

# SOUTHEAST VOICE

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

February 2022



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## Neighbours celebrate the Tawatinâ Bridge Opening



December 12 was a huge day of celebration for residents of Cloverdale and Riverdale as the two communities were once again reconnected with the opening of the shared-use portion of the Tawatinâ Bridge. After 5 years of separation, river valley residents eagerly explored the large pathway and hundreds of art panels from artist David Garneau. The event included a smudging ceremony, speeches from the artist and Community League Members, a musical parade from Brass Tactics, and hot chocolate. Donations of warm winter clothing were also gathered and distributed to those in need by Warm Hands Warm Hearts. The Tawatinâ Bridge — which means “valley” in Cree — replaces the Cloverdale footbridge, which was built in 1978 and closed in 2016 to make way for the LRT Valley Line. The multi-use pathway was originally scheduled to be open in May 2019, but was delayed when a huge slab of concrete was found metres under the riverbed. The mystery concrete was too large and arduous to move, and forced construction crews to find workarounds. TransEd, who is building the transit line, also noted that recent delays have been caused



by Covid-19. The LRT line is currently scheduled to become operational in the summer. The artwork on the bridge was designed by David Garneau, an artist whose Mā's family settled here in the late 1800s. The artwork captures stories of nature, history, community, and even references to carvings made in the handrails of the previous bridge. “It's really bridging two sides, two cultures. It's also a space in-between,” said Garneau. “There's a lot of nature, a lot of First Nations and Mā's history, but it's all in fragments. To me, there are pictures, and storytellers have to come and knit them together to explain what the meanings are.”

*Thank You*

FROM THE HARDISTY SCHOOL  
PLAYGROUND EXPANSION  
COMMITTEE!

**THE PLAYGROUND COMMITTEE WOULD LIKE TO THANK &  
ACKNOWLEDGE SOME AMAZING SUPPORTERS THAT HAVE HELPED  
WITH OUR ONGOING FUNDRAISING EFFORTS.**

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**THANK YOU TO EVERYONE THAT HELPED &  
SUPPORTED OUR BOTTLE DROP OFF IN JANUARY  
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**We have reached \$100,000!!!**

Please keep an eye out for some of our  
upcoming fundraisers:  
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## SECLA Board Contacts

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## SEESA Rummage Sale April 22 -24, 2022

The Southeast Edmonton Seniors Association (SEESA) Spring Rummage sale is back! This popular sale offers fabulous goods at great prices!

Experience this well-loved community event by:

Joining our volunteers who help set up and work the rummage sale

Contributing items such as: houseware (dishes, glasses, vases, cutlery etc.) Linens, small appliances (must be operational) jew-

ellery, purses and belts, personal care, office supplies, sports items.

Donations items accepted starting Monday April 4 at noon through to noon Thursday, April 21. Rummage sale starts on April 22 which is Earth Day. Celebrate the day by recycling things you no longer need, help out the planet, and support SEESA.

Call SEESA at 780-468-1985 to volunteer. Learn more about SEESA at SEESA.ca.

## SEESA AGM March 9, 2022

Are you a member of the Southeast Edmonton Seniors Association?

Renew your 2022 membership (\$30 for a calendar year) so that you can take part in the 2021 Annual General Meeting on Tuesday, March 9, 2022 and have a say in the future of your community senior centre.

SEESA is a volunteer non-profit organiza-

tion that enhances the quality of life of people in our community as we age. SEESA offers southeast Edmonton seniors a place to connect with other people by volunteering, taking classes, joining clubs or connecting with home support and other services.

Call SEESA at 780-468-1985 to buy your membership or renew it online at SEESA.ca/

## Cooking with Kids

Especially on snowy, blowy winter days, consider inviting your preschoolers into the kitchen to cook with you. Whether you bake cookies, make soup, or build the best sandwiches, you can share food adventures and have fun.

Save the knife skills for a few years, but help your child count the slices as you cut tomatoes or potatoes for the pot, bread and cheese or meat for sandwiches. They can help measure and mix flour and sugar, count eggs [and chocolate chips!] for cookies. Watch their confidence grow as they follow the recipe steps with you.

Want new ideas? The Edmonton Public Library has a selection of books to try, including The Green Eggs and Ham Cookbook and Cooking is Cool.

On Valentine's Day, you and your child will smile with pride as they present a food gift



along with their paper hearts to family and friends.

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.

This February, we hope you and your family all stay healthy, warm, and safe.

## Registration is now open for the Outdoor 2022 Soccer Season

The South East Zone is excited to announce that registration for the Outdoor Soccer Season starts today!!! We will continue to work together with the Edmonton Minor Soccer Association and Alberta Soccer and hopefully will have an exciting season ahead.

We would like to have players register as soon as possible. Registration for age groups will be taken on a first come first serve basis and we will be accepting all required paperwork until March 14, 2022. Once an age group is filled – registration will be closed for that age group. So please do not wait to register.

We have been fortunate with the quantity and quality of volunteers during the pandemic. We will need your help again this outdoor. Coaches, managers, field painters and general volunteers willing to help run a safe and fun outdoor season will be needed.



In order to register please go to the link below:

<https://emsasoccerportal.com/ui/>

If you have any questions or concerns please contact your Community Director (Director List attached below) or our Zone Administrator (admin@southeastssoccer.ca).

More information regarding fees and age groups can be found at: <https://emsasoutheast.com/coachref/outdoor-season-information/>



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

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Programs	Kaitlyn	programs@avonmore.org
Assistant Treasurer	Leigh	treasurer@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

## Message from the President

It's time to rebuild and revitalize! The Community League needs volunteers to help plan and execute events, activities and programs. There are opportunities for new board members as well. New residents, we look forward to meeting you in person and we welcome your ideas and energy.

A dedicated group of board members has kept the League alive and kept facilities in good order. They deserve the thanks of the whole community. Now they need help and

support.

The Community League has held off planning any large events - indoors or out - for February. Hopefully in the next issue of SE Voice you will see a much longer list of events and activities. What we need now are volunteers to help us plan and execute programs.

If you have time and/or talents to share with your neighbours please contact either president@avonmore.org or vice-president@avonmore.org.

## Community Coffee - 1st and 3rd Wednesdays

Community Coffee mornings will start again on February 16th at 10:00 a.m.. Everyone is welcome to attend. The League continues to

operate under the REP rules which means that participants must show QR code proof of vaccination and wear masks.

## Parents and Tots - Mondays at 9:30 a.m.

My name is Tracy, a mom of 2 little ones & I am currently running the parent & tot group at Avonmore Hall. We meet on Monday mornings from 9-11 at the hall- once we have some nicer weather we will start meeting at the park instead. All kids are welcome, masks are required as well as vaccination QR codes will be scanned and ID checked for 12+. Join us for some fun play time, toys, books & crafts! We will be having a Val-

entines Party on February 14th- crafts & goodies will be available! Feel free to join our group on Facebook- Avonmore Parent & Tot Group, or feel free to send me an email @ parentandt@avonmore.org if you have any questions!

We hope to see you soon!

Note: Adults must show their QR code as proof of vaccination, either paper or digital, and wear masks.

## Booking the Rink for Team Practices, Birthday Parties and Shinny

This year groups of all kinds can rent the rink at various times during the week and on weekends.

Families are welcome to book for 1 to 2 hours for family gatherings, birthday parties, shinny games etc. We are not able to open our rink shack this year due to COVID concerns and shared use with the Playschool. However, we will offer a rental package that includes use of the rink and the hall for an af-

ternoon or evening.

Weekend shinny players who are not members of any community league will be required to book and pay for use of the rink for shinny games on Friday, Saturday and Sunday evenings. The rink can be booked in advance.

If you would like more information on booking the rink please contact presi HYPERLINK "mailto:president@avonmore.org" dent@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.

Provincial rules for anyone renting the hall: Renters must check for proof of vaccination

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

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

## Avonmore Community League Ice Rinks – Proof of League Membership Required for All Users

Making ice and keeping the rinks clear has been a real challenge this year. Thanks to the rink team of the Vajsabel Family and Gary Pocha for all their hard work.

The rink shack is not open and we do not have any rink attendants. We are relying on users to share the ice appropriately and ensure that everyone feels safe and welcome.

It will help to ensure the future of the rink and

other league facilities if all users have a league membership. See details on how to purchase a membership and get skate tags elsewhere on this page. Membership in any community league in Edmonton will be accepted. We do have community memberships available at the rink, so if you seen a maintenance person you can ask them for a membership card and skate tags.



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## Start Your Activity, Group or Club

Do you have an interest or skill you would like to share with your neighbours? Looking for a way to get some exercise and meet other people in the neighbourhood? We are looking for program and group leaders. Groups have free use of the hall and other facilities and/or use of our Zoom subscription to meet online.

All it takes is one or two people with a keen interest in an area and a willingness to promote and organize some regular gatherings

- and it's a great way to get to know people! The League also has some funds set aside for small groups to purchase supplies, pay for speakers etc.

You are of course welcome to join our existing groups: Avonmore Book Club and Avonmore Garden Club. If you have an idea for a new activity, group or club contact [president@avonmore.org](mailto:president@avonmore.org) or [programs@avonmore.org](mailto:programs@avonmore.org) and we can help to get you started.

## Avonmore Community League Membership

Welcome and thank you for your continued support and for making Avonmore a great community. Are you excited to use the skating rink? Please note that you will need proof of membership and skate tags! Please, contact [membership@avonmore.org](mailto:membership@avonmore.org) to purchase your Avonmore membership and receive your skate tags for the Avonmore area rinks. Already a member but need skate tags? Please contact [membership@avonmore.org](mailto:membership@avonmore.org) for further details.

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 on-line 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 neighbourly spirit. We reside in one of the best communities, so support your neighbourhood because "members make the difference!"

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



## 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](mailto:hallrental@avonmore.org)

## Avonmore Playschool

With Spring approaching quickly, here at the play school we are enjoying as much time as we can in the snowy outside, while looking forward to all the fun things we can do when the snow is ready to melt. We are also getting excited for our open houses in March, as we can welcome families back into our space for a meet and greet with our teachers and ask questions.

