded! If you are interested in one of these positions and would like to learn more about the role(s), please contact programs@holyroodcommunity.org

COMMUNITY SKATING ATTENDANT NEEDED

This is a paid position, email communications@holyroodcommunity.org for more information or to apply.

We are still looking for a Rink Attendant! Rink Attendants are responsible for monitoring Holyrood's outdoor ice and rink shack during posted operational hours. Position includes duties such as:

- Put out mats, nets, sticks, pucks for use
- Greet people as they come in
- Make sure there are cups for coffee and hot chocolate
- Keep an eye on the users (look out the window every few minutes), Do a rough headcount a couple times during the shift, and record patron numbers on the calendar.
- Make sure no one is breaking the rules; if

they are, talk to them and explain the rules. Rink patrons are expected to follow a reasonable code of conduct while using our facility; if a patron is not conducting themselves reasonably, inform them of the issue. Board members are on call to provide assistance with this item.

- Give everyone the 15 minute warning
- Put everything away & clean up any garbage, tidying of rink shack and office area (wiping countertops, sweeping floor, emptying trash)
- Shovelling or sweeping walks if there is fresh snow
- A cell phone is required
- Collect any equipment left outside (skate trainers, hockey sticks, pucks, helmets) and return to their places inside the rink shack



Heather McPherson

**Member of Parliament
Edmonton Strathcona**

**Contact my constituency
office for assistance with:**

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

780-495-8404

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



www.heathermcpherson.ndp.ca

Follow on



Yoga Within

Create the Balance

Join Us on Whyte Ave

YOGAWITHIN.CA #302 8135 102 ST NW . 780.450.9642



HATHA . FLOW . MUM & BABY . PRENATAL . ASHTANGA . YIN . MEDITATION

Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Matthew	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Mick	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Lee	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	Fran	membership@idylwylde.org
Garden	Lauren	garden@idylwylde.org
Facilities	Vacant	facilities@idylwylde.org
Social	Yulia	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Kamila	grants@idylwylde.org
SECLA	Scott	seclarep@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org

Idylwylde.org @IdylwyldeCL Idylwylde Community League

Community League Swim

Show your community league membership card for a free swim. To get a free community league membership contact membership@idylwylde.org.

Bonnie Doon Leisure Centre
8648 81 Street NW

Starting September 10, 2022
Sundays, 4:15 p.m. - 5:45 p.m.
Commonwealth Community Recreation Centre
11000 Stadium Road
Starting September 11, 2022
Saturdays, 3:00 p.m. - 5:00 p.m.

Fitness Classes



Free with Community League membership (please contact membership@idylwylde.org for your membership)

Monthly Community Meetings

Contact our President if you would like an invite to our next meeting. Our meetings have changed to the second Wednesday of the month at 7 p.m. at the Community League hall. Hope to see you there!

Free Memberships

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!

Did you know we have an NRC and Social Worker for Idylwylde?

Greetings Idylwylde Neighbourhood! Neighbourhood Resource Coordinator (NRC) Lindsay is available for questions around how to plan/apply for events on parkland or a block party, community driven grants, and liaises between our Community League and the City. She can be reached at lindsay.vanderhoek@edmonton.ca
Community Social Worker Samantha

works towards social inclusion, economic empowerment, and poverty reduction. If you have networking ideas or questions related to leadership development and the mobilization of community resources with goal to improve social connectedness, and improve coordination of policies and initiatives - contact Sam at samantha.molen@edmonton.ca

Idylwylde Rink

A Huge Thank-you to our Idylwylde rink volunteers for making and maintaining the ice surface for the last few years. We have made the difficult decision not to flood the rink this year as our wonderful volunteers are no longer

able to run the ice making for the rink.

If anyone is interested in taking on this task, please contact President@idylwylde.org. A small honorarium is available for your time. Happy winter!

Pub Night

Join your neighbours at the Idylwylde Community League Hall for a pub night on Saturday, November 26 at 7 p.m. Drinks and snacks will be available, and there are plenty of new friends to be made.

