

SOUTHEAST VOICE

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

May 2022



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com

BIG BIN Comes to the Southeast

One of the annual rites of Spring is the Big Bin events in various Southeast Communities.

The following community leagues are hosting Big Bin Events. Check to see if your community is listed. Remember you will need your community league membership card and if you do not have one your community league will be happy to sell you one at the event. Also, check with your community league as to what items are or are not accepted.

CAPILANO COMMUNITY BIG BIN EVENT

Saturday June 11, 2022 10am – 2pm
at the Community Hall 10810-54 St

Open to Capilano Community League members ONLY: must have a current community membership

Memberships will also be available for purchase at the event: \$20/family or \$10 single/senior CASH ONLY

ITEMS THAT WILL NOT BE ACCEPTED: MATTRESSES & BOX SPRINGS, HAZARDOUS WASTE MATERIALS, TIRES, OIL/GAS, PAINT CANS, APPLIANCES WITH COMPRESSORS (FRIDGES & FREEZERS)

We are still in the process of trying to partner with a charitable organization to accept donations of household items

IF YOU HAVE ANY QUESTIONS ABOUT THE EVENT PLEASE CONTACT MARZENA 780-909-5886

OR JEAN 780-863-0914

Get Your Spring Cleaning Done at Cloverdale's the Big Bin Event

The Big Bin Event is an annual opportunity to dispose of large unwanted items, or to swap lightly used books and toys. The large items must be non-hazardous and non-toxic household items or yard materials. The event will take place at the end of the month. Please visit cloverdalecommunity.com/big-bin-2022 for the time and date.

The Big Bin is made possible through a grant

from the City of Edmonton, and through the organization of the Cloverdale Community League. If you have any questions or are available to volunteer, please contact reg at past-president@cloverdalecommunity.com

Forest/Terrace Heights Big Bin Event

Our annual Big Bin Event is coming June 18, so start gathering up your old, damaged furniture and other waste items that are too big for regular garbage pickup.

The Big Bin is free to all Forest/Terrace Heights Community League members with a 2021/22 or 2022/23 membership. Purchase one in advance (details below) or on site.

For a list of which materials are accepted and to book a 15-minute time slot for drop off, please go to eventbrite.ca and search "big bin forest terrace." Please book early so we know if we need to get a second bin!

Volunteers are usually behind great community events like this one, so consider getting involved. We have five-hour shifts or split shifts available to help direct traffic, unload vehicles or sell memberships. Please email events@forestterrace.org.

Fulton Big Bin Event and Community Garage Sale June 11th

Date: Saturday June 11, 2022, 9 am - 2 pm

Where: Fulton Place Community Hall (6115 Fulton Road), outdoor event weather permitting, garage sale will move indoors if weather is an issue.

Cost: Waste disposal will only be accepted from Fulton Place Community League members - please bring your valid FPCL membership card, or you can buy one onsite during the event (cash or check only).

Bring your household items that are too large for regular garbage collection. Household hazardous waste will not be accepted (items containing freon, concrete, commercial waste), and we will not be accepting tires,



mattresses, and major appliances. We will also have the **Take It Or Leave It** space if you want to take an item/leave an item. We will be collecting e-waste again this year to recycle as well.

Garage Sale Table Booking: Pre-registration is required, email programmer@fultonplace.org, cost is \$5 for FPCL members or \$10 for non-members. If event moves indoors - space will be limited so only earliest registrants are guaranteed a table.

Gold Bar: Big Bin Event - Compost Sale - Electronics Recycling - Community Give And Take.

Gold Bar Hall May 7, 8am to 4pm.

Gold Bar Community League membership required and will be for sale at the event.

Ottewell Big Bin Saturday, May 14 - 9am to 2pm.

Located in the Ottewell Community parking lot.

In order to participate in this Big Bin Event, you must show your valid Ottewell Community Membership Card.

Memberships will be on sale on-site - Family \$25, Associate \$10 and Seniors \$5.

This is a springtime event to help our community clean up and shine.

Accepted Materials at this Big Bin Event include:

-couches, chairs, mattresses, and other

Capilano Community League – May 18 Annual General Meeting



Join us for Capilano Community League's AGM!

When: May 18, 2022 at 7 p.m.

Where: Capilano Community League Hall OR, the meeting can also be accessed online by entering the following URL:

<https://us02web.zoom.us/j/82072948301?pwd=bVdYV0xxSVFLQTJGRDExcEFzQUd1UT09>

What:

--Annual president's report

--Treasurer's report

--Election of officers

- Volunteer opportunities:

All Capilano Community League members are welcome! All attendees will receive a free community league membership!

household furniture items too large for curbside pickup

-washers, dryers, and other large household appliances (will be recycled) Computers, televisions, and other household electronics (will be recycled)

Non-Accepted Materials - Commercial Waste - Household Hazardous Waste – please take to an Eco Station. They will be accepted there at no cost.



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SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	Monte	capilano@secla.ca
Cloverdale	Reg	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
Fulton Place	Miles	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood (Chair)	Claire	holyrood@secla.ca
Idylwyld	Scott	idylwyld@secla.ca
Kenilworth	Kevin	kenilworth@secla.ca
Ottewell	Sandra	ottewell@secla.ca
Strathearn	Marina	strathearn@secla.ca
Secretary	Jamie	secretary@secla.ca
Treasurer	Andrew	treasurer@secla.ca
Vice-Chair	VACANT	holyrood@secla.ca
Projects	VACANT	projects@secla.ca
SECLA SEV Liaison	VACANT	SEVliaison@secla.ca



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 fundraising efforts.

Gold Bar Community League
\$10,000

Dana Bradley Real Estate
\$1000

We thank you for your continued support



Save the Date & your bottles.
Our next bottle drop off/ drive will be
June 17 & 18, 2022



My staff and I are at your service. The Edmonton Gold Bar constituency office is here to:

- Provide information about provincial government programs & services
- Assist you with questions or difficulties with governmental services
- Participate in local community events
- Share ideas

100-8925 82 Avenue
780.414.1015
edmonton.goldbar@assembly.ab.ca

Marlin Schmidt
MLA Edmonton-Gold Bar



Heather McPherson
Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

780-495-8404
heather.mcpherson@parl.gc.ca
10045 81 Avenue T6E 1W7

NDP
www.heathermcpherson.ndp.ca
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6621 - 96 Street NW, Edmonton, AB
or phone Diane **780-432-3222**

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Community League Board

President	Anita	president@avonmore.org
Vice President	Wendy	vicepresident@avonmore.org
Secretary	Karen	secretary@avonmore.org
Treasurer	Ken	treasurer@avonmore.org
Assistant Treasurer	Leigh	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Scott/Lisa	grants@avonmore.org
Soccer/Sports	Boris	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Kaitlyn	programs@avonmore.org
Assistant Treasurer	Leigh	treasurer@avonmore.org
Volunteers	Bob	volunteer@avonmore.org

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

Hello everyone!

We have been busy with crafts, running & playing, music with Playschool & more!

You are all welcome to attend the playgroup at Avonmore community hall on Monday mornings, until April 11 playgroup starts at 9:30 am. Starting April 25 onwards we will meet at 9am, playgroup ends at 11 am in the

hall- some of us play at the park for a bit afterwards as well!

Once we get some warmer weather we will occasionally meet at the park instead of inside as well.

If you have any questions please let me know at parentandtots@avonmore.org. We look forward to seeing you and your little ones!

Fundraisers

Salisbury Greenhouse Fundraiser

Thanks to everyone who purchased a gift card. We raised over \$500 for the League through this program. Cards will be available for pick up in Avonmore or delivery to your home after April 6. It was so successful we'll run it again from early May to mid-June.