If you are unable to attend the open houses feel free to check out our open house video

on the Avonmore Community website or our videos on the playschool's own Facebook page. If families would prefer to meet at a time different than the scheduled open houses, please email [playschool@avonmore.org](mailto:playschool@avonmore.org) and our teachers will try their best to accommodate you.

Save the Date: Avonmore Community Playschool Open Houses

Monday March 7th 6-7 pm & Friday March 18th 1-2 pm

## Yoga - 10 Classes for \$120

Yoga is an excellent way to strengthen the muscles that will keep you upright on ice and keep you in shape generally. There is space in both the in person and online classes that started in January. A 10 class pass is \$120.00. In person classes are at 6:00 p.m. and 7:30 p.m. on Tuesday and the online class is at 7:00 on Wednesdays.

Kat Boehm ([movingmindfully.ca](http://movingmindfully.ca)) leads the online classes on Wednesday and Shannon Shea leads the classes in the hall on Tuesdays. Both have many years of experience and are well known in the yoga community in Edmonton.

For more information and to register contact [president@avonmore.org](mailto:president@avonmore.org).

## Free Sand from the City

This winter has been treacherous for ice and snow on sidewalks. Every year the City and the Community Leagues partner to provide free sand for residents to put on icy sidewalks. In addition to being easier on your wallet, it is also less damaging to our new sidewalks.

To get sand, take your own container to the hall parking lot, (7902-73 Ave) where you will see 2 green boxes at the north edge of the lot. The community hall in King Edward Park (7708-85 St) also has a box, on the north side of the building, if that is more convenient.

## Avonmore Community League Merchandise

Feeling the cold? We have Avonmore merchandise available for purchase by emailing the Membership Director at [membership@avonmore.org](mailto:membership@avonmore.org). Should you need to keep your beverage warm, the 10 oz. Insulated Mug will satisfy your needs. Or want to add color 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.

Avonmore Vision Phase 2 (Online Survey): We need to hear from you again!

If you weren't able to attend one of our workshops, we still need to hear from you. There



is an online survey with the same questions we had at the workshops. Just use the QR code below or go to [Avonmore.org/vision](http://Avonmore.org/vision) and click on "Take the survey".



## Soccer & Winter Shinny

Welcome Cory Brown as the new Avonmore Soccer director. Boris will remain to help guide Cory for this year's soccer season.

We are looking for 1 more co-director to work with Cory, all inquiries please contact [sports@avonmore.org](mailto:sports@avonmore.org).

Avonmore is part of EMSA South East Soccer Association. ESESA has currently had the president and vice president leave their positions

and this has left EMSA no choice but to merge ESESA with Millwood Soccer. We do not have the full details but should receive them mid February. Stay tuned for more information on how to register your kids in the soccer program. Shinny ice hockey is still on! These sessions run on Friday evenings at Kenilworth Arena. There is a cost to attend, for more information please email Boris at [sports@avonmore.org](mailto:sports@avonmore.org).

## Community Swim

Free to Avonmore Community League Members with a valid membership card! Phone 311 or check [www.edmonton.ca](http://www.edmonton.ca) for updates on closures before you go.

Commonwealth Community Recreation Center 11000 Stadium Road; Saturdays, 3:00

p.m. - 5:00 p.m.

Bonnie Doon Leisure Center 8648 81 Street; Sundays, 4:15 p.m. - 5:45 p.m.

Eastglen Leisure Center 11410 68 Street; Saturdays 3:00 - 5:00pm

Visit [www.edmonton.ca](http://www.edmonton.ca) for more info.

## Active Avonmore - Avonmore Moves

In Avonmore, we are currently running a movement initiative, in support of mental health going until at least the end of May 2022. We know there is a definite connection between mental health and exercise!

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

We have 16 people who regularly track their movement and send in their numbers. Between June 1, 2021 and January 23, 2022 Avonmore community members have moved and traveled a total of 52,054.82 kms. That is equivalent to movement from Vancouver to St John's return, Edmonton to Disneyland return, Edmonton to Disneyworld return, we arrived at the North Pole and were Santa's Elves!!! We traveled more than the circumference of the earth which is 40,075 Kms. We are currently traveling to Panama City, Panama and who knows where we'll go next in 2022.

Join us in the fun!!!

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: cross country/downhills skiing, snow shoeing, hockey, skating, figure skating, yoga, swimming, dance, cheerleading, soccer (games and practices), You tube 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](mailto: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](mailto:active@Avonmore.org). I look forward to hearing from you!

## 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



## COMMUNITY LEAGUE BOARD



President	Kris	780 720-9003
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Vice President	Shelley	780 497-0395
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SECLA	Monte	780 966-3205
City – NRC	Tyler	780 243-7547
Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June		780 690-8613

**Capilano Community is on Facebook “Like Us”**  
**Check us out on Instagram @capilanocommunity**  
**Capilano Community is using the Nextdoor app!**

## Total Body Fitness

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

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

Thursday class at 6:45 p.m.

We are inside the hall and participants must show proof of vaccination and be spaced two metres apart. Live classes are currently being offered in person or virtually (at the same time).

Current session runs until March 1/3.

New session runs March 8/10 – April 26/28.

\$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

For more information or to register email [lisashortenfitness@gmail.com](mailto: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 warm up.

Thursday class at 8 p.m.

Current session runs until March 3.

New session runs March 10 – April 28.

\$88 (80 for CCL members) for 8 weeks.

For more information or to register email [lisashortenfitness@gmail.com](mailto:lisashortenfitness@gmail.com) or visit @lisashortenfitness on Facebook or Instagram.

## Karate Classes – Capilano Community Hall

Looking for something that is heavy on learning, physical activity, and fun, but is light on the wallet? At Capilano Community Hall, we are offering a quality, practical, non-competitive martial arts program that is affordable for the whole family. A small dojo with a welcoming, family atmosphere. Study karate from the birthplace of the art - Okinawa. All classes taught by fifth degree master instructor with

over 40 years' experience in the martial arts. Get active, reduce your stress, improve flexibility and focus. Classes available for adults as well as youth/ families. Adults - want a deeper challenge? Why not explore Ryukyu kobudo, the indigenous weapons art of Okinawa? Study one or both arts for the same price. For more information, visit [www.kaizendojo.ca](http://www.kaizendojo.ca) or call/text 780-619-3136. See you on the floor!

## 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](mailto:babysittingregistry@capilanocl.ca)

## Choose Capilano Hall for your Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new flooring and a fresh new coat of paint and all amenities are available to make any event special. Hall capacity is 80. Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members.

With the new Covid-19 restrictions in effect;

Capilano Community League is participating in the Restrictions Exemption Program. Anyone entering the hall must provide a proof of vaccination, document of a medical exemption or proof of a private paid PCR/ rapid test within 72 hours.

Masks must be always worn in the hall, except for when eating or drinking. Additionally, the hall will provide disinfectant for cleaning after your event but will not provide PPE (such as masks).

To book the hall or for more information contact Marzena – 780-909-5886 or visit our website at [capilanocl.ca](http://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](mailto: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!

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

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](mailto:memberships@capilanocl.ca).

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

## Community Sign Coordinator Needed!

Capilano Community League requires a Community Sign Coordinator to manage the messages on our changeable signs. If you are interested in helping our community get the word out about events and programs, or giving an

opportunity to residents to send a loved one a special message, then this is the role for you! On average, the signs are changed about twice a month, which takes about five hours. If interested, please contact Kris at 780-720-9003.

## Capilano Playschool – February 15 Open House

Mark your calendars! Capilano Playschool would like to invite you to check out our classroom and meet our teacher! On February 15 from 5-7 p.m., we will be having an appointment based open house. 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 about the open house or to register your child, check out [www.capilanoplayschool.com](http://www.capilanoplayschool.com), find us on Facebook or call 780-802-9307.

## Capilano Community Outdoor Rink

Our rink has been open since mid-December when the weather permits. Check out our website at [capilanocl.ca/skating-rink](http://capilanocl.ca/skating-rink) for

hours and rink rules. Please contact Lyris at [rink@capilanocl.ca](mailto:rink@capilanocl.ca) if you have any questions. See you on the ice!

## 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 (January 2 – June 26, 2022)

NOTE: Hardisty will be closed for maintenance March 14 to April 22, 2022. 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.







## THE CAPILANO GUD BOX

Get Fresh Seasonal Produce while  
supporting the Capilano Community Rink

Pick up is Friday's at the hall. Please check out the website  
for order cut off's and more details. Contact Maria at 780-  
984-6839 for more information or if you need assistance  
with drop off. \$30/BOX

[HTTPS://THEGUDBOX.CA/PRODUCTS/THE-  
CAPILANO-GUD-BOX](https://thegudbox.ca/products/the-capilano-gud-box)

**MARK YOUR CALENDARS!!**  
Capilano's  
**Community Wide Garage Sale  
& Big Bin are back!**

JUNE 2022						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		

**Community Wide Garage Sale- Saturday June 4, 2022**  
**Big Bin Event - Saturday June 11, 2022**

**STAY TUNED FOR MORE DETAILS**

## NOMINATE A SNOW ANGEL

CAPILANO WANTS TO RECOGNIZE THE SNOW  
ANGELS IN OUR COMMUNITY! SEND IN YOUR  
NOMINATIONS, WITH PICTURES, OF YOUR SNOW  
ANGEL CLEARING THE SNOW ON YOUR STREET.

THERE IS A CHANCE FOR OUR SNOW ANGELS TO  
WIN A \$50 GIFT CARD. WE WILL BE DRAWING  
NAMES MONTHLY UNTIL THE SNOW IS GONE.

We look forward to posting these photos of our amazing  
residents on our website and Facebook page.

<https://forms.gle/gmcRi4vdtDXvMejr5>.

You can also find the link on our website: [capilanoocl.com](http://capilanoocl.com)  
and Facebook page: Capilano Community League



## Capilano Ball Hockey (non-parented) Registration

Kids will learn to stick handle, pass, shoot,  
protect the ball, keep their heads up, and  
read the plays. Along with the basic rules,  
your child will learn offense and defensive  
strategies and tactics. Hockey skills will be  
improved through fun, game-based teaching  
methods. Each class is a mixture of learning  
skills and playing ball hockey. Kids will im-  
prove their playing and become more profi-  
cient and skilled hockey players. Equipment  
needed: shin guards; helmets/full cage; hock-  
ey stick. Hockey gloves are recommended.