Facility Chair Vacant

The Idylwylde Community League is looking for a new Facility chair. The major duties of this position are looking after the Community League Hall. Tasks include completing regular and seasonal maintenance to helping coordinate larger projects such as re-finishing the roof. Training and support will be provided. Volunteering on the Board of Idylwylde

Community League gives you the opportunity to meet other people in our neighbourhood, whether you're a longtime resident or a relatively new resident. Volunteering can give you a sense of belonging to a wider community, a sense of empowerment by being able to have your voice heard, and a sense of well being by being able to contribute back to society.

BEAMS - Edmonton's Art's Birthday

The Boreal Electro-Acoustic Music Society and Idylwylde community league will be hosting Edmonton's Art's Birthday on Saturday, January 14, 2023. At the Idylwylde community Hall. Join us as people around the world celebrate art itself! We are looking for paint-

ers and other visual artists who would like to display their art at the hall during the event. We are also looking for experimental music performers.

If you are interested please contact Chris at rental@idylwylde.org.

Every Body Happy

Dates: Monday, September 26, to Monday, December 12, 2022

Time: 7 p.m. to 8:15 p.m.

Location: Idylwylde Community Hall

Interested in meeting your neighbours and giving your mind and body some love? Join us at Idylwylde Hall Monday evenings. We'll be focused on doing our personal best using a

variety of bodyweight moves, stretches, core work and working with weights, bands and balls.

All abilities welcome. Bring your own weights, a mat and a water bottle. Any questions contact Kelly 780-983-5403 or email Kbray2@telus.net.

Gentle Hatha Yoga

Dates: Tuesday, September 13 to Tuesday, December 20, 2022

Time: 6:30 p.m. to 7:30 p.m.

Location: Idylwylde Community Hall

This class introduces foundational yoga postures, teaches you how to breathe and helps you feel more comfortable with your body and in the yoga practice. Although this class moves at a slower pace than the other yoga styles, expect to be challenged both

mentally and physically. Hatha Yoga allows you to step onto your mat and melt away the stress and tensions of daily living.

Feel at ease with this very easy to follow Yoga class, where you will stretch and strengthen the body gradually. This 60-minute class is perfect for people who want to try yoga for the first time or for those who are looking for a softer approach to their practice.

Kenilworth Community League Board

President	Irene	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Maren	secretary@kenilworthcommunity.com
Adult/Seniors Programs	Loida	loida@loidahomes.ca
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Neighborhood Watch	Luann	
Buildings/Grounds	Open	grounds@kenilworthcommunity.com
Children's Programs	Open	childrensprogramms@kenilworthcommunity.com
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
SouthEast Voice	Jason	sev@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

Website and Social Media: publicity@kenilworthcommunity.com
 SouthEast Voice: sev@kenilworthcommunity.com
 Hall Rental requests: rentals@kenilworthcommunity.com
 Keep Current on our website, www.kenilworthcommunity.com, Facebook and Nextdoor!

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.
 Please ask the Rental Manager for more details. To rent, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Kenilworth Crib Club

Our Crib Club is well underway. It is great to have so many new members!
 We could always use more subs, so if you are a crib player and wish to play but not on a

regular basis, please call and we will add you to our list.
 Liz @ 780-465-5188 or Lucy @ 780-466-9149

Seniors 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>

Youth in Action

Cohen Binns was photographed by Edmonton Journal's photographer Larry Wong at the season opening of Sunridge Ski. Kenilworth would like to showcase his pride in sharing active indigenous youth in our community and shout out to how awesome Sunridge is :)



Upcoming Events

Save the date. More information closer to each event

- Scrapbooking/Cardmaking Sale March 11, 2023
- Community Garage Sale May 6, 2023
- Adult Steak & Shrimp BBQ May 13, 2023
- Big Bin June 8, 2023
- Golf Tournament August 26, 2023

Kenilworth Rink Attendants

Rink Attendants needed for the 2022-23 skating season
 \$15 an hour
 Shifts: 4-9 weekdays
 11-4 or 4-9 weekends
 Be available at least two shifts a week December to March
 Duties:
 Open/close rink room
 Maintain cleanliness of rink room

Respond to minor first aid incidents
 Lights snow clearing of gazebo (our icemakers clear the rinks)
 Be a cool and welcoming person
 Be over 18
 This job is optimal for a student, but it doesn't have to be.
 Resumes to: iceman@kenilworthcommunity.com

KCL Youth

Christmas Movie and Pizza
 @ Kenilworth Hall: Monday,
 December 12th 7:00-8:30pm
 (Youth attend events at no charge. Parents & other family members welcome to join the fun and come along!)
 ALL GET TOGETHERS AND



EVENTS ARE FREE FOR KENILWORTH YOUTH AND YOUTH FROM SURROUNDING NEIGHBORHOODS! FOR MORE INFORMATION PLEASE EMAIL YOUTH@KENILWORTHCOMMUNITY.COM

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 heart 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.