New Fundraiser - Meat Street Pies - April 6 to April 20

Many of you already know and love the products of this Avonmore business. For those who haven't tried their pies - no better time than now. To order e-mail president@avonmore.org or text 780 222 4482. Payment by e-transfer or cheque made out to Avonmore Community League. Pies will be available for pick up in Avonmore or delivery on May 4. The choice of pies are:



Cornish Pasty - 4 individual \$36
Steak and Cheese - 4 individual \$36 or 1 family size \$30
Chicken Pot Pies - 4 individual \$40 or 1 family size \$30
Jamaican Patty - 4 individual \$36
Tourtiere - family size \$30
Shepherds Pie (gluten-free) 2 pack \$18
Cheese, Onion and Potatoes - 4 individual \$36

New and Coming Events

The League is currently finalizing plans for the following events. Watch Facebook, Instagram and the bulletin board on the east wall of the hall for details and how to volunteer and register.

Flag Football - This free program is being offered in Avonmore in May and June by Free Play for Kids. There will be two sessions a week one at 6:30 PM and another at 7:30 PM. Day of the week yet to be determined. Maximum of between fifteen and twenty registered participants for each session, depending on the space. Registration opens around April 7th. All registrations are done through our website at this link: <https://freeplayforkids.com/start-to-play>.

Our World Community Feasts - Avonmore Community League, Cloverdale, Metro Continuing Education, Bennett Centre and EdmontonEats are pleased to be partnering to

bring to you a series of Community Feasts. Our World Community Feasts will be an opportunity to celebrate the cultural diversity of people around us, find out more about what we have in common and connect with our neighbours. The first feast will be on May 13th from 6:00 to 8:00 p.m. at Metro Continuing Education. The theme will be Celebrating Ukraine. Tickets will be pre sold \$25.00 (people 16 to 64) \$20.00 (people over 64 and 5-15), children 3-5 \$5.00.

Community Wide Garage Sales, Recycle Fair and Big Bin Event - This event was very successful last year even with COVID restriction in place. It should be even better this year with some added features. Date will be sometime in May. Project leader and volunteers needed. Contact president@avonmore.org if you are interested in helping to plan and execute this event.

Avonmore Community League - Annual General Meeting

The Annual General Meeting of Avonmore Community League will be held on May 10, 7:00 p.m. at the Community Hall. The purpose of the meeting is to: report on the activities of the League for 2021-22, present a financial report for the past year and budget for the coming year, elect new board members and vote on a special resolution to amend the

league by-laws. There will also be a presentation of the results of the Avonmore Vision Project. All community members are invited to attend. Must be a member of Avonmore Community League to vote or take a position on the board. Agenda, reports and revised by-laws will be posted and sent to members in advance of the meeting.

What is a Community League?

A community league is a volunteer, not-for-profit organization formed to meet the unique needs and interests of residents within a defined geographic area of the City of Edmonton. The role of Community League is to:

- Speak on behalf of their Community League members, and
- Report on behalf of all residents within the Community League's specified geographical area
- Bring neighbours together
- Provide recreation and social programs
- Develop amenities
- Represent community interests to the gov-

ernment and other organizations.

A Community League is an autonomous body, registered under the Societies Act with the Corporate Registry of the Government of Alberta. Therefore, it must have a properly elected board of directors including committee chairpersons responsible for carrying out the business of the league. Each individual Community League has specific boundaries that will define its membership. Currently there are 161 Community Leagues in Edmonton. Leagues are grouped in 12 Edmonton Federation of Community League Districts. Each District appoints one director to EFCL.

You Can Make a Difference in the Avonmore Community

The ideal way to make a difference and affect change is to serve on the board of the Community League or volunteer to lead or support a program or activity. Every year many Avonmore residents dedicate their time and expertise to shape the future of the league and community as board members and volunteers. Board members provide the critical intellectual capital and strategic resources to power success and strengthen our community. Volunteers make it possible to offer programs, maintain facilities (e.g. rink and hall) and keep the community informed of happenings.

-Are you committed to sharing your time and talents to help make Avonmore a better place?

-Do you have specialized skills and expertise that could benefit the board of the community league and the community as a whole?

-Are you willing to be an enthusiastic advocate for the League and the community and encourage others to get involved?

Serving on a board is a wonderful way to support the community and a cause that you care about. It also can be a powerful way to build your own skills and expertise.

Individuals who serve on the board can develop and grow as leaders, cultivate new skill sets, and expand their network of peers, professionals, community leaders, and community thought leaders.

Board Members Needed

Election of Board members is done annually at the Annual General Meeting. The following positions are up for election. If you want to know more about these positions, contact any member of the board at the e-mail addresses given at the top of the page.

Positions Becoming Vacant and Those Seeking an Associate Director:

- President - incumbent retiring - no candidates identified
- Secretary - incumbent is willing to serve another term
- Fundraising and Grants - incumbent is willing to serve another term. Seeking an associate director to help and learn the role
- Civics Director - incumbent is willing to serve another term. Seeking an associate director to help and learn the role.

-Communications - incumbent is willing to serve another term. Seeking an associate director to help and learn the role

Currently Vacant Positions:

- Vice President - incumbent stepping down - no candidates identified
- Social/Programs - position is vacant - no candidates identified
- Facilities Director - position is vacant - no candidates identified
- Sports/Soccer - incumbent is willing to serve another term. Seeking an associate director to help and learn the role
- Directors at Large/Associate Directors - 1 year director at large position can be created at the AGM to assist directors with large portfolios as Associate Directors or to head major projects

Community Coffee - 1st and 3rd Wednesdays

Community Coffee Mornings has started again on the 1st and 3rd Wednesdays of every month at 10:00 a.m.. Everyone is welcome to attend.

Avonmore Community League Merchandise

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

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

Shinny Ice Hockey

Shinny Ice Hockey will be starting in April and run till the end of August. We play out of Argyll arena on Thursday evenings. Drop in and full

time players are always welcome. There is a cost to this event. For full details please contact Boris at sports@avonmore.org.

Community Swim

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

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

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

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

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

Visit www.edmonton.ca for more info.

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 Bulletin Board

There is a new bulletin board on the outside east wall of the hall. The League will use it to post information on coming events and other items of interest to the community. Community members are welcome to use it as

well - space permitting. Notices should be no larger than a letter sized sheet of paper. If you have something to post, place the printed notice in the mailbox at the hall and send an e-mail to president@avonmore.org.

Hall Rental

The Avonmore Community Hall is available for rentals and bookings! Please visit https://www.alberta.ca/covid-19-public-health-actions.aspx for more information or contact

Tanya at hallrental@avonmore.org

avonmore.org or buying directly from Dairy Queen on 75th Street.

Avonmore Community League Membership



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

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 delighted to welcome two local businesses offering exclusive membership discounts to YOU! The Love

Shaving Club is offering a 20% discount for ALL online purchases and FREE local shipping. And for coffee lovers, Candid Coffee Roasters is offering an in-store 10% discount on ALL beverages.

We welcome new residents by celebrating with a **FREE MEMBERSHIP** in your first year, please contact membership@avonmore.org for more details. Looking to purchase a membership? You can, by emailing membership@avonmore.org



ALBERTA BIKE SWAP

PRESENTS

EDMONTON BIKE SWAP

THE ~~FAREWELL~~ TOUR

WE'RE BACK



MacEwan University
City Centre 107 Street
Underground Parkade
May 14, 2022

Consign 0800-1400
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Reducing cancer risk with nutrition

April is Cancer Awareness Month. Living a healthy lifestyle can help to reduce your risk of getting cancer. A healthy lifestyle includes many factors: not smoking, being sun safe, having a healthy body weight, staying active, limiting alcohol and eating well. You can reduce your risk of cancer by following the tips below.