Dates: Saturday April 30 – June 11, 2022 (no

class Victoria Day weekend)

Group 1: 4–6-year-olds

Time: 9 – 10 a.m.

Group 2: 7–12-year-olds

Time: 10 – 11 a.m.

Cost: \$80/child (cash or cheque payable to  
Gymfit)

Where: Capilano Community League Rink  
(10810-54 Street)

REGISTRATION: Registration open online  
February 1, 2022 at Capilano Community  
League website ([www.capilanoocl.ca](http://www.capilanoocl.ca)). Look  
for an online form under Ball Hockey.

## Capilano Preschool (non-parented) Soccer Registration

Have fun learning to play soccer. Instructed  
classes are 45 minutes long and specifically  
developed for 3–5-year-olds. Soccer is held  
every Tuesday OR Thursday for 6 weeks at  
Fulton Community Rink.

Start: Tuesday May 3 or Thursday May 5,  
2022

End: Tuesday June 7 or Thursday June 9,  
2022

Cost: \$80/child (cash or cheque payable to

Gymfit)

Group A: Tuesdays 5:30-6:15 p.m.; Group B:  
Tuesdays 6:15-7 p.m.

Group C: Thursdays 5:30-6:15 p.m.; Group  
D: Thursdays 6:15-7 p.m.

REGISTRATION: Registration opens February  
1, 2022, online at Capilano Community League  
website ([www.capilanoocl.ca](http://www.capilanoocl.ca)). Look for an on-  
line registration form under Preschool Soccer.  
Registration is limited and first come first serve.

## Capilano Seniors' Afternoon Program

The Capilano Community League is trying  
to establish a Capilano seniors' program at  
Capilano Community Hall. We are bringing  
in the SCONA Seniors Centre to facilitate our  
program. We have been able to meet a few  
times, with our last gathering in December.  
However, with the recent rise in Covid cases,  
we made the decision to postpone the Janu-

ary 18 and February 15 program days.

We hope to be up and running on Tuesday  
March 15 - doors open 12:45 to 2:30 p.m.  
Let's hope it can happen! Please call 780-  
433-5377, to register. Cost is only \$5 (Coffee  
and snack/lunch provided). Please watch our  
Facebook page and our webpage at ([capilano-  
ocl.ca](http://capilano-<br/>ocl.ca)) for last minute updates.



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](mailto:edmonton.goldbar@assembly.ab.ca)

**Marlin Schmidt**  
MLA Edmonton-Gold Bar

## City of Edmonton – Play Rangers Program

Play Rangers is a new program put on by the  
City of Edmonton where program leaders will  
be on site to provide fun outdoor activities this  
winter. Bundle up, as your family does not want  
to miss out! Play Rangers focuses on children  
and family participation, with planned special  
recreational activities that can be enjoyed by  
all. Children 6-12 years old are welcome to at-

tend on their own. Starting location will always  
be the shack at the park and some activities  
may venture into the community. Winter Play  
Rangers will run from noon-6pm Saturdays,  
from January 15 - March 26 at a variety of  
River Valley locations. Go to [www.edmonton.ca/activities\\_parks\\_recreation/courses-programs/play-rangers](http://www.edmonton.ca/activities_parks_recreation/courses-programs/play-rangers) for the detailed schedule.



## Cloverdale Community League Board of Directors

Position	Name & E-mail
President	Name: <b>Dave</b> Email: <a href="mailto:president@cloverdalecommunity.com">president@cloverdalecommunity.com</a>
Past-President	Name: <b>Reg</b> Email: <a href="mailto:pastpresident@cloverdalecommunity.com">pastpresident@cloverdalecommunity.com</a>
Vice-President	Name: <b>Michelle</b> Email: <a href="mailto:vicepresident@cloverdalecommunity.com">vicepresident@cloverdalecommunity.com</a>
Secretary	Name: <b>Braden</b> Email: <a href="mailto:secretary@cloverdalecommunity.com">secretary@cloverdalecommunity.com</a>
Treasurer	Name: <b>Alan</b> Email: <a href="mailto:treasurer@cloverdalecommunity.com">treasurer@cloverdalecommunity.com</a>
Civics Director	Name: <b>Carly</b> Email: <a href="mailto:civicsdirector@cloverdalecommunity.com">civicsdirector@cloverdalecommunity.com</a>
Folk Festival Liaison Director	Name: <b>Jayne</b> Email: <a href="mailto:folkfest@cloverdalecommunity.com">folkfest@cloverdalecommunity.com</a>
Communications Director	Name: <b>Alexa</b> Email: <a href="mailto:communications@cloverdalecommunity.com">communications@cloverdalecommunity.com</a>
Social Director	Name: <b>Leigh</b> Email: <a href="mailto:socialdirector@cloverdalecommunity.com">socialdirector@cloverdalecommunity.com</a>
Program Director	Name: <b>Jennifer</b> Email: <a href="mailto:programdirector@cloverdalecommunity.com">programdirector@cloverdalecommunity.com</a>
Membership	Name: <b>Marilyn</b> Email: <a href="mailto:membership@cloverdalecommunity.com">membership@cloverdalecommunity.com</a>
<b>Committee Leads</b>	
Casino Coordinators	Name: <b>Braden</b> Email: <a href="mailto:casino@cloverdalecommunity.com">casino@cloverdalecommunity.com</a>
Edmonton Ski Club Liaison	Name: <b>Lisa &amp; Clay</b> Email: <a href="mailto:skiclub_chair@cloverdalecommunity.com">skiclub_chair@cloverdalecommunity.com</a>
Flood Mitigation	Name: <b>Eric</b> Email: <a href="mailto:floodmitigation_chair@cloverdalecommunity.com">floodmitigation_chair@cloverdalecommunity.com</a>
Community Garden (CCGC) Chair	Name: <b>VACANT</b> Email: <a href="mailto:communitygarden_chair@cloverdalecommunity.com">communitygarden_chair@cloverdalecommunity.com</a>
Seniors	Name: <b>VACANT</b> Email: <a href="mailto:seniors@cloverdalecommunity.com">seniors@cloverdalecommunity.com</a>
LRT Citizens Committee	Name: <b>Graham</b> Email: <a href="mailto:lrtcommittee_cochair@cloverdalecommunity.com">lrtcommittee_cochair@cloverdalecommunity.com</a>
Gallagher Park Concept Plan	Name: <b>Kirsten</b> Email: <a href="mailto:lrtcommittee_cochair@cloverdalecommunity.com">lrtcommittee_cochair@cloverdalecommunity.com</a>
Abundant Community - Neighbourhood Connectors	Name: <b>Marilyn</b> Email: <a href="mailto:neighbourhoodconnector@cloverdalecommunity.com">neighbourhoodconnector@cloverdalecommunity.com</a>
Hall Rentals	N/A E-mail: <a href="mailto:rentals@cloverdalecommunity.com">rentals@cloverdalecommunity.com</a>

## New March/April Yoga Schedule a Announced

A new schedule is available for Hatha Yoga at Cloverdale Hall. The classes will be held on Fridays from 9:30–10:30am, beginning March 4th to April 8th, 2022. The class is a gentle yoga practice that focuses on stretching, relaxing, and strengthening. You can pre-register for \$72 for six classes for Cloverdale

Community League Members, or \$90 for non-members. If you would prefer drop-in classes, the cost is \$15 per class. You can register by contacting the instructor, Colleen, directly: [cl.diben@gmail.com](mailto:cl.diben@gmail.com). All yoga participants are required to be fully vaccinated for the safety of the class.

## Your Pet, Your Responsibility

Did you know that dogs are not allowed to be loose, unless they are on your property or in a designated off-leash area?

Dogs must always be on a leash when on public property and should be contained in a secure yard or building when on your property. Dogs are not allowed on school grounds, sports fields, playgrounds and golf courses.

The fine for violating this bylaw is \$100.

When walking your furry friend, it is also important to remember they must stay on the path and on a leash at all times. Don't see a path or trail? This means dogs are not permitted in the area. Please help ensure these spaces are enjoyed by everyone. For more information visit [edmonton.ca/petsintheicity](http://edmonton.ca/petsintheicity).

## Community Garden Seeks Your Help!

The Cloverdale Community Garden had a stellar year in 2021. In addition to bountiful individual harvest, it contributed a significant amount of fresh vegetables to the Edmonton Food Bank. The common area, dedicated to address food security in Edmonton, is one of the things that sets it apart from other community gardens. Each work team — from composting to weed control — helped keep the garden in top condition.

As the garden starts to prepare for the 2022 season, it needs your help! Two long-term volunteers, Margaret and Peter, moved from Cloverdale last year and now the garden is looking for volunteers to fill their shoes:

Garden Coordinator: serves as the liaison between the Community Garden members and the

Cloverdale Community League; is the prima-

ry contact with Sustainable Food Edmonton (SFE)

and provides communications and coordination within the community garden group. The role is

seasonal (April to October) and amounts to only a few hours per month.

Operations Coordinator: handles the 'on-site' operations for the community garden. This includes liaison with the Bennett Centre, scheduling maintenance of the water system and equipment, coordinates the work-bees and garden work teams. This role is also seasonal (April to October).

Both positions could be shared with another volunteer. Please consider helping the community garden flourish. Please submit your Expression of Interest to Reg at [pastpresident@cloverdalecommunity.com](mailto:pastpresident@cloverdalecommunity.com)

## Oil Kings Hit Up Cloverdale Ice for Edmonton Promotional Video

The Cloverdale Ice Rink was the filming location of an upcoming Explore Edmonton promotional video featuring Edmonton Oil Kings defensemen — and prospect for the Nashville Predators — Luke Prokop. The filming took place on January 12th for a video that will highlight Edmonton's sport and cultural scene, resilient spirit, and many talented artists and athletes. It will launch to the public in March of 2022 and can be found on the

Explore Edmonton's website and on Explore Edmonton's YouTube and Vimeo channels.