Buildings and Grounds:

Many hands make for light work.

KCL is seeking community members who are interested in supporting our KCL Building and Grounds Volunteer Director. If you have an hour or two a month to give to the KCL, we could use your volunteer help.

Some examples of volunteer tasks:

Are you an organizer? This job is perfect for you. Arrange for annual inspections at the hall (fire extinguishers, fire panel, smoke detectors, etc.) and for a KCL volunteer to attend the inspection date. Arrange for contractors and for a KCL volunteer to attend the hall when

the contractor is present.

Are you a person that likes to do odd jobs? This might be the job for you. Volunteer your time for general maintenance tasks around building (changing out coat hooks, hanging items, light paint touch ups, etc.).

Or maybe you walk yourself and maybe your dog daily and swing by the hall? You can walk around the exterior of the hall to check the grounds. Report any safety concerns.

Or maybe you have a bit more time than just to walk around the hall. You can pull exterior garbage weekly or clean up any exterior debris on our sidewalks.

Want to volunteer but not sure what you can do? Give us a call and we can talk further.

Connect with Rebecca, membership volunteer: membership@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 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 Badminton Club

Adult recreational badminton on Tuesdays and Thursdays 7:30 pm to 9:30 pm at Kenilworth School, 7005-89 Avenue. This season starts October 4, 2022 and runs to May 11, 2023. Cost to join is \$30.

This is a social badminton club rather than an intensely competitive club. There are three courts at the school, so a maximum of twelve players can be playing doubles at one time. We

have a rotation system of play, so players are paired with new teammates for each game. The club is not equipped to train beginners, but only a small amount of experience and a racquet is required to become a member. Our club has members with a variety of skill and age levels.

For further information, send email to: kenilworthbadmintonclub@protonmail.com

Ottewell

Executive:

President – Corinne
Vice President – Tom
Secretary – Becca
Treasurer – Open
Board Members:
Big Bin – Andrew
Bingo Director – Tyler
Building Projects – Lukas
Farmers Market Manager - Corinne
Grants – Chelsea
Membership Director - Sandra
Playschool Director - Jason
SECLA Rep - Open
SEV Liaison – Bri
Social Media (FB/ Insta) Hallie
Soccer Director(In/Outdoor)-Cory/Carley
Rink Director – Tom
Website – Dillan, Sharon

OCL Media



Find us on social media.

Instagram: @ottewellcommunityleague
Facebook: Ottewell Community League
Monthly Newsletter: Subscribe at Ottewell.ca

Monthly Ottewell Community League Meeting In-Person



Have an exciting idea? Curious about what the City of Edmonton is doing in our community? Get involved and find out more at 6:30 PM the third Tuesday at Ottewell Community Hall. All are welcome.

OCL Babysitter's Registry



Sign-up for babysitters: <https://forms.gle/22a6V9MyqW4bRony9>

Sign-up for parents: <https://forms.gle/uS55cy1DB4FnNAB58>

OCL Farmers Market

Every Thursday from 4:00 - 7:00 PM local farmers, artisans, pop-up shops and community connectors at Ottewell Community Hall assist you with your shopping needs. Support these vibrant entrepreneurs shop local.

Follow us on social media to find out what is happening at your community market.

Facebook page - Ottewell community farmer's market

Instagram - oclfarmersmarket

Website - ottewell.ca



Abundant Community Program and Workshop

Abundant Community Edmonton (ACE) is a grassroots initiative fostering neighbour to neighbour relationships. Community members in this program actively create vibrant, caring and supportive blocks, buildings and cul-de-sacs where people look out for one another, share gifts, skills, experiences and resources to play together, and collectively create an abundant neighbourhood.