Fill half your plate with vegetables and fruit

Choose different kinds and colours of vegetables and fruit every day. Challenge yourself to fill half your plate with non-starchy vegetables or fruit at each meal.

Choose cruciferous vegetables such as broccoli, cauliflower, cabbage, Brussels sprouts, kale, turnips, and collard greens. You may lower the risk of some types of cancer.

Eat a diet rich in fibre

Try to eat 30 grams of fibre each day. Eat plant foods such as whole grains and pulses, including chickpeas, kidney beans and white beans.

Limit red meat

If you eat red meat (pork, beef, lamb and veal, for example), eat only moderate amounts.

If you do eat red meat, eat it no more than three times each week. Choose a portion size that is about 3 oz (85 g), roughly the size of a deck of cards. Limit how much processed

meat (deli meats, sausages and smoked or cured meats) that you eat.

Not every meal has to include meat. Beans, peas and lentils are good protein choices and will increase your fibre intake, too. Try eating beans, peas, or lentils instead of meat in some of your favourite dishes.

Avoid alcohol

Drinking alcohol may increase your risk of certain types of cancer. If you choose to drink alcohol, keep it to less than one drink for women each day and less than two drinks for men each day.

One standard drink of alcohol is 12 oz (341 mL) of five per cent beer or 5 oz (142 mL) of wine, or 1.5 oz (43 mL) of 40 per cent distilled alcohol.

Start with small changes. They add up to help lower your risk of cancer.

Southeast Voice May 2022

Connect to your community with www.communityleagueneews.com

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COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Kyle	treasurer@capilanoocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanoocl.ca
City Programs	Kristin	780 238-7795
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780 718-7270
Webmaster	Katie	webmaster@capilanoocl.ca
Social Media	Jean	780 863-0914
Sign Rental	Karen	780-977-5252
Building & Grounds	Carson	587-930-6977
Civics Director	Monte	780 243-7547
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Bethany	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Lyris	780 242-8874
Hardisty Gym/Pre Soccer	Shauna D	780 966-3205
SECLA	Monte	780 243-7547
City – NRC	Tyler	780 690-8613

Meetings are held every 3rd Wed of the month 7:00 p.m. - Sept – June
Capilano Community is on Facebook "Like Us" Check us out on Instagram @capilano-community. Capilano Community is using the Nextdoor app!



Choose Capilano Hall for your Event

If you're planning on hosting a party, meeting, family gathering, wedding or other occasion then you should check out our hall. Capilano hall offers a perfect location with a one-of-a-kind view of the river valley. The hall has a large balcony, kitchen, new flooring and a fresh new coat of paint and all amenities are available to make any event special. Hall capacity is 80. **Third party/ liability insurance is required for ALL hall rentals.**

Single weekend daily rates for Friday, Saturday and Sunday are \$225/members and \$300/non-members. The entire weekend rates are \$325/members and \$450/non-members. You must reside in the Capilano boundaries and have a current community league membership to get the member rates.

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

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

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

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

NOTE: If you want to participate in the upcoming Capilano Community Garage Sale or the Community Big Bin Event, a Capilano Community League membership is required for both of these events.

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WE ARE PLANNING A CAPILANO COMMUNITY WIDE GARAGE SALE ON SATURDAY, JUNE 4, 2022

9AM- 3PM

WOULD YOU LIKE TO SIGN
UP AND PARTICIPATE ON
THE DAY OF OUR EVENT?

REGISTER BY MAY 22, 2022

FOR MORE INFORMATION
CALL/ EMAIL
MARZENA 780-909-5886
ZENA823@SHAW.CA

To have your garage sale/ address
advertised as part of our event you
need a current Capilano Community
League membership.
For memberships:
call Jean 780-863-0914



Capilano Tennis Club

The Capilano Tennis Club (10810-54 Street) offers great value for recreational and competitive players.

Lessons are available to members and non-members, including after school and summer camps for children 5 years and older, as well as Adult Group, Semi-Private, and Private lessons.

After school and summer camp registrations will be starting April 1, 2022 on our website:

--You can REGISTER for adult group and private LESSONS at:

<https://capilanotennis.ca/private-or-semi-private-lessons/>

--Programming begins in May, but MEMBERSHIPS can be purchased online now at:

<https://capilanotennis.ca/join-us/>
--If you are interested in VISITING the CLUB prior to making the decision to becoming a member you can find visitor registration at the following link:

<https://capilanotennis.ca/visit-capilano/>
See you on the courts!

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 online at Capilano Community League website (www.capilanocl.ca). Look for an online registration form under Preschool Soccer. Registration is limited and first come first serve.

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

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

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

Small business/commercial advertising -

\$25. Guaranteed 3 days.

Please note: small business announcements/ advertising also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements.

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

Volunteer Opportunity – SECLA Rep

Capilano Community League is seeking a Capilano resident to represent it on the board of directors of the South East Community Leagues Association (SECLA). SECLA, which consists of 11 community leagues in central southeast Edmonton, seeks to strengthen community networks by providing a forum for collabora-

tion, discussion and the sharing of information. It also provides funding for the Southeast Voice community newspaper. The board typically meets the fourth Thursday of each month for two hours. If you are interested in learning more about this volunteer opportunity, please contact Shelley at 780-497-0395.

Capilano Seniors Afternoon Program

Come join us Tuesday May 24 at Capilano Community Hall!

The Capilano Community League has been bringing the SCONA Seniors Centre in, to facilitate a program at our community league. It is a fun afternoon of chat and perhaps a game or two.

Doors open 12:30 to 2:30 p.m. at Capilano Community Hall.

Cost is only \$7.00 (Coffee/lunch/dessert/prizes provided), please call 780-433-5377, to register. Please watch our Facebook Page and our webpage at (capilanocl.ca) for last minute updates.

Upcoming dates are Tuesday June 21, Tuesday July 19, and Tuesday August 16 (Subject to change but SCONA Seniors will be informed and watch our web and social media)

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)

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.

Wanted – Hall Rental Co-Manager

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

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

Some of the hall manager's responsibilities include scheduling hall viewings, booking

rentals and community events, managing and logging hall revenues and expenses, bank deposits,

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

Capilano Playschool – Registration Open

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

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

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

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

Total Body Fitness

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

Tuesday class at 6:45 p.m.

Thursday class at 6:45 p.m.

Current session runs May 3/5 – June 21/23.

\$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

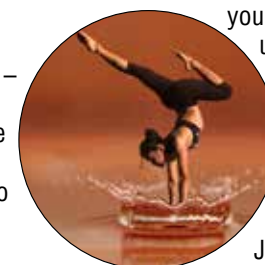
For more information or to register email lisashortenfitness@gmail.com or visit @lisashortenfitness on Facebook or Instagram.

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. Live classes are currently being offered in person or virtually (at the same time).

Thursday class at 8 p.m.
Current session runs May 5 – June 23.

\$88 (80 for CCL members) for 8 weeks.
For more information or to register email lisashortenfitness@gmail.com or visit @lisashortenfitness on Facebook or Instagram.



Cloverdale Community League 2022 Board of Directors Contact List For South East Voice (SEV)

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

Women & Wine Night

The Cloverdale Community League invites you to get to know your neighbours in a relaxed, casual environment. Women & Wine night is an event hosted monthly where women from Cloverdale get together to chat, drink wine, and build a community of friends. The

event is hosted at a local home on the first Wednesday evening of every month.

To learn more or to find out where the next event will be hosted, please contact Marilyn at neighbourhoodconnector@cloverdalecommunity.com

Host Your Event at the Hall!