If you would like to skate on the Cloverdale Rink, it's available for free to all community league members. Different skate times are scheduled for certain activities, so please visit [cloverdalecommunity.com/ice-rink-rentals](http://cloverdalecommunity.com/ice-rink-rentals) for more information. Not a member yet? Purchase or renew your membership at [cloverdalecommunity.com/membership](http://cloverdalecommunity.com/membership)

## Hall Hits Sustainability Milestone

In 2021, the Cloverdale Community League (CCL) sustainability project achieved another milestone. After switching retail utility providers and closely monitoring operations, the CCL leveraged the production of renewable energy from the solar panels to offset all of its utility bills. This was so successful that in December 2021, the CCL had a 'solar panel credit' of \$4351. The total utility expenses from April to December 2021 were MINUS \$534. That's right! The CCL went into 2022 with a utility bill credit of \$534.

Obviously, COVID-19 impacted the activities at the hall. However, the solar panels were a significant source of revenue for the CCL. Since 2018, the solar panels have produced 65.41

MWh of renewable, green electricity which:

Offsets the annual CO 2 emissions of 8.4 homes, or

Avoids the Greenhouse Gas (GHG) of 1757 incandescent lightbulbs, or

Equivalent to planting 765 trees.

The positive impact of providing renewable energy to the provincial electrical grid also demonstrates the CCL's commitment to dealing with climate change and global warming. The CCL is a leader among volunteer organizations in Edmonton in its commitment to sustainability, and in demonstrating that sustainability not only has a positive impact on the planet but also has a positive impact on our bottom line.

## Sportsball for Kids Returns

Sign your child up for Sportball at the Cloverdale Community League Hall on Thursday evenings, beginning Feb 17–March 24. Sessions are available for three age groups: 2–3.5 years (parented); 3.5–5 (unparented); and 5–7 (unparented). Sportball will be handling registration and payment on behalf of the Community League. Please visit [sportball.ca/edmonton/program-schedules/edmonton/](http://sportball.ca/edmonton/program-schedules/edmonton/) to



register your child. CCL members are entitled to a special rate of \$90 per session. The difference between the posted rate and discounted rate will be refunded after you have paid and registered. Please note that the community hall requires parents, guardians, and anyone of an eligible age to be fully vaccinated against Covid-19 for the safety of all participants, and will request proof of vaccination.



## Briefs from the board

The hall is open for rentals to those who can provide proof of vaccination. Find all the details at [forestterrace.org/hall-rental](http://forestterrace.org/hall-rental) or contact Connie at [hall@forestterrace.org](mailto:hall@forestterrace.org) with questions.

Got a concern or question about safety or security in our neighbourhood? Contact our Neighbourhood Watch representative Madison at [madison@forestterrace.org](mailto:madison@forestterrace.org).

Did you know that Forest Terrace Heights is part of Abundant Community Edmonton, a grassroots initiative with a goal to increase our sense of belonging and inclusion, and create a more healthy and livable city? To find out more, search "abundant community" on [edmonton.ca](http://edmonton.ca).

To get a current membership in the community league and take advantage of all our perks, contact Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org).

[forestterrace.org](http://forestterrace.org) or 780-463-1613. First memberships are always free. You can also buy online at [efcl.org/membership](http://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](http://forestterrace.org/membership).

Everyone in the community is welcome to attend our monthly board meetings, held on the first Wednesday of every month except July and August. Our next meeting is March 2 at 7 p.m. on Google Meet. Email [secretary@forestterrace.org](mailto:secretary@forestterrace.org) to request the meeting link.

Board members and their emails are listed at [forestterrace.org/board-of-directors](http://forestterrace.org/board-of-directors).

## Urban poling on Thursdays

Come and join our Urban Poling group, Thursdays at 5:30 p.m.

The group meets outside the community hall and usually walks from two to 3.5 kilometres.

A membership in any community league is required, but it is otherwise free and poles are supplied. Email [Sonya@forestterrace.org](mailto:Sonya@forestterrace.org) for more information or look for us on Meetup.com.

## Santa parade a boon for the food bank

Thank you to everyone who donated to Edmonton's Food Bank during our Santa Parade in December. You contributed an impressive 200 kg of food and \$20 cash!

Santa Claus and his elf entourage toured Forest and Terrace Heights in their shiny red truck on Dec. 11. There were lots of smiles and surprised waves from neighbours, who loaded up the truck with food. Big thank yous to Connie, Lilly and our awesome events director Molly, pictured above, as well as to Andrew, Blaine, CoraLee, Becca and Scott for making this happen.



## Book and Puzzle Swap

On Feb. 19, the league is hosting a free book and puzzle swap at the hall.

Drop off any books and puzzles you'd like to swap on Friday, Feb. 18 from 6 to 8 p.m. or Saturday, Feb. 19 from 9 to 10 a.m. Then, return between 10:30 a.m. and 1 p.m. to choose a new batch.

Any leftovers will be added to the league's puzzle and book library, distributed to Little

Free Libraries in the community or offered to local non-profit groups or programs.

In accordance with the Restrictions Exemption Program, a QR code showing proof of vaccination is required to enter the hall. Physical distancing and sanitizing will be in effect, and masks are required.

Please email [events@forestterrace.org](mailto:events@forestterrace.org) with any questions or to volunteer to help.

## Gingerbread house contest winners

Congratulations to our two winners in the gingerbread house-building contest we held over the holidays. Kara's boys went with a classic structure that they appear to be eager to eat. Lena and Sam took a different turn, building a toy workshop with some helpers and a conveyor belt to transport the toys to the semi-truck for delivery.



## Skate the winter away

The community league operates two outdoor rinks:

Terrace Heights, 71 St & 99 Ave: Accessible 24/7. In the southwest corner of the Argyll Centre schoolyard, near the alley. No indoor access and no supervision.

Forest Heights, next to the hall at 10150 80 St: Accessible 24/7. Lights on until 9 p.m. No

indoor access due to the pandemic.

Rinks may be closed or locked if the weather conditions are deemed unsafe or will result in damage to the ice. Watch for updates on Facebook and Instagram.

Thanks to community members who pitched in to help clear both rinks in January, when our snowblowers were out of commission.

## Casino volunteers needed

Our big fundraising casino is coming up in May and we're on the hunt for a few good volunteers.

Location: Pure Casino Edmonton on Argyll Rd  
Dates: Victoria Day, Monday, May 23, and Tuesday, May 24  
Volunteer Sign-up: [volunteersignup.org/](http://volunteersignup.org/)

TWKWY

Contact: [annak@forestterrace.org](mailto:annak@forestterrace.org), landline 780-485-6099

As a thank you, volunteers will receive dinner at the event and a complimentary community league membership to keep or gift to someone else.

## Get to the pool!

A reminder that free weekly swims are back for members of Forest Terrace Heights community league at Hardisty, Commonwealth and Eastglen pools.

Sundays, 1:15-2:45 p.m. at Hardisty Leisure Centre, 10535 65 St NW

Saturdays, 3-5 p.m. at Commonwealth Community Recreation Centre, 11000 Stadium

Road, or Eastglen Leisure Centre, 11410 68 St NW

Please note that everyone aged 12 and older who visits a City recreation centre, arena or attraction must provide proof of full COVID-19 vaccination, proof of a medical exemption, or a recent negative test result.

## Free books for kids 5 and under

Do you know a child under 5 in our neighbourhood? Register them for The Heights Imagination Library and they'll receive a free book in the mail every month, personalized with their name. Imagination Library is an international literacy program founded and sponsored by the Dolly Parton Foundation. Email [Allison@forestterrace.org](mailto:Allison@forestterrace.org) if you would like more information, to sign up a child, to donate or to volunteer to help with fundraising or sponsorship.



### Ottewell Dental Clinic

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

## WELCOMING DR LEAH CHARLES!

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# PRO TIPS FOR BEING A COOL NEIGHBOUR



**1.** Introduce yourself! If you can't name your neighbours, you've got some work to do. Knowing who you live next to is a great way to build a strong community.



**2.** Go past the line. Being a cool neighbour means shovelling an extra few feet past your property line. It shows that you're open to getting neighbourly.



**3.** Find out your neighbour's favourite beverage. That way, you can stock up at Sherbrooke before inviting them over.



**4.** Host a backyard fire. A family-friendly backyard fire is a great way to connect with your neighbours no matter the time of year. BYOWeiner.



**5.** Knowing your four-legged neighbours by name is a great neighbour flex. You can even bring them an owner-approved treat- it's the leashed you could do!



**6.** Show off your neighbourly spirit by offering to keep an eye out for packages and bring in the mail when your next-door pal is away on holiday.

We are beyond excited to be the newest Cool Neighbour in your community, and we can't wait to be your new go-to holiday season shop.

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Mortgage Specialist  
Office: Edmonton and Surrounding Areas  
Mobile: 587-985-7707  
cprost@atb.com

**ATB**

*listens*



## Three Estate Tax Fallacies

Canada does not have death, estate, inheritance or gift taxes. On death, Canada Revenue Agency deems all of your assets were sold, at fair market value, immediately prior to death. Any taxable assets are included, as if sold, on your final tax return. If you have a surviving spouse or common-law partner, your assets may be rolled over to them, income tax deferred. Some assets qualify for special elections reducing or eliminating income taxes including: Exemptions for Principal Residences and Capital Gains for qualified small business,

farms or fishing property.

Beneficiaries do not pay taxes on assets inherited. Taxes are paid by the estate.

Capital gains are not taxed at 50%, rather 50% of the actual capital gain which is added to taxable income. E.g., capital gain of \$100,000 only \$50,000 is added to your income. The income tax is based on your personal graduated income tax rates.

For a free copy of an Executor's Guide, outlining what to do and expect email [Lorn.Stan-ners@YatesWhitaker.ca](mailto:Lorn.Stan-ners@YatesWhitaker.ca)

## Know the risks involved in vaping



### What is a vape?

A vape is an electronic smoking device that contains a cartridge of liquid (e-juice) or other forms of nicotine (or cannabis) that are heated into a vapor and inhaled by the user.