ACE Workshop, ONLINE, Dec. 8th at 1:00 PM - Register on Event Brite

Join Neighbourhood Services/Abundant Community for a workshop on creating a neighbourly vibe! This workshop is great for anyone who would like to know more about ACE, get to know their neighbours, feel a stronger sense of belonging in their neighbourhood or be a leader in helping to build a safe, connected and vibrant community where they live.

Contact ACE Ottewell@gmail.com to reach a Block Connector near you or visit ottewell.ca to find out more.

Interested in Marketing and Website Design?

Join our amazing team of volunteers all while building skills for your resume.

Love creating content for social media accounts? If you are interested in photography, telling stories, or connecting people to programs and events they love email

ottewell2212@gmail.com to find out more. No website experience necessary. Word Press training provided. Commitment is 2-4 hours/ per month that you can do from home with your computer. Visit ottewell.ca/home/volunteer for more details!

Volunteer with the Ottewell Community League

Volunteering allows you to connect with your community and make it a better place. Make new friends, expand your network, and boost your social skills by donating your time. Contact ottewell2212@gmail.

Papa John's offering league members 25% off for rest of year

For the rest of 2022, enter promo code 25PAULA at the start of your online order (via our app or website, papajohns.ca) and receive 25% off your entire order! This special code is valid for repeated use at ANY Papa John's Pizza location in Alberta until December 31, 2022.

As a VIP member, you may share this code with friends, family, co-workers and associates. Papa John's is proud to use fresh, high-quality ingredients in our products, and we offer the very best in customer service to our valued clients. We wish you and your loved ones a safe 2022!

Free Swim Times with OCL Membership

OCL members have access to the Community Swim Program from September - August 2023.

Saturdays from 3:00 - 5:00 PM at Commonwealth Community Recreation Centre and Eastglen Leisure Centre

Sundays from 1:15 - 2:45 PM at Hardisty Leisure Centre

Pitfall Falls of Adding Children to Assets

Kathy, a widow, called about how to simplify her estate. She had read articles about how costly probate was and wanted to avoid these costs. She assumed the fees were high all across Canada was surprised to learn they varied. On a million-dollar estate, probate fees range from \$0 to \$16,000+. In Alberta, her maximum probate fees would be \$525.

Kathy had also read about adding children to the title of her house so that probate wouldn't be required. If her home was registered as joint tenants with Mary, her daughter, the house would automatically transfer to Mary and avoid probate. This is frequently done, but it is not without risk or potential income tax complications.

What happens if circumstances change for either of them?

1. Mary is sued, goes bankrupt or gets a divorce? It is possible that either the creditors or her spouse may try and claim that Mary is a part owner of Kathy's home.

2. If Mary already owns a home, her Principal Residence exemption may be impaired. If Mary doesn't own a home

and wants to buy one, she may not qualify for one of the different plans or incentives. E.g., Home Buyer's Plan, First-Time Home Buyers' Tax Credit or the CMHC first-time home buyer incentive.

3. If Kathy wants to sell the home, use it to secure a loan or if it has a mortgage, renew it with a different lender. With Mary being on title, this may complicate any of these. Or Mary may not agree with what her mother wants to do and refuse to approve.

4. Other issues arise when there are multiple children and if one is on title, it may result in fights after Kathy's death as to her wishess should Mary claim the intention was for her to get the house.

If you are considering adding children or others to your property title or other as-

Estate Income Tax Preparation & Planning

Estate Tax Returns frequently have optional returns and credits which may result in substantial tax savings.

With numerous years of experience specializing in Estate and Personal Income Tax returns, Lorn Stanners, CPA, CMA, can guide you through the process and lend his expertise in the following areas: Business Succession Planning, Trust and Estate Taxation, Estate Plans, Deceased Taxpayers Tax Filings, Post Mortem Tax and Estate Planning.

Yates Whitaker LLP
Chartered Professional Accountants

Contact Information:

Lorn Stanners, CPA, CMA

Email: lorn@yateswhitaker.ca

Phone: 780.413.7211

#300 10328 81 Ave NW Edmonton, AB T6E 1X2 P 780.413.7211 F 780.413.7226 yateswhitaker.ca

sets, you need professional advice. There may be legal and income tax implications to be considered. Your intentions should be properly documented to clearly state your wishes. In most cases the person(s) adding the child remains the beneficial owner (actual owner) and the child is a non-beneficial owner (on title to act on behalf of actual owner). Lorn Stanners, CPA, CMA

Manager, Estates Yates Whitaker, LLP

SCL Leadership

Please contact president@strathearncl.org if interested in filling any of our current vacancies!