The Cloverdale Community League Hall is available for bookings! The Cloverdale Community League Hall offers a year-round destination to celebrate family milestones or to build corporate bonds. Nestled in the heart of the Edmonton, the hall is located in majestic Gallagher Park and is a short walk away from the North Saskatchewan River trail network, the Edmonton Ski Club and the renowned Muttart Conservatory.

Gallagher Park is ideal for recreational activities such as sledding, picnicking, and skating at the League's Ice Rink. The spray park (in operation from May to September) and playground are great for kids.

The Lounge area and/or the Main Hall are available for renting, and the amenities include the kitchen, bar, some tech equipment, and the beautiful outdoor space around the hall.

The hall can be booked for \$50/hr for events up to 5 hours, \$300 for 5–8 hour events, \$600 for over 8 hours, \$1000 for two days, and upon request for longer events. The \$300 and \$600 events receive \$50 off if the event is a weekday. Visit our website for the most up to date pricing and availability.

Book your next AGM, wedding, family gathering, corporate retreat, and more at the Cloverdale Hall! Visit cloverdalecommunity.com/rent-the-hall/

Community Garden Seeks Your Help

It's about that time of year again where we get our garden going! However, this year we are seeking your help to find gardeners interested in helping to coordinate the garden. These are seasonal (April–October) volunteer positions and can be shared, but we are looking for at least two main roles to be filled: Garden Coordinator and an Operations Coordinator.

The Cloverdale Community Garden (CCG) is a combination of individual garden plots and a common area dedicated to address food security in Edmonton. This common plot is used to grow food that is directly donated to the Edmonton Food Bank, which sets the CCG apart from other community gardens.

Garden Coordinator: Your main role is to provide communications and coordination

amongst the gardeners. You'll help make sure everyone knows when spring tilling is happening, or that the water tank is being repaired, or similar news. You'll also act as the liaison between garden members, the Community League, and Sustainable Food Edmonton (SFE).

Operations Coordinator: You handle the day-to-day operations of the garden. Your role includes liaising with the Bennett Centre, scheduling maintenance of the water system and equipment, and coordinating the work-bees and garden work teams on site.

Please consider volunteering for either of these roles so we can keep the community garden growing! If you are interested or have any questions, please contact Reg at past-president@cloverdalecommunity.com

"Ask Charles"

The seller's real estate agent lied about the house I put an offer on. Will filing a complaint with the Real Estate Council of Alberta, get me out of my purchase?

Filing a complaint with the Real Estate Council of Alberta (RECA) won't help you get out of your purchase, but you are encouraged to file a complaint against the seller's agent if you believe they lied to you.

RECA's complaint-handling process is disciplinary in nature. RECA can issue discipline against industry professionals only after reviewing the complaint, collecting evidence, conducting interviews, and holding a hearing. And only if the industry professional is found to have breached the legislation or industry standards.

Penalties issued against industry members can be significant; up to \$25,000 per breach. However, RECA's disciplinary process can't get your money back, award you any damages, or will it enable you to get out of your purchase.

The offer to purchase that you submitted, and the seller accepted, is a contract that created legal and binding obligations. RECA does not have the authority to intervene with these legal contracts.

In the event that the lie was significant enough that you believe you will be financially

or otherwise disadvantaged by continuing with the purchase, you should talk to a lawyer as soon as possible. A lawyer can advise you on potential legal action you can take after your purchase closes.

That said, you may be eligible for compensation from the Consumer Protection Fund (the Fund). The Fund compensates consumers who suffer a financial loss as a result of:

- fraud or breach of trust by an industry professional

- the failure of an industry professional in disbursing or accounting for money held in trust

Consumers do not automatically receive compensation from this Fund as a result of filing a complaint. Rather, there is an application process which, in some cases, requires a consumer to file a lawsuit against the industry professional in question. For more information about this Fund, check out RECA's website at www.reca.ca.

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

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

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

Never too young to contribute

Annika was nominated for our monthly Nominate-a-Neighbour Bouquet by Allison for her outstanding work with the Imagination Library last summer. She spearheaded a plan to distribute information on the program and developed a list of businesses for the league to use for upcoming initiatives.

Has a neighbour reached out to you or made a difference on your block? If so, email sonya@forestterrace.org or text her at 780-720-7034 to nominate them for our bouquet giveaway, in partnership with Capilano Grower Direct.



Bike tune-up and safety check

We're recruiting volunteers to help run a bike tune-up and safety check for community league members on Saturday, June 4, at the hall. The aim is to get everyone's bikes ready for the roads and trails this season.

Email events@forestterrace.org to volunteer.

Experience with bike maintenance and your own tools would be helpful, but we will provide some training and equipment.

Watch the website (forestterrace.org) and our social media accounts for more details and to sign up for a tune-up slot.

Urban Poling Thursdays at 7 p.m.

Our urban poling group meets every Wednesday 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.

Contact sonya@forestterrace.org or 780-720-7034 for more information or look for us on Meetup.com.

Help map our Little Free Libraries

We've started a new project to map all the book-sharing boxes in our community. Please send the addresses of any little libraries near

you to events@forestterrace.org and we'll add them to the map and post it to forestterrace.org.

Community garden ramping up

If you're interested in a plot in The Heights Community Garden this growing season, email garden@forestterrace.org to be put on the waitlist. We're also looking for new volunteers to join the committee that runs the com-

munity garden and plans activities throughout the season. We meet once a month on Tuesday evenings from February to October online or at the garden. If you'd like to get involved, email garden@forestterrace.org.

Casino volunteers needed

We're recruiting volunteers for our fundraising casino coming up in May.

Location: Pure Casino Edmonton on Argyll Road

Dates: Victoria Day, Monday, May 23, and Tuesday, May 24

Volunteer Sign-up: volunteersignup.org/

TWKWY

Contact: 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.

Free weekly swims for members



Members of Forest Terrace Heights community league are eligible for free swims every Saturday from 3 to 5 p.m. at Commonwealth Community Recreation Centre, 11000 Stadi-

um Road, and Eastglen Leisure Centre, 11410 68 St NW, and at Hardisty Leisure Centre, 10535 65 St NW, on Sundays from 1:15 to 2:45 p.m.

COMMUNITY YARD SALE

June 4-5th
10:00am - 3:00pm

email Events@forestterrace.org to Book a table

COST: TABLE RENTAL FREE FOR FOREST TERRACE HEIGHTS CL MEMBERS, \$25 NON-MEMBERS

FOREST HEIGHTS SCHOOL PLAYGROUND COMMITTEE WILL ACCEPT SOME DONATIONS TO SELL. EMAIL EVENTS@FORESTTERRACE.ORG IF YOU HAVE ITEM DONATIONS

Fox Burger food truck returns

The Fox Burger food truck is making a return trip to the hall the evening of Wednesday, June 15. Watch the website (forestterrace.org) and our social media accounts for more details.

Briefs from the board

NEXT BOARD MEETING: Everyone in the community is welcome to attend our Annual General Meeting on Wednesday, June 1 at 7 p.m. on Google Meet. Email secretary@forestterrace.org to request the meeting link.

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

BOARD RECRUITMENT: Our current newsletter and programs directors are stepping down as of the AGM in June. If you're interested in either role, please email the board president, Jeffrey, at president@forestterrace.org. We're always looking for new members to join us in building a better community for everyone. All positions and current members are listed at

forestterrace.org/board-of-directors.