### Vaping is not harmless

Vaping can increase your exposure to harmful chemicals and lead to nicotine addiction. The short and long term health effects are unknown, but recent reports are showing significant respiratory and health effects such as lung failure, seizures and even death.

Although rare, some vaping devices may catch fire or explode, leading to burns or injuries.

### What should parents look for?

Parents should pay attention to an unusual attachment to a USB stick, sharpie, pen, lipstick, key fob, etc. These items may be electronic cigarettes "disguised" as everyday items.

### Talk to your teen about vaping

Alberta Health Services recommends talking to your teen about electronic cigarettes (vape) early, even as young as age 10.

Discuss the facts about exposure and chemicals as well as nicotine addiction. Correct misconceptions in a calm manner and take time to listen.

Find out more by searching "electronic cigarettes" at [albertaquits.ca](http://albertaquits.ca)

## Unleash creativity and learning in the kitchen

Are you wanting to encourage your children to try new foods? Get them involved in preparing snacks and simple meals.

Having fun when preparing food doesn't need to be complicated. Take bananas, for instance. They are a nutritious snack that can easily be transformed in the kitchen.

A few suggestions:

- Try baking a banana.
  - o Slice a lengthwise slit in the peel, roughly halfway into the fruit, to make a banana boat. Stuff some nut or pea butter or a few chocolate chips into the fruit (which is still inside the peel).
  - o Once it is stuffed to satisfaction, wrap the whole banana in tinfoil, then pop it into the oven at 350°F (180 C) until the middle is gooey.
  - o Unwrap from the foil, let cool to avoid burns, and dive into the caramelized banana with a spoon.
- Make an open-faced mini-sandwich or

canapés (if you're feeling fancy). Start by peeling and slicing a banana into circles. Then ask your child about what they might like to put on the slices.

Try peanut or soy butter and sliced strawberries for a twist on the classic PB&J sandwich.

Make a face out of the tiny slices using raisins for eyes.

Use the slices to try out new spices. Try a sprinkle of cinnamon or nutmeg to explore aromas and tastes.

Engage your kids in discussion about what they are eating. Try this tactic to encourage your children to try new foods, too.

- What does the texture feel like in their hands and mouths?

- Do they taste sweet, bitter, or salty?

- What flavours might pair well with it?

Kids love to be involved and spend time with their families. Learning about different foods is a great way to support learning, encourage new tastes and stimulate creativity.

## What is snoring?



You snore when the flow of air from your mouth or nose to your lungs makes the tissues of your throat vibrate when you sleep. This can make a loud, raspy noise. Loud snoring can make it hard for you and your partner to get a good night's sleep.

You may not know that you snore. Your bed partner may notice the snoring and that you sleep with your mouth open. If snoring keeps you or your bed partner from getting a good night's sleep, one or both of you may feel tired during the day.

Snoring may point to other medical problems, such as obstructive sleep apnea. Sleep apnea can be a serious problem, because you

stop breathing at times during sleep. So if you snore often, talk to your doctor about it.

Snoring is more common in men than in women.

### What causes snoring?

When you sleep, the muscles in the back of the roof of your mouth (soft palate), tongue, and throat relax. If they relax too much, they narrow or block your airway. As you breathe, your soft palate and uvula vibrate and knock against the back of your throat. This causes the sounds you hear during snoring.

The tonsils and adenoids may also vibrate. The narrower the airway is, the more the tissue vibrates, and the louder the snoring is.

## Cervical Health Awareness

Getting screened for cervical cancer can save your life. The Alberta Health Services (AHS) Alberta Cervical Cancer Screening Program team encourages all women and people with a cervix to get a Pap test today.

Did you know that almost all cases of cervical cancer are caused by the human papillomavirus (HPV)? HPV usually doesn't cause symptoms, so most people don't even know they have it.

Cervical cancer is one of the most preventable cancers. Ninety per cent of cervical cancers can be prevented with regular cervical cancer screening (Pap tests).

A Pap test checks the cervix for any abnormal cells. This quick test can be done at your healthcare provider's office or at a women's health clinic.

Screening regularly means any abnormal changes can be followed closely to make sure they clear up or are treated. It's important to

attend any appointments for follow-up testing if recommended by your healthcare provider. The earlier cancer is found, the easier it is to treat.

Even if you've been immunized for HPV, it's recommended that you start having Pap tests at age 25 years or three years after becoming sexually active, whichever is later. You should plan to be screened once every three years until you're 69 years old, unless your healthcare provider tells you otherwise.

Enhanced health and safety measures continue to be in place to keep you safe and help prevent the spread of COVID-19 during your appointment. You can contact your healthcare provider's office for more details.

Remember to book your cervical cancer screening appointment and talk to your healthcare provider if you have any questions or concerns.

To learn more, visit [screeningforlife.ca](http://screeningforlife.ca)



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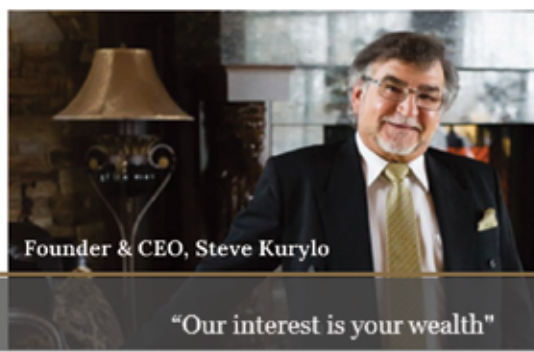


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**Esther**  
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**Michelle**  
Director/Walking Group Coordinator  
info@fultonplace.org

## Fulton Place Programs

The Academy of European Swordsmanship runs weekly martial arts classes at Fulton Place Community League Hall, every Tuesday evening from 7 to 9:30 pm. The Academy of European Swordsmanship teaches Western Martial Arts, also known as Historical European Martial Arts (HEMA), to ages 13 and up. The ladies and gentlemen of our club are always eager to have new participants, learning the use of longsword, sidesword, unarmed combat, and knife defense, to mention a few of the weapons we study. Everyone is welcome! We can be contacted by calling 780-966-6022. Or just drop in any Tuesday and see if it's for you! No obligation.

## Winter Festival Success

Our community garden put on a winter festival in December, and it was a great success! There was a kids game area that was popular, some local vendors were selling their wares, live music from Von Bieker and a choir singing carols, snacks and drinks, and a visit from Santa. A number of children took the opportunity to write a letter to Santa, and let him know in person what they were after for Christmas. Popular requests included lego and LOL dolls; the league hopes that Santa came through. Attendance was great, we figure 250-300 people came through the event. The festival was also a clothing drive for the Hope Mission; two full half tons of clothes were collected and donated, a great outcome of the event. Below are a few photos from the event, thanks to the volunteers that planned and organized the event!

## Community Swim

Community Swim will be Sundays only, 1:15 p.m. to 2:45 p.m. FREE for Fulton Place Community League members. The 2022 community swim season starts January 2, 2022 and ends June 26, 2022. Community swims do not take place on Statutory Holidays or days the facilities close early such as Easter Sunday. As well, Hardisty pool has a maintenance shutdown from March 14-April 22, and there will be no Community Swim during that time.

## We're Looking for a Volunteer Board Treasurer

Do you have a bit of a finance background and can help us with our monthly bookkeeping, reporting to the board about our finances, and liaise with our annual auditors? And do you live in the Fulton Place community?

We're looking for someone like you to help

us a few hours a month, including a monthly meeting, with our board treasurer position. No extensive experience necessary. A love of community and neighbourhoods is an asset.

Send us an email to mike@fultonplace.org, we're looking forward to hearing from you!

## Community League Membership

A membership is your ticket to community participation and involvement, whether you are an individual or a family, new on the block or a long-time resident.

Members enjoy benefits such as:

FREE use of garbage bins during Trash Bash event

FREE outdoor skating in winter

FREE community swim program access on Sundays

DISCOUNTS at local community businesses

(Red Pepper Pizza)

DISCOUNT passes for City rec centres

DISCOUNT hall rental rates

VOTING rights at general meetings and a voice at board meetings

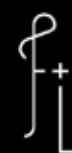
Memberships can be purchased at Servus, All Care Pharmacy, or through the EFCL website.

More details regarding membership benefits, and where to buy, on our website (www.fultonplace.org).

## Fulton Place Skating Party in February

The Fulton Place Community League and our rink volunteers are having another skating party! We'll be having a winter party at the Fulton Place community hall on Feb 12th from 3-6 pm. This event is free for all Fulton

Place residents - come by for some skating, winter activities and games for the kids, and free food. Hot dogs, popcorn, hot chocolate, s'mores, etc. will be provided. We hope to see you all there!!!!



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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
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Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	VACANT	
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	VACANT	
Sign Director	Alison Boese	akcurtis23@yahoo.ca

## Free snow shovelling service for Gold Bar residents!

Are you a senior or other person with limited mobility? Gold Bar Community League has partnered with the 70th Gold Bar Scout Group to offer free snow clearing services for Gold Bar residents who are in need of support with clearing snow from their walks and driveways. Service is first come first serve and only available to residents in Gold Bar neighborhood. Scouts will only clear fresh snow falls

and will aim to have the clearing done within 48 hours. Covid friendly - no close contact needed!

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

## Board Vacancies

Ever wanted to know what is going on in the community or have your say in events happening?

We are looking for a Program Director- in

charge of coordinating programming happening in the hall (like exercise programs). Contact Adam if this interests you adamrompfer@yahoo.ca



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## Goldbar Community Memberships Available Now

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

OUR MONTHLY CONTEST. THE WINNER GETS \$20 GIFT CARD TO ALL CARE.

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

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

## Membership Contest!

Winner receives a \$ 20 gift card to 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 helping out with the Gold Bar Bingos, please contact Lorie @ 780-447-1110. These bingos help generate funds for use in the community  
Parkway Bingo Hall

Friday Feb 25 evening/late night  
Sunday March 13- afternoon event only  
Saturday, April 2-afternoon only  
Fort Road Bingo  
Tuesday, March 15-afternoon/evening

## 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. With the current restrictions vaccinated people are welcome to attend, and people are

spaced 3m+ apart.