Position	Name	Email
President	Chris	president@strathearncl.org
Vice President	Vacant	vicepresident@strathearncl.org
Treasurer	Robert	treasurer@strathearncl.org
Secretary	Glynnis	secretary@strathearncl.org
Membership	Jen	membership@strathearncl.org
Buildings & Grounds	Vacant	grounds@strathearncl.org
Rink	Vacant	rink@strathearncl.org
Social Director	Adam	events@strathearncl.org
Communications Directors	Pam & Evan	communications@strathearncl.org
Programs Director	Tessa	programs@strathearncl.org
Youth Director	Marina	youth@strathearncl.org
Members at Large	Jingjie & Anastasia	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org
Montgomery Place Liaisons	Janette & Wendy	n/a

Ring in the New Year in Strathearn!

Join us on New Year's Day, Sunday January 1, 2023 for an afternoon of family fun. Warm up with neighbours and friends around the fire, enjoy a warm beverage while watching a game of shinny at the rink and cozy up for some free entertainment. Watch our social media channels for full details and schedule of events as the date draws near, and best wishes for a happy and healthy new year to all!



WINTER SELF CARE SUPPORT

The colder months of the year can be difficult. We tend to move less, isolate more, and get less sunshine and fresh air. This all affects our physical, mental, and emotional wellbeing. It can be helpful to create a self-care plan over the winter months. As humans, we are living organisms and thereby an extension of nature. Here are some ways you can flow better with the season.

1. Create a list of things that support you and that make you feel great. This list can be very simple or more creative like a collage or an art piece. Look to nature for inspiration. Have it up somewhere you will see it daily.

2. Allow yourself to rest. Take cues from

circadian cycles and shorter days. Resisting nature's cues to slow down can cause unnecessary stress. Be kind and gentle to yourself.

3. Stay in relationship with your true nature. Spend time outside when possible, enjoying the beauty of the season.

Rebecca Hung is a National Wellness Institute Certified Wellness Practitioner. She practices, guides, and offers sessions in a wide variety of healing arts including Reiki, Reflexology, Yoga, Meditation, Mindfulness and Somatic Stress Release. You can learn more about Rebecca at Rawholistic.com or visit her Kenilworth home-based business by appointment.

RINK WATCH

The outdoor rink is in full swing, with huge kudos to our volunteer icemakers! Neighbours helping neighbours. Please watch our social media and website for updates on skating schedules.



and protocol for this year. Thanks and hope to see you down at the rink this winter!

Support & encouragement on your weight loss journey

Please join us:
Grace United Church Annex
6215 104 Ave NW Edmonton
Every Monday at 10:00 am

Contact PHYLLIS for more information 780-983-8787



STRATHEARN COMMUNITY LEAGUE PRESENTS... a Family-Friendly

FESTIVE Crafting Session

Monday, December 12th ~ drop in to the Strathearn Hall between 5-8pm

Entrance by donation

Make some fun holiday gifts! All supplies provided.

Strathearn COMMUNITY LEAGUE naturally urban

CASINO VOLUNTEERS NEEDED

Strathearn Community League has been granted a Casino, coming up April 21-22, 2023 at the Grand Villa downtown.

If you are interested in helping us out, please contact Chris by email at president@strathearncl.org

Bookclub meeting

Join our convivial crew for the next rockin' Bookclub meeting at Strathearn Hall!

Thursday, January 19th 2023, at 7:30pm
Selected titles are: We Are As The Times Are - The Story of Cafe le Hibou by Ken Rockburn and This Searing Light, The Sun and Everything Else - Joy Division: The Oral History by Jon Savage.



Happy holidays from all your friends at the Strathearn Community League!

**Greg
Dunham**

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Highlands: Raised bungalow with legal 2 bedroom basement suite, new furnace, HWT, nice original hardwood, close to Ada Blvd and river valley.



Downtown Condo: Renaissance Place, Renovated, Functional layout, City view, River valley access.