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

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

Fulton Place Community League Volunteer Board

Mike
President
president@fultonplace.org
7808867794

Miles
Vice President Civic Affairs
vpleagueaffairs@fultonplace.org
7809515253

Gavin
Vice President League Affairs
vpcivicaaffairs@fultonplace.org
7805041896

Jeff
Treasurer
treasurer@fultonplace.org

RaeAnne
Secretary
secretary@fultonplace.org

Lisa
Program Director
programmer@fultonplace.org

Akira
Facilities
info@fultonplace.org

Joshua
Communications
communications@fultonplace.org

Sherry-Lynn
Hall Rental
hall@fultonplace.org

Ice Rink
Shawn
rink@fultonplace.org

Babysitter Registry and Course
info@fultonplace.org

Miles
Seniors Liaison
info@fultonplace.org

Esther
Director/Community Garden
info@fultonplace.org

Michelle
Director/Walking Group Coordinator
info@fultonplace.org

Green Shack Returns

We are pleased to announce that the summer green shack program is returning, and will be running in the afternoons this summer in Fulton. More details will be provided in the coming weeks, but the green shack programs typically run from early July until the 3rd week of August. Stay tuned!

Block Parties



Are you interested in organizing a block party in our neighborhood this summer? If so, we have the resources to support you. The community league can provide financial and organization resources, we have information regarding the city permit and resident notification needed, and can help with ideas for a successful block party. If you're interested please contact mike@fultonplace.org to discuss.

Hall Rental



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

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 ends June 26. Community swims do not take place on Statutory Holidays or days the facilities close early such as Easter Sunday.

7th ANNUAL FULTON PLACE GARDEN TOUR

Planning for the 7th Annual Fulton Place Garden Tour is underway and we are looking for potential gardens to add to the tour.

Do you have an amazing or unique garden OR know a neighbour that has an extraordinary garden space?

If you would like to be considered, or if you would like to nominate a garden, please email programmer@fultonplace.org.

Include your name and address and the name and address of any nominees. Nominees will be contacted for more information and to arrange a visit.

Tour dates will be the evening of
Tuesday, June 21st & Wednesday, June 22nd



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FREE
ESTIMATES

Fulton Senior Spring Tea

Saturday May 28TH from 11 - 2PM


Collecting Donations for SEESA
by cash or cheque

SEE  You belong here

Surrounding St. Augustine Church | 6110 Fulton RD NW
(Inclimate weather- relocation to Fulton Community Hall)



Fulton Place Community League and Sunshine Garden

Presents Von Bieker to serenade our Seniors 

@UNEARTHEDCAKES

@KXCANDLES_

@TWO CARROTS STUDIO

MONICASJAMSANDJELLIES

BLUE TREE JEWELRY

SPARKLE TATTOOS BY VALERIE

Fun and engaging multi-generational activities

Light lunch and refreshing beverages

Games and photobooth

Special take-home gift for our Seniors

Provided by @ECORENEWCONTRACTING and @DANABRADLEYREALESTATE

Community Info tables:

ReWilding Project

CanadaHomeShare.com

League Memberships

Fulton Place Community League   @fultonsunshinegarden

PLEASE NO FURRY FRIENDS AT THIS EVENT

WHAT'S THE BUZZ??

SUNDAY MAY 15
12 - 4 PM

COMMUNITY UPDATE
AND SPORTS PARK
CELEBRATION

12 - 1 PM JANE'S WALK FROM
FULTON PLACE SUNSHINE GARDEN TO
CAPILANO LIBRARY
HEALTHY, SUSTAINABLE COMMUNITY DESIGN
HOUSING THE VULNERABLE
15 MINUTE COMMUNITIES

1:20 - 4 PM PRESENTATIONS AT
CAPILANO LIBRARY
"THE LODGE" - PUBLIC ART AT CPL,
LIVING WITH URBAN COYOTES,
101 AVE CONCEPT DESIGN TEAM,
U OF A HOUSING FOR HEALTH AND MORE

1 - 4 PM FAMILY-FRIENDLY DEMOS AND
ACTIVITIES AT FULTON RAVINE SPORTS PARK
FOX BURGER FOOD TRUCK, JO'S KETTLECORN,
FREE BIKE TUNE-UPS, BIKE TRICK DEMOS,
FAMILY-FRIENDLY GAMES AND ACTIVITIES, AND
GIVEAWAYS



Organized by Greater Hardisty
Community Sustainability Coalition volunteers



PLEASE JOIN US FOR THE SUNSHINE GARDEN'S

7TH ANNUAL FULTON PLACE GARDEN TOUR

TUESDAY, JUNE 21 & WEDNESDAY, JUNE 22, 2022

6:00PM-8:00PM

SUNSHINE GARDEN, 6110 FULTON ROAD

SELF-GUIDED: WALK, BIKE, OR DRIVE

A GUIDED BIKE TOUR WILL DEPART AT 6:15PM

MAPS PROVIDED ON DATE OF THE EVENT DIGITALLY (GOOGLE MAPS) OR
PAPER (AT SUNSHINE GARDEN)

\$10/ PERSON - KIDS UNDER 15 ARE FREE

ONLINE: WWW.FPCOMMUNITYGARDEN.NET

IN PERSON: SUNSHINE GARDEN ON THE NIGHT OF THE TOUR
(EXACT CHANGE PLEASE)

Gardens are chosen for their charm and special features.

Garden hosts will be available to share garden design ideas.

Tour will run rain or shine.

Be inspired by the beauty of our neighbourhood!

FOR MORE INFO, CONTACT PROGRAMMER@FULTONPLACE.ORG

"Ask Charles"

I'm selling my house, but I'm concerned about having strangers in my home during the COVID-19 pandemic. How can I minimize my risk? Based on your concerns, you and your real estate professional can find options to minimize your risk and ease your mind, including: reducing in-person viewing through virtual communications. You can post photos and videos of your home online so only serious buyers have to enter your home.

Screening potential viewers for symptoms of COVID-19: You do not have to allow anyone into your residence if you feel that an individual may pose a risk to you. Your real estate professional can help draft questions to ask buyers, tenants, and their representatives about their health and travel information.

Getting acknowledgement of viewing conditions in writing: Work with your real estate professional to develop a list of conditions for viewings such as using gloves, masks or hand sanitizer, or limiting the number of people at any time or during a specific time period. Keep in mind that viewing terms are subject to negotiation between parties. Have your real estate professional put them in writing and require the buyers and their professionals to sign off on the agreed-upon terms. Bear in mind, if you make the viewing conditions too strict, the potential buyers have the option to

simply go looking for something else.

Communicating viewing conditions to property measurement companies, virtual tour companies, and home inspectors: Some appraisals can also be done through virtual tours.

Taking extra precautions to clean and sanitize your home before and after viewings or inspections: Discuss with your real estate professional who will be responsible for cleaning and sanitizing high-touch areas of your home. It's important to have these discussions with your real estate professional so you can document all conditions in writing. Getting written confirmation and acknowledgement of conditions can ensure that all parties involved agree and understand the processes they need to follow to help mitigate the risk. This goes a long way to eliminating any confusion. *You've got questions. He's got answers.*

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

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

Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	VACANT	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road		
Bingo Director - Parkway	Charlene Lazenby	charlenelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Dominique Kott	dQ.kott@gmail.com
Sign Director	Alison Boese	akcrtis23@yahoo.ca

Family Futures Resource Network

Family Futures Resource Network is excited to offer week-long summer day camps for children ages 6 – 12 at Gold Bar Community League in the Southeast. Join us for themed activities, arts and crafts, games, and more, utilizing our Kids with Confidence social skills curriculum. Each day has a minimum of 1 hour of physical activity. Camp is offered full days from 9:00 a.m. to 4:00 p.m. with FREE before and after-camp care provided from 8:30 a.m. to 9:00 a.m. and 4:00 p.m. to 5:00 p.m. Children must bring indoor shoes, appropriate clothing for the weather, a morning and afternoon snack, and lunch from home.