Mondays from 930-1030am  
Jan 3-Feb 28 (no class Feb 20)Next session starting in March

Contact Lisa to register or with any questions.

Mondays \$80

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, and a 20 min foam rolling and stretching finish.

With the current restrictions vaccinated people are welcome to attend, and people are

spaced 3m+ apart. Jan 9- Feb 27 (no class Feb 20) Next session starting in March  
Sundays 6:45-7:55 (note this is a 70min class)

Contact Lisa to register or with any questions.

Sundays \$80.

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

## The Gold Bar Gud Box

The Gold Bar Gud Box is a large box of fresh, seasonal produce.

Selection is always changing but boxes will feature staples such as carrots, apples, potatoes, onions, and a variety of other fresh produce based on seasonal availability. You get 2 big bags for only \$30! Boxes are available twice a month.

Produce boxes purchased through The Gold Bar Gud Box raise funds that support the Community League Hall.

Boxes ordered online are available to pickup at the Gold Bar Community League Hall at 4620 105 Ave on the scheduled Friday. Check out [www.thegudbox.ca/goldbar](http://www.thegudbox.ca/goldbar) to get more info or to get a box for your household!

## Busy Bodies

For children ages: 2-5 years

Is your child full of energy? Bring them to this exciting program where they will practice moving their bodies through fun games and activities with you, to develop their physical literacy.

Day: Tuesdays

Dates: January 18 to February 22, 2022

Time: 2:00 p.m. - 3:30 p.m.

Where: Gold Bar Community League: 4620 105 Ave NW

Website link:

<https://www.familyfutures.ca/programs-services/early-childhood-development/busy-bodies/>

## Casino

GoldBar will be running a casino event on Thursday, May 19 & Friday May 20, 2022. It will be held at Pure Casino Edmonton on Argyll. Look for the sign up and more info in the




March addition of SEV.

If you want to make sure you secure your favorite position, give Isabella a call at 780-466-3895.



## Holyrood Community League Contacts

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

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League

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

## MEMBERSHIP PERKS

Do you have a Holyrood Community League membership? Did you know you can enjoy a 10% discount on course registration through Metro Continuing Education (applies to local

Metro instructor adult continuing education courses. Some exclusions may apply)? Call Metro at 780-428-1111 with your membership card ready, to apply for the discount.

## COMMUNITY SWIM RETURNS!

Your community league membership gets you FREE entry to the following pools at the posted times.

Commonwealth Community Recreation Centre (11000 Stadium Road) or Eastglen (11410 68 St NW) - Saturdays until August 27, 2022 - 3:00pm-5:00pm

Commonwealth Community Recreation (11000 Stadium Road) or Hardisty Leisure Centre (10535 65 St NW) - Sundays until June 26, 2022 - 1:15pm-2:45pm

Community swims do not take place on Statutory Holidays or days the facilities close early such as Easter Sunday.

## \*\*Treasurer\*\* This position MUST be filled for the board to meet!

Do you like numbers and dollar bills? Does counting sheep excite you rather than put you to sleep? This opportunity could be for you! Holyrood is looking for a new Treasurer to serve on our board. The books are quick to maintain (with Quickbooks) and some grade A training will be included! No previous book-keeping experience is required but basic excel skills and the ability to sign your name to a chq are considered an asset. The key thing is you need to be dedicated and dependable

as our board can't function without someone maintaining our treasure. The time commitment is about 30mins per week or 2hrs a month if you procrastinate like our current treasurer... The term starts in April but we are looking for someone to shadow starting soon, as Feb/Mar is an important time for our reporting and budgeting. If you are interested or have any questions, contact Claire treasurer@holyroodcommunity.org.

Other positions of interest include:

## GINGERBREAD HOUSE WINNERS

It was another tough year of competition but 4 families walked away victorious with treats and gift cards. We extend our congratulations to Jerad & Brenda, Naomi, Esther and Kate Hampton (Christmas Village), Rita and Mason Terry (Snoopy House), Jo-Dell Forestier (Holyrood House), Nina and Renata Ching Wang (Amazing snowman on the roof). Once again there were an incredible array of fantastic, amazing and purely awesome houses to choose from, our judges deliberated for a lengthy period of time in order to come up with the winners. We can't wait to see what you come up with next year, Holyrood!



## BOARD MEMBERS NEEDED

We have some vacancies on our board that we need to fill.

Are you looking for a fun opportunity to help out in your community? We're a great bunch who love to make Holyrood a great place to live!

Our current positions include Rink Shack Helper and Social Director, and we are looking for more volunteers for our Holyrood Development Committee and the Community Garden Committee. Email Larissa at president@holyroodcommunity.org for more information.

### Vice President

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

### Fitness & Sports Director

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

### Social Director

The gist of it- Plans & executes opportunities for our community to connect! A deeper look- This is a new portfolio for the Board. We envision this person taking the lead on the smaller initiatives in the community (such as gingerbread houses and scavenger hunts), but also helping brainstorm for the socially distant events that make our neighbourhood so fun!

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

### Rink Shack Helper

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

Did someone graffiti the rink? If the answer is yes, you are our hero!

This position is not at all time intensive, requiring occasional phone calls to utilities or other services.

### Garden Committee Members

The gist of it - A subcommittee of the league, the garden committee is looking for avid growers! A deeper look - Our community garden committee may have been sidelined by covid, but that doesn't mean they aren't working to grow new opportunities in Holyrood!

For the past 2 years the committee has transformed the space around the hall and rink shack with productive vegetable gardens, the proceeds of which are donated to the food bank.

This committee is sprouting up new ideas all over Holyrood! If you're not afraid to get your hands dirty, this is the place for you!


### Holyrood School Representative

A parent who is willing to attend school board meetings and liaise with the Holyrood Community Board.


### Communications

The gist of it- Spreads the word about Holyrood via the Corner Sign, the Southeast Voice, the newsletter, and social media. Also takes care of the community league website. A deeper look- The communications director is responsible for many moving parts that make up the league's voice to the public. In addition to maintaining 4 social media accounts (managed through a social media manager - Hootsuite), they are also responsible for each month's SEV contribution, and monthly updates to the community newsletter (TinyLetter). The community league website also falls under this portfolio, so experience with Wordpress is highly valuable. Relevant experience in marketing, graphic design and photography is an asset. The time commitment for this portfolio is minimum 2 hours a week, with occasional work on the weekends or evenings for events.

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Membership	Michelle	membership@idylwylde.org
Garden	Lauren	garden@idylwylde.org
Facilities	Stuart	facilities@idylwylde.org
Social	Yulia	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!

## Monthly Community Meetings

Our meetings have gone digital! Contact our President if you would like an invite to our next meeting. We typically meet the second Thursday of the month at 7 p.m.

## It takes a herd of volunteers to keep the rink open and we would love your help!

The Idylwylde Community League is seeking snow removal volunteers to help clear snow off our community ice rink this winter. This is a fun & healthy opportunity to enjoy the outdoors

while meeting neighbours and giving back to the community. Many hands make light work! If you are willing to help please reach out to Darren at darrenbrennan130@hotmail.com.

## 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

### Spring into Fitness

Mondays from January 10 to March 28, 7:00 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.

## Gentle Hatha Yoga

Tuesdays from January 11 to March 29, 6:30 p.m.

This evening flow class is suitable for anyone from beginners to the more experienced yogi. It will help release any tension and re-balance the body and the mind after a long day.

It will start with a breathing practice or guided meditation, continue with a Hatha stretch sequence or flow, and will end with either

some yin and restorative postures as well as breath work. Please be aware the Community hall is participating in the restriction exemption program and requires all participants to provide proof of COVID-19 full vaccination, proof of a medical exemption, or a recent negative test result. Masks and face coverings are also required indoors when not participating in a physical activity.

## 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 January 2, 2022

Sundays, 4:15 p.m. - 5:45 p.m.

### Commonwealth Community Recreation Centre

11000 Stadium Road

Starting January 8, 2022

Saturdays, 3:00 p.m. - 5:00 p.m.

Please be aware that the City of Edmonton

has adopted the Government of Alberta's Restriction Exemption Program. Everyone aged 12 and older visiting a City recreation centre, arena or attraction is required to provide proof of COVID-19 full vaccination, proof of a medical exemption, or a recent negative test result. As of November 15, only QR codes or First Nation or Canadian Armed Forces vaccine records will be accepted for proof of vaccination. For more see. Masks and face coverings are also required indoors at all City facilities, when not participating in a physical activity. For additional information regarding mask requirements.



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

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



**DAIKIN**  
COMFORT FOR LIFE

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

### DON'T PAY FOR 12 MONTHS!\*\*

*Receive a complimentary duct cleaning with the purchase of a new furnace.*

**Call Weiss-Johnson today!**  
**780-463-3096**  
**weiss-johnson.com**

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

\*\*conditions may apply

## 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**





## CONTACT US!

<b>President</b>	<b>Irene</b>	<b>president@kenilworthcommunity.com</b>
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Maren	secretary@kenilworthcommunity.com
Adult/Seniors Programs	Loida	loida@loidahomes.ca
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Neighborhood Watch	Luann	
Buildings/Grounds	Louisa & Karen	grounds@kenilworthcommunity.com
Children's Programs	Jo	childrensprogram@kenilworthcommunity.com
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	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](mailto:publicity@kenilworthcommunity.com)  
Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)  
Keep Current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com) and on Facebook!

## 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>

## Adult Badminton

Hi Kenilworth Badminton Group,

We are looking forward to getting back on the court and playing some badminton, however we need to report that the season will be delayed once again.

The board that oversees the use of school facilities continues to take a very cautious approach. All groups have had their access de-

nied for dates in January. Access is expected to be granted in February but it is all situation dependent. The new tentative date for the start of badminton was Tuesday, February 15th.

Thank you to all who have been sending us emails, we appreciate your contact and value your opinions.