Everything must be nut-free.

We have also partnered with Canadian Tire Jumpstart to help low-income families with the financial cost of camps. Jumpstart is more than just about getting kids active. It's about giving kids from families in financial need the same chance to participate as their neighbours, their classmates, and their friends. Whether it's the chance to try a new sport or to continue with a favourite one, no kid should be left out.

For more information on our Camps, Programs, Resources, and Services visit us at FAMILYFUTURES.CA"

Mom and Me Fitness

This class is a mix of cardio and strength with a special focus on pelvic floor health. Kids and babies are welcome to come play, be in the stroller or be worn. Bring a yoga mat, water, and anything your kids need. People without kids are also welcome to join. We will be outside at the playground for the duration

of this session (inside for inclement weather)
May 2- June 20 No classes May 23
Mondays from 930-1030am
Contact Lisa to register or with any questions.
Mondays \$70
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. We will be outside for the duration of this session (inside for inclement weather)

May 1- June 19 (no classes May 22)
Sundays 6:45-7:55 (note this is a 70min class)
Contact Lisa to register or with any questions.
Sundays \$77.
Facebook.com/lisashortenfitness or email
lisashortenfitness@gmail.com

Good Food Good Cause

Gold Bar has teamed up with The Gd Box for savings on fresh fruits and vegetables. Part of the proceeds go towards support for the community hall.

Boxes are available twice a month with ever changing products. Place your orders before 10 am on Thursday!
www.thegudbox.ca/goldbar

Goldbar Community Memberships Available Now!

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

VOLUNTEER TO SELL TO A ROUTE NEAR YOU ! If you're interested in helping your community by selling memberships, we have short and long routes available.

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

Membership Contest!

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

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

Gold Bar bingos

If you are interested in helping out with the Gold Bar bingos, please contact Lorie @ 780-447-1110. These bingos generate funds for community use

Parkway Bingo:
Tuesday May 17-evening/late night
Friday June 17-evening/late night
Sunday June 26- afternoon only

Hall rental

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

and availability calendar also available on the Gold Bar website www.goldbarcl.com.

Gold Bar community membership discounts apply.

Spring Fling Family dance

Saturday May 14 2022
Goldbar hall
doors open at 4:30pm until 8:30pm

\$15.00 per family CASH only at the door
pizza and snacks
Crazy Darrel Entertainment DJ



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Holyrood Community League Contacts

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

 holyroodcommunity.org  @HolyroodCL  Holyrood Community League

MEMBERSHIP PERKS



Did you know there's more than just supporting your community when you buy a league membership? Free Community Swims, discounts for programming at other leagues, as well as deals with select businesses. League members enjoy a 10% discount on adult continuing education course registration through Metro Continuing Education. Call Metro at 780-428-1111 with your membership card ready, to apply for the discount.

You can also get 25% OFF at Papa John's for the duration of 2022, enter promo code 25PAULA at the start of your online order (via their app or website, papajohns.ca) and re-

ceive 25% off your entire order!

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 - 3:00pm-5:00pm

Hardisty Leisure Centre (10535 65 St NW) - Sundays - 1:15pm-2:45pm

Purchase memberships through efcl.org/membership/ **Complimentary memberships are available for newcomers to Holyrood!** Contact our Membership Director at memberships@holyroodcommunity.org

CAREGIVER CONNECTIONS PLAYGROUP

Holyrood Community League is excited to announce the return of our Thursday Morning Community Caregiver Connection Playgroup. We are excited to restart this group and finally continue with this casual gathering of caregivers and kids ages 0-5 for fun, learning, community and support. This group will start meeting again on March 10 from 9am -11am on Thursday Mornings at Holyrood

Community Church (Formerly First Church of God) 9224 82 St NW, Edmonton, AB. All are welcome. Please send Kelly an email at programs@holyroodcommunity.org, if you have any questions. The position of playgroup coordinator is open for any interested caregivers. Contact Programs at programs@holyroodcommunity.org if you are interested in supporting the community in this way.

YOGA WITH BARB

Holyrood Community League is happy to introduce Yoga with Barb!

On Mondays, try out Gentle Yoga and Movement from 1:30 to 2:45 pm. And on Thursdays, join Hatha Yoga from 7:30 to 8:45 pm. Classes will be held from May 16 - June 27 at St Luke's

Anglican Church (8424 95 Ave NW). Email programs@holyroodcommunity.org for more information or to be put in touch with Barb. Introductory prices for the spring sessions are:
-\$12.00 drop-in per adult
-\$8.00 drop in per participating child

HOLYROOD GÜD BOX

Holyrood Community League has teamed up with The Gd Box to bring our community savings on fresh fruits and vegetables. The Gd Box is a large fresh, seasonal produce box that saves you approximately 35% on fruits and vegetables. The box is available twice a month

and includes always-changing seasonal fruit and vegetables, straight from your local growers, as well as some common staple items. A portion of the proceeds go towards the Holyrood Community League. Get your order in by 10 am on Monday! thegudbox.ca/holyrood

HOLYROOD ROCKS

They're baaaaack! Keep your eyes down, or up, or all around, as you search out for Holyrood's third most magical secret (the first is the fairy tree in east Holyrood, and the second is the fairy doors scattered around the neighbourhood) which are our lovely painted rocks! Find one, carry it a while and then hide it for someone else to find.

Holyrood Rocks is not run by the community league, instead this is a real grassroots movement! There are prizes in the fall for the families who find and post the most rocks to the Holyrood Rocks Facebook group (and those prizes are supplied by the community league as a way to support the fun). Get out there and get rock hunting!

2022 AGM

Well I'm writing this on the Monday before our AGM, so I am going to put on my best fortune-telling hat and try to peer into the future. Thank you to all of our returning board members and a HUGE thank you to all of our new board members! I am predicting we will fill all of the vacancies on the board and we're so excited to work with all the volunteers! 2021 was full of ongoing challenges (lookin at you, covid) but we still managed to gather for the largest Folk Fest neighbourhood concert in the city last summer. It was wonderful to see everyone's smiling faces!

We also enjoyed a good time on community league day in September for our annual "Movie in the Park" on the big screen! Looking forward to that one later this year. This past winter marked the first time we did an iceway to connect our snowbank rink and the boarded rink - we'll be sharing a survey over the next few months to get feedback on how everyone enjoyed having that addition to our skating area. It's great to look back at all the fun we had, especially when you know there's going to be more fun coming up soon!

Finally, we have some sad goodbyes to make to some of our members who will be exploring new possibilities beyond our board. Thank you to Jeremiah, our outgoing events director, who had the chance to throw two truly amazing events before covid struck us in 2020. Jeremiah continued to support the board even when we weren't able to host events - he always has such a positive attitude and great outlook - we can't wait to get him involved in the community league again!

Our indomitable HDC Co-Chair and Community Garden Liaison, Jaime, is stepping back from the fight for the near future. She will be greatly

missed - as someone who led our community to multiple city council sessions to advocate for current residents of Holyrood, and as someone who gave us hope for the future of our community in face of the development on the west side of Holyrood. Jaime and partner Randall dedicated countless hours over the past 5 years to learning the ins and outs of city overlays, building codes, traffic patterns - things that the city pays people to do, but that community members fighting massive developments have to learn on their own, in order to present a best case to council. Jaime and Randall are two of the most caring and compassionate people I have ever been graced to know - they are the kind of people who make the best neighbours.