[kenilworthbadmintonclub@protonmail.com](mailto:kenilworthbadmintonclub@protonmail.com)

## 2022 SPRING FLING MARKET IN SUPPORT OF THE TERRA CENTRE OF EDMONTON

March 5 3 - 9 pm

Local Female Led Businesses rally to raise funds for Terra Center in celebration of International Women's Day! What better way to celebrate women than supporting local female led businesses! A brand new market themed

as "Spring Fling Prom" will be hosted by Kenilworth Hall on March 5th from 3:00 pm - 9:00 pm to support local women entrepreneurs and youth/teen mothers in need. More information and protocols will be posted on Nextdoor and Facebook.



## Personal Fitness Training for Baby Boomers



Improve mobility and quality of life with one-on-one or group online training!

(web) <https://www.4664fitness.com/>

(Em) [4664fitness@gmail.com](mailto:4664fitness@gmail.com)

(C) 780.919.3313

## 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](http://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](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.

## Scrapbooking At Kenilworth Hall

We are happy to tell you that our scrapbooking evening will continue at Kenilworth Hall with events in 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 March, April, May, and June in 2022.

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](mailto:lmiburns@gmail.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 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](mailto:president@kenilworthcommunity.com)

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

## Memberships

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

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

Email Rebecca at: [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com)

community.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 Crib Club

The KCL Crib Club is very successful this year. We have several new members, and also some younger members which have joined and that is great.

The Club runs from mid September to the

end of April. We take on members at the beginning of September only. Now, we have a list of players that want to join the Club next September.

For more please call Liz: 780-465-5188

## EPCOR Drainage Construction

Upcoming EPCOR Drainage construction in Kenilworth for the decommissioning of the odour facility located adjacent to the community league hall near 71 Street and 87 Avenue (north side of parking lot). The scope of work for the decommissioning and abandonment of the facility will include the removal of the above ground components and disconnecting from the sewer trunk below.

The work is schedule to begin on January 24, 2022 and is expected to be completed by the end of March 2022. Please note, these timelines are estimates and may change based on

weather and construction conditions. Landscaping restorations will be completed in the May/June 2022, as weather permits. Increased sewer odours may be present while construction activities are underway. EPCOR expects residents will notice the odours, but encourages residents to contact EPCOR in the event they are overly strong.

Questions? Contact:

EPCOR Drainage Services

Tel 780.509.8080

Epcor.com

Save the date!!!



# Ottewell

## Executive

President - Colleen  
Vice President - Michelle  
Secretary - Becca.  
Treasurer - Eric  
Past President - Corinne  
Board Members:  
Big Bin - Andrew  
Bingo Director - Tyler  
Building Projects - Lukas  
Casino - Open  
Farmers Market Manager - Corinne  
Grants - Chelsea  
Membership Director - Sandra  
Playschool Director - Jason  
Rink Director - Tom  
SECLA Rep - Sandra  
SEV Liaison - Meena  
Social Media (FB/ Insta) - Hallie  
Soccer Director (In/Outdoor) - Cory  
Summer Playground Director - Open  
Rink Director - Tom  
Website - Taylor

## Snow Angel Program



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

We are looking for people to help with:

### Clearing snow as a SNOW ANGEL

Contact us with your address and we will provide you a list of Seniors that need assistance with snow removal within your area of Ottewell.

### Team Lead for the Snow Angels

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

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

We will call back to confirm.

If you are able to help with our Snow Angel program please contact Michelle at oclvp2021@gmail.com

## Reminder: No Dogs at the Park or Rink Area

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

## Ottewell Community Celebrates 60 Years



It is time to plan the CELEBRATION! Ottewell Community Celebrates 60 years 1961 - 2021

We are looking for volunteers to participate in the planning committee for our 60th birthday celebration. Discussions on dates to host this event are for September 2022 during our membership Fair. Please email ottewell2212@gmail.com or call 780.465.7755 to sign on to this special event committee.

## Cross-Country Ski Tracks in the Heart of Ottewell



For many years, Ottewell residents have been setting informal cross-country ski tracks around the perimeter of Braemar field. These tracks have been designed by your neighbors who are looking to enjoy the park space in our front and back yards.

Please have fun using the tracks and leave them in good condition for the next family to enjoy!

The ski tracks:

make a nice loop to ski  
are a great way to get outside in the winter and get some exercise

Are convenient. Just walk out your front door with your skis and enjoy a stress-relieving, energy-giving ski in your own neighborhood.

"Our family loves the fact that we can literally cross the street and go skiing in the park. Sometimes someone else has been out before us to set track or we set it. We can ski the loop as many times as we want depending on whether we just want a little ski or a bigger workout. It's so convenient to not have to load everything in the van and drive somewhere, and I always feel happier and more energetic after a ski. Skiing in the park will be a great activity this Covid winter for mental and physical health."

To learn more about the health benefits of cross-country skiing, visit <https://tinyurl.com/y204ffaz>

## OCL Board Meetings

Ottewell has been hosting virtual meetings to connect with board, directors and volunteer members. Our next virtual meeting will be on Tuesday, February 15, at 6:30 pm. If you would like to attend please email ottewellsecretary@gmail.com. You will be sent a meeting invitation via ZOOM.

Come join this great group of volunteers, find out what is happening in your Community.

## OCL is Relaunching our Babysitter's Registry!

Please note that OCL is just an information intermediary and we do not screen babysitters or families.

To sign up, visit the google forms!

For babysitters: <https://forms.gle/22a6V9MyqW4bRony9>

For parents: <https://forms.gle/uS55cy1DB4FnNAB58>



## Ottewell Rink

The OCL rinks will look the same as last year. Again this year due to the COVID the rink shack will not be open. We will have benches outside to use, and our patio area will be accessible. There will be a porta-potty on site. Hand sanitizer will be provided.

Ottewell will be opening the Pond Rink close to December, with the potential to open the Hockey Rink later in the season. Pond ice lights will be on from 5pm to 9pm, 7 days a week. Please note that there will be no attendant or staff member on-site.

Thanks to our Volunteers that are giving their time to flood and maintain the ice to ensure the kids of Ottewell have some outdoor fun!

Skate at your own risk.

Wear your helmet.

Share the space. We all want to enjoy the

## Ottewell Community Artisan Farmers Market!

Located in the Heart of Ottewell Community 5920 93a ave

COME on in we're OPEN

We are here year round to bring you quality items from our local vendors. You can find us inside the community hall from 4pm to 7pm Thursdays! Until May and then we move outside in the parking lot and rink area!

We have a concession weekly for take out foods, Fresh Veggies, BC Fruits, Microgreens, Baked Breads, Baked Sweet Treats, Vegan Foods, Polish Foods, Jamaican Foods, Mexican Salsa & Chips, Meadery as well as Columbia Coffee not to forget our local artisans with there treasures to share.

Any many more coming weekly...

PLEASE NOTE: The market has adjusted our hours to 4pm - 7pm

Ottewell Community League is the Sponsor of the Market! When you shop and support these vendors you are supporting your community league.

pond rink.

Play safe, and if you don't feel well, stay home.

Please use the garbage cans provided. Keep our rink area clean!

### As per AHS guidelines:

Physically distance when multiple cohorts are sharing the ice;

Wash or sanitize your hands before and after each skate;

Refrain from spitting and clearing nasal passages;

Refrain from sharing equipment or water bottles;

Refrain from touching your eyes, nose, mouth, and face; and,

Stay home if you are experiencing COVID-19 symptoms.

## Something Exciting is Happening in Ottewell

Many ways to connect with what's happening in Ottewell!

We now have an instagram page!

Follow us at ottewellcommunityleague

Or on our Facebook page [facebook.com/OttewellEvents](https://facebook.com/OttewellEvents).

Keep up-to-date on all the events by subscribing to email updates at Ottewell.ca



## 120<sup>th</sup> Ottewell Scouts

### Season Greetings to Everyone!

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

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



## PLANNING SOME RENOVATIONS?



Don't forget if you are a community member you have access to The Tool Library !!

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

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

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

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

## Soccer registration



ESESA Outdoor Soccer registration begins February 1st 2022.

Season starts in May.

Register online @ <https://emsasoccerportal.com>

For more information visit <https://emsa-southeast.com>

### We Need YOU!

Ottewell Community is looking for a new volunteer to take on Soccer Director or co-Director.

Contact [Corey@cwispinski@hotmail.com](mailto:Corey@cwispinski@hotmail.com) for details.

## Connect Your Business to the Ottewell Community



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

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

Ottewell Community League members can also get:

Participate in the Tool Shed Program

A 5% discount at Anvil Coffee House - [anvil-coffeehouse.com](http://anvil-coffeehouse.com)

A 10% discount at Ottewell Eye Care - [ottewelleyecare.com](http://ottewelleyecare.com)

a 15% discount at Pop Kids Marketplace + Shy Mama Designs - [www.shoppopkids.com](http://www.shoppopkids.com)

a 10% discount on photography at Lightwork Consulting - [www.lightworkconsulting.net](http://www.lightworkconsulting.net)

a 10% discount on piano lessons with Diane Robitelle - [dianecrobi@aol.com](mailto: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.

Email [oclmemberships@gmail.com](mailto:oclmemberships@gmail.com)

## Abundant Community Edmonton - Ottewell



Now more than ever, we need to maintain our connections to our neighborhood 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](mailto:ACEOttewell@gmail.com) to reach a Block Connector near you. For more information, visit [ottewell.ca](http://ottewell.ca)

## Have you Seen our NEW WEBSITE?

Check out [Ottewell.ca](http://Ottewell.ca) for market hours, hall rentals, and local Ottewell based shops and businesses. Subscribe to keep up to date with news sent directly to your inbox!

Are you interested in photography, telling stories, or connecting people to programs and events they love?? We're looking to bring more hands on deck to build up our website to be all things OTTEWELL !!

No experience necessary, wordpress training provided. Commitment is 2-4 hours/per month that you can do from home with your computer.

We're also looking for content creators, training provided.

Visit [ottewell.ca/home/volunteer](http://ottewell.ca/home/volunteer) for more details!



## SPECIAL EVENTS



Planned for this Spring and Summer at Ottewell Community Artisan Farmers Markets!

We will have every Thursday at the Farmers Market themed events, entertainers as well as Food Trucks....

Starting May 5 until September 29.