Lastly, Claire - there are no words that can describe the level of commitment that Claire devotes to her volunteer work. Claire has sat as the treasurer of the board for the past 6 years, although she has also filled the shoes (and portfolios) of vice-president, events, facilities and probably 4 other things I can't even remember. Claire is the kind of person who shows up and gives 100% all of the time. In addition to sitting on the board for Holyrood (and fastidiously assembling our finances) she also sits on the board for SECLA, the coalition of neighbourhoods in Edmonton's east side. She is one of those rare people that really really cares about everything that is going on in our community and with all of the people who live here. Claire is one of the most honest and straightforward people I've ever met, so I'm going to say, honestly and as straightforwardly as possible - Claire - I value you so much and I don't know what we'll do without you. Please go out there and have as much fun as possible! We are going to miss you!!



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Idylwylde Community League Board

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

Idylwylde.org @IdylwyldeCL Idylwylde Community League

Cheery Tomato Community Garden

Now that spring is on it's way, it's time to start planning our community garden for this year. Our community garden is a great way to get out and stay connected in a safe way.

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

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.

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!

Gentle Hatha Yoga for All

Tuesdays from April 5 to June 21, 6:30 - 7:30 p.m.

Practice yoga in a way that honours your body. Gentle yoga can allow space to bring peace, balance and harmony to our bodies and minds. 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. In this practice you will

develop a relationship between your body and your mind, while exploring your body's full range of movement through mindful motion, breathing and relaxation techniques.

Dagmar's approach to yoga is to encourage students to develop a healthy relationship with their bodies and their mind through mindful awareness. She is passionate about the practice, inclusivity for all and teaching from the heart. As a former dance instructor, she likes to incorporate liberating and intuitive movement, following the natural rhythm of the breath, all while establishing a safe Asana practice.

Spring Fitness Classes



All our classes are free with your Community League Membership. Contact membership@idylwylde.org if you need a membership.

Every Body Happy

Mondays from May 1 to June 27, 7:00 - 8:15 p.m. (No class May 23)

The Idylwylde fitness class is moving outdoors! We meet Monday evenings in front of the community hall. The class will focus on body weight exercises, strength and condi-

tioning employing various moves to accomplish these goals. The class is suitable for all ages and abilities. Challenge yourself to be a stronger you and let's celebrate together! For further information contact certified instructor Kelly 780-983-5403 or kbray2@telus.net.

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.



Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be avoided by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.

www.albertahealthservices.ca



North SEERA Hockey Registration opens June 1st!

For more information on registering please visit our website northseera.ca.

North SEERA is a community Minor Hockey Association, providing registration for members within South East Edmonton. North SEERA's mission statement is to provide a consistent and effective hockey program by promoting sportsmanship, equity, fair play, teamwork and good conduct, and to further develop and improve the skills of all hockey players by maintaining quality coaching and encouraging quality officiating.

We aim to ensure that the cost of hockey is reasonable and does not discourage participation by players and parents and that opportunities for sponsorship, fundraising, and reducing costs are available.

NSH also offers a number of in-house development programs for players and families who are interested in furthering the skills of their player. These programs come at a subsidized cost and are run via a Technical Director or Third Parties who specialize in player development.

Follow us on Facebook, Instagram, and Twitter.



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Watch for signs of skin cancer

Melanoma is a form of skin cancer in which abnormal skin cells grow out of control. It helps to learn about this condition and what can be done about it.

Melanoma shows up mostly on skin that is not regularly covered up, but it can appear anywhere on the body. Melanoma is most often found early, when it can be cured. The most common treatment is surgery to remove melanoma. Sometimes lymph nodes near the cancer are also removed. You may also receive medicine that kills cancer cells (chemotherapy) or medicine that boosts your immune system (immunotherapy). Some people choose to have plastic surgery if they have a very noticeable scar after the surgery.

How can you care for yourself at home?

- Learn the most important warning signs for melanoma—a change in the size, shape, or colour of a mole or other skin growth, such as a birthmark.
- Check all the skin on your body once a month for skin growths or other changes, such as changes in colour and feel of the skin.
- If you see a change in a skin growth, contact your doctor. Look for:
 - A mole that bleeds.
 - A fast-growing mole.
 - A scaly or crusted growth

Kenilworth Community League Contacts

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

General inquiries & Publicity Requests

Website and Social Media: publicity@kenilworthcommunity.com

SouthEast Voice: sev@kenilworthcommunity.com

Hall Rental requests: rentals@kenilworthcommunity.com

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

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

Damage Deposit

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

\$450/weekend \$550/weekend

***Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details.**

To book the hall, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

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 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, contact Linda Burns 780-951-5339 lmiburns@gmail.com

KCL Security Cameras

KCL has installed 8 security cameras.

The cameras were installed to provide some additional safety measures to our hall as well as our community neighbors.

Here are their locations:

- 4 external cameras
- 2 facing parking lot
- 1 facing our front entry way
- 1 facing the rink/gazebo
- 4 internal cameras

1 at the main entry

2 inside the hall

1 inside the rink room

KCL Bingos – Parkway Bingo Hall 8775-51 Avenue

May 15 4:30 - 11:30

June 3 4:30 - 11:30

June 19 10:30 - 3:30

Please call Julia at 780 476-2992 if you are able to help out.

Kenilworth Dog Park

Opening May 1st

Excited to again bring the off leash dog park to our community.

This dog park only works with your support. Each morning prior to 9 am, the dog park is unlocked.

Each evening any time after 9 pm, the dog park is locked up.

This is done to prevent any vandalism to the rink.

It takes great volunteers to help unlock and lock the dog park.

Sign up today for a one week shift of either opening or locking,

or both. You will be contacted prior to your

shift with lock box details.

<https://signup.com/go/rUukShp>

The City of Edmonton provides a license for KCL to provide the off leash park.

This is supported by City of Edmonton by-laws.

Bylaw information including:

i) Dog defecation must be picked up and put in appropriate waste containers

ii) Dogs must be kept under control at all times

iii) Dogs must have a valid pet licence and display a licence tag issued by the City

iv) Users of this space must carry a leash for each dog in their care

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.

Buildings and Grounds:

Many hands make for light work.

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

Some examples of volunteer tasks:

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

when the contractor is present.

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

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

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

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

Connect with Rebecca, membership volunteer: membership@kenilworthcommunity.com

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

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 but contact us if you wish to be put on a list of players that want to join the Club next September.

For more please call Liz: 780-465-5188

Community Free Swim

Free swim with proof of Kenilworth Community Membership

Bonnie Doon Leisure Centre

8648 81 St NW

Saturday: 5:00 pm - 7:00 pm

Start Date: January 8, 2022

End Date: June 25, 2022

Commonwealth Community Recreation Centre or Eastglen

11000 Stadium Road (Commonwealth) or 11410 68 St NW (Eastglen)

Sunday: 1:00 pm - 3:00 pm

Start Date: January 2, 2022

End Date: August 28, 2022

*Eastglen has graciously invited Commonwealth Community League swim members the option of attending either at Commonwealth or Eastglen during the regularly scheduled Community Swim times.

**Community swims do not take place on Statutory Holidays or days the facilities close early.

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

Seniors' Programs

There are programs available for lower income seniors. Special Needs Assistance for Seniors considers specific items that fall into one of the following three categories:

- appliances/furniture
- health supports
- personal supports

For example, if you earn less than \$38,546

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!

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>

SEEKING FOLKS WITH HELPING HEARTS, A BUT OF TIME, AND SKILLS TO SHARE

The Kenilworth Community League is compiling a volunteer data base. We have some folks in the community who sometimes need a helping hand, a walk shovelled, a small job fixed, some help with organization, online tasks, a ride, emergency child care, a meal or a few meals to get them by when they are overwhelmed or ill, or maybe just some company for a tea. The community league itself is also constantly seeking help for fun events, dog park lock up, hall maintenance and security, etc...