Meat Street Pies

Drift Food Truck

Winston Fish and Chips

Fox Burger

El Santo Mexican Food

Follow us on our

Facebook page -[Ottewellcommunityfarmermarket](https://www.facebook.com/Ottewellcommunityfarmermarket)

Instagram -[oclfarmersmarket](https://www.instagram.com/oclfarmersmarket)

Website -[ottewell.ca](http://ottewell.ca)

To find out what is happening at your community market!

## On Line Programs for Parenting

To register for all programs and/or workshops please contact Jessica Mantel at 780-667-4383 or [fcssdodie@shaw.ca](mailto:fcssdodie@shaw.ca)

### • Infants Can Talk with Their Hands



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

Tuesdays from 9:30 – 10:00am

Zoom Meeting (ID# given at registration)

March 1 - 22 & May 3 - 24

### Springtime Fun for Everyone!



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

Wednesdays from 9:45 – 10:30am

Zoom Meeting (ID# given at registration)

March 16 - April 22 & April 27 - May 18

### • (A little) Messy Play is Fun Play

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

Thursdays from 9:45 – 10:30am

Zoom Meeting (ID# given at registration)

March 17 - April 7 & April 28 - May 19





## SCL Leadership

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

Interested in joining our team and filling one of our vacancies?? Please reach out to [president@strathearncl.org](mailto:president@strathearncl.org)!

## Strathearn-based Business Profile

For this month's profile we caught up with long-time Strathearn resident, past community league board member, and Principal Director of the Anahata Wellness Studio, Yasir Syed, RMT.

**How was the studio created, and can you share about some of the services you provide?**

Anahata Wellness Studio was a product of serendipity. In 2019 while attending grad school, I was working on a project regarding trauma and the institutional spaces used to treat it. In trying to find out how much one of those spaces would cost, I paid a visit to the Strathearn Centre just down the street from my home. The owners were very responsive, and showed me a vacant space. I was very excited about the possibility of joining our resurgent little mall along with Juniper Cafe, Home and Cottages, and all the other fantastic local shops.

It soon became my mission to open a wellness studio focusing on trauma. I invited fellow wellness practitioners to come join me in the space including psychologists (Alisha and Jenny from Strathearn Psychology), naturopaths, Reiki specialists, and psychics. Services currently offered include registered massage therapy and student massage therapy (half rates), Raynor Naturopathic Massage and Raynor Academy, yoga (all levels), and Strathearn Psychology.

**Can you tell us a little bit more about Raynor massage practice and why it has become such an important focus of your studio?**

Raynor Naturopathic Massage is a holistic system with origins in Ayurvedic Massage, Chinese Medicine, reflexology, Shiatsu and yoga breath work. Raynor Massage courses are designed for people from all walks of life, spanning from RMT's to individuals seeking out the practice for the first time. The courses are designed to be accessible for all, and can be completed in two weeks (following an online prerequisite of 35 hours of theory and professional conduct, which allows us to maximize our hands-on training time).

Teaching is a passion of mine as is massage therapy, so combining the two was not only a natural transition for me, but a gift. We rarely get the opportunity to change a life in two weeks, which is exactly what the Raynor Naturopathic course offers, so I wanted to bring that opportunity to others.

**What is so special about being located in the centre of Strathearn?**

I love Strathearn - I've been living here since 2003, so working and providing this service to my community gives me joy. I love the diversity and the community spirit here. It was



an honour to serve on the community league board, and helped me realize that you don't have to look far to find a vibrant and supportive community.

**Anahata Wellness Studio is a very beautiful space, can you tell us about your recent renovations and how the pandemic affected your business?**

We've been pushed to continuously reimagine our business model due to the fluctuating realities of Covid. The pandemic caused us to pivot and streamline wellness services, but at the same time move more into teaching our therapies to others. Conversations with neighbours and partners led us to expand and grow our space to open the newly established Raynor Academy. Our original offices are now occupied by Strathearn Psychology, and we have shifted our other operations next door.

Strathearn Centre has been an enigma in the community for many years, so it was a privilege and a challenge to transform what was previously the mall's storage room, into Anahata Wellness Studio and Raynor Academy. A silver lining of the temporary Covid-related business closures was the opportunity to redevelop our vision. We really had the space and time to create what we feel is a warm and inviting space.

**What are some surprising benefits of massage therapy?**

I believe that a fundamental benefit to massage therapy, which is often surprising to patients, is feeling lighter and creating space to rediscover your identity. Releasing trapped pain and trauma and tension deep inside the body creates this space and lightness, and allows us to rediscover ourselves.

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

We'd love to welcome newcomers to our space! A few things to look forward to are student massages are available for half price and Strathearn Community League discounts are available on select services, including registered massage therapy!

Please visit [anahataedmonton.ca](http://anahataedmonton.ca) to learn more and request an appointment!

## Weeknight workouts in your neighborhood!

Winter session fitness classes are now in full swing, and if you weren't able to register for an entire session you can still drop in as space permits! Roll out your mat on Tuesday evenings from 8-9pm for Yoga, then on

Wednesdays from 7-8pm you will be called to the Barre, and get your groove on Thursdays from 6-7pm for Zumba! See SCL website for further details and drop-in fees, and please note that proof of vaccination is required.

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## Strathearn A.V. Club News

Our rock-steady, pandemic-proof Rock 'n Roll Bookclub will meet again on Thursday, February 10, 2022 starting at 7:30pm at the Strathearn Community Hall.

All aged 18+ welcome, proof of Covid vaccination required. Books up for discussion: Rememberings by Sinead O'Connor, and How to Write One Song by Jeff Tweedy.

For more information, email [avclub@strathearncl.org](mailto:avclub@strathearncl.org).

## The Community League Swim program is back!



An excellent perk of your Strathearn Community League membership has now resumed (effective January 2022).

Simply show your HYPERLINK "<https://strathearncl.org/membership-1>" 2021-22 SCL member HYPERLINK "<https://strathearncl.org/membership-1>" ship card to gain access to both the family-friendly pool and large fitness centre at the lovely downtown HYPERLINK "[https://www.edmonton.ca/activities\\_parks\\_recreation/commonwealth](https://www.edmonton.ca/activities_parks_recreation/commonwealth)" Commonwealth Recreation Centre, every Sunday between 1-3pm (with the exception of Easter Sunday,

## Strathearn Outdoor Rink is open for use!

Due to the current realities of operating and maintaining the rink this year, it will be open and operating differently compared to previous years and as follows:

- No set hours, rink is open at all times. You are free to use as desired and conditions allow.

- Indoor skate change will not be open.

- Ice maintenance and clearing is being done as volunteers are able. There is no schedule and the ice surface is as is.

While volunteers are working to try and maintain and operate the rink this year there are several things contributing to the League deciding to operate the rink in this way. First, there is no Rink Director to organize and coordinate rink creation, maintenance, and clearing. There is a group of hardworking volunteers doing their best to work on the rink but it is difficult to coordinate without a Director to organize. Second, the unpredictable and varied weather has made the ice surface difficult to maintain.



# Virtual Open House

Join us on **March 9** from **6:00–7:15 p.m.** at **[riverdale.epsb.ca](https://riverdale.epsb.ca)**

### Our school offers:

- convenient location
- strong academic focus
- enhanced technology
- out-of-school care on site
- residency opportunities
- extracurricular activities
- active school council



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IG @riverdaleelementaryschool

F @RiverdaleSchool

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[riverdale.epsb.ca](https://riverdale.epsb.ca)

April 17th).

As an added bonus, from now until the end of August, you can also check out the salt-water pool at HYPERLINK "[https://www.edmonton.ca/activities\\_parks\\_recreation/eastglen](https://www.edmonton.ca/activities_parks_recreation/eastglen)" Eastglen HYPERLINK "[https://www.edmonton.ca/activities\\_parks\\_recreation/eastglen](https://www.edmonton.ca/activities_parks_recreation/eastglen)" Leisure Centre (11410 68 Street) and enjoy community swim time at this additional facility during the same timeframe of Sundays between 1-3pm!

To find out how to obtain a membership card, please visit [strathearncl.org/membership-1](https://strathearncl.org/membership-1)



With this being said, if you are interested in volunteering to help maintain the rink or taking on the role of the Rink Director, please get in touch with us. Please enjoy the rink and follow the rules posted at the rink. Happy Skating!

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## Free Outdoor River Valley Recreation

The City of Edmonton is offering free family-oriented programs at Victoria Park, Hawrelak Park, and Rundle Park during weekends in February and March. Join recreation leaders for a skate and hot chocolate and try one of the winter activities such as snow forts, snowshoeing or kick sledding.

Fridays, 6:00-9:00 p.m.

Saturdays and Sundays, 2:00-8:00 p.m.

Victoria Park

Location: Site 4 Behind the Pavilion at the Skate Oval

Hawrelak Park

Location: Site 5, between the Paddle boat rental Center and the Main Pavilion

Silver Skate Festival: 1-5pm Snowshoes, Fort Building & Warming fire, Feb 12 & 13, Feb 19-21 (Family Day)

Rundle Park

Location: Just outside the Family Centre, 2903 113 Avenue, on the North East corner of the Building.

Check the schedule here:

[https://www.edmonton.ca/activities\\_parks\\_recreation/courses-programs/river-valley-recreation](https://www.edmonton.ca/activities_parks_recreation/courses-programs/river-valley-recreation)

## Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass\* - 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass\* - 15% discount on

our already discounted multi admission pass (5+ visits)

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

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

\* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops.

Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit [edmonton.ca/wellness](http://edmonton.ca/wellness)



## Edmonton Police Service

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

Citizens can report certain crimes online at the EPS website [edmontonpolice.ca/report-a-crimeonline](http://edmontonpolice.ca/report-a-crimeonline)

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

If you have questions while entering your report, please call the online reporting help line at 780-391-6001. Please note that this number is only available from 6 a.m. to 7 p.m.



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

## EPS Mobile App

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

Download for your iOS or Android device.

Stay connected: Easy access to EPS Facebook, Twitter, YouTube, Instagram, and Pinterest accounts.

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

Stay safe: Report a crime online, locate the station nearest you, and get through the stress of a collision with our handy collision tips.





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