Community is really about taking care of each other. We all lead busy lives but we all have special gifts to share.

If you think you can offer an hour or two, or more a month to helping a neighbor, please consider adding your name to our volunteer data base. Please email the following to: membership@kenilworthcommunity.com

or call Rebecca at 780 982-5885

We will need:

- your name
- tasks or jobs you are willing to do
- gifts or talents you have to share
- include your email, phone number, and best way to contact you

Thanks in advance if you are able to share some of these things with others.

If you are in need of some support, please contact us and let us know if your need is

- immediate or long term
- what you need help with
- if you have anything you can exchange for help (time, talents of your own, etc...)

Include your email, phone number, and best way to contact you

Let's continue to grow a strong community of amazing friends and neighbours.

Upcoming Events

Save the date. More information closer to each event

- Bingo June 3
- Bingo June 19
- Casino at Argyll August 7&8
- Big Bin June 11
- KCL Golf Tournament August 27
- KCL Membership Event September 18
- Scrapbooking/Cardmaking Sale October 15
- Chili Supper November 25

KCL Youth Group

KCL Youth are looking for adult and youth volunteers.

To get involved or to get more information contact: youth@kenilworthcommunity.com

Kenilworth Badminton Club

Kenilworth's Badminton Club has been given the green light to go ahead.

The season officially starts on Tuesday, March 1st. We do not supply badminton racquets! Please email

If there are any new members you are welcome to try out your first session for free. Drop-ins for \$5.00 per session for those who do not wish to commit to the whole season, but still want to make the occasional appearance and play some badminton.

Please remember that the Club plays from



On Line Programs for Parenting

To register for all programs and/or workshops please contact Jessica Mantel at 780-667-4383 or by e-mail at jessicam@fultonchildcare.org

Infants Can Talk with Their Hands



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

Tuesdays from 9:30 – 10:00am
Zoom Meeting (ID# given at registration)
May 31 - June 21

Summertime 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)
June 1 - 22

(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)
June 2 - 23

Why protein is important to eat



Protein is made of building blocks called amino acids. Although our bodies can make some of these amino acids, nine of them (the essential amino acids) must be obtained from food.

Soy and animal sources of protein (milk, eggs, meat, poultry, fish, and seafood) contain all the essential amino acids in the amounts our bodies need.

Most plant foods contain some of these nine essential amino acids. Beans have some and grains have other amino acids. Eating these different foods throughout the day will provide you and your body with adequate protein.

We need protein to help build and maintain muscle, which can help us stay strong as we age. But protein does so much more than build muscle. It helps to build all parts of the body, even our bones.

Protein foods

Canada's food guide suggests filling a quarter of your plate with protein foods at each meal. Lean meat, poultry, eggs, milk, cheese, yogurt, kefir and fish all contain protein. The food guide also suggests choosing plant-based protein foods often. Plant-based proteins include beans, peas, lentils, and nuts.

Ottewell

OTTEWELL SEV Submissions – May - 2022 Edition

Executive:

President – Colleen

Vice President – Michelle

Secretary – Becca

Treasurer – Eric

Past President – Corinne

Board Members:

Big Bin – Andrew

Bingo Director – Tyler

Building Projects – Lukas

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/Carley

Summer Playground Director -

Rink Director – Tom

Website – Dillan

OCL Board Meetings – AGM



Ottewell Community League - Virtual AGM / and In-person

Are you passionate about community, connection, and creating a vibrant Ottewell?

The Ottewell Community League is seeking interested individuals to fill the league executive roles of Vice President and Treasurer.

No prior board experience is required, and we have several experienced volunteers who are ready to support and guide new executive members! Role changes will occur during our upcoming Annual General Meeting (AGM), which is to be held in person at the Ottewell community hall - with an option to join virtually - on Tuesday, May 17 at 6:30 pm.

If you are interested in receiving details of these roles or receiving a virtual meeting link to the AGM, please contact ottewell.finance@gmail.com.

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. Check out our website to see local businesses supporting our community. If you would like to add your business to our list of supporters, please Email - oclmemberships@gmail.com

OCL Farmers Market

First Outdoor Market is MAY 5 - Cinco De Mayo - with El Mero Mero Taco Truck - check out the website - elmeromertaco-truck.com

Authentic Mexican Tacos rolling into our market.

To help us celebrate we will have Mariachi Borealis to serenade us with great Latin music as well as a few special guests.

This is our first Market for the outdoor season,

With a host of a variety of vendors on site to assist with your shopping needs.

Thank you for supporting local!

Follow us on

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

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

Website - ottewell.ca

To find out what is happening at your community market!

OCL Media

Keep updated: Follow us @ottewellcommunityleague on Instagram, Ottewell Community League on Facebook, or subscribe to email updates at ottewell.ca

120TH OTTEWELL SCOUT GROUP IS PROUD TO PRESENT IT'S SEVENTH ANNUAL FUNDRAISER

COMPOST SALE



One ~40lb bag for \$10,
3 bags for \$25,
or 5 bags for \$40

DATE: Saturday, May 14th 2022

TIME: 9:00 am – 3:00 pm

**LOCATION: OTTEWELL UNITED CHURCH
6611 93a Ave NW**

Cleanit Greenit Composting System produces a Grade "A" compost, which contains essential nutrients, organic matter, and increased water retention, all of which are excellent for lawns and gardens!

You can pre-order your organic soil @ <http://120scouts.org>

Text **780-461-9189** if you have any questions

or email 120compost@gmail.com

This compost is very high quality and has built a reputation for growing fantastic gardens!! Thank you for your ongoing support as a community!!!

OCL Playschool



Registrations for the 2022/23 year are being accepted!

We are currently running Mon/Wed/Fri mornings at \$120 for 2 days and \$180 for 3 days. Spaces are limited.

We currently have a great ratio of teachers to kids and the teachers have a lot of experience.

If you have any questions please call Jason at 780-993-5118 or go to our website at <http://www.ottewell.ca/community/oclpayschool/>

OCL 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/uS55cy1DB-4FnAB58>



What is pickleball?

Fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

If you play pickleball or would like to try it out for the first time you may be interested to know that our hockey rink at Ottewell has five pickleball courts painted on the it's concrete surface. Starting in May we will have scheduled time slots for drop-in pickleball. Volunteers will open the shack and help set up nets. Paddles and balls will be available for use.

Drop-in pickleball will be free for Ottewell Community members who present their membership card. There will be a \$5 drop-in fee for those who do not live in Ottewell.

Check the website or social media for up-to-date schedules. Please note that all time slots are dependent on the availability of our amazing volunteers so the schedule may vary from week to week.

If you're interested in getting involved or have any questions about pickleball at Ottewell, please contact oclrink2021@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 to reach a Block Connector near you. For more information, visit ottewell.ca

Volunteer with the Ottewell Community League

Volunteering allows you to connect to your community and make it a better place. Volunteering is a two-way street; it can benefit you and your family as much as the cause you choose to help. Dedicating your time as a vol-

unteer helps you make new friends, expand your network, and boost your social skills.

Consider giving some time. For more info on either one of these positions, contact ottewell2212@gmail.com

How does your Garden Grow?

Here in Edmonton, May can be the month of “garden wonder” with your preschooler.

Your local librarian can suggest children’s books about gardens and some that contain tips to make it safe, easy, and fun to garden with your child.

You and your child can dig in the dirt in a patch in your yard or at a community-shared

The plot, or simply pour soil into a flower pot.

Together, poke holes into the earth and plant a seed in each, cover it with more earth and add water.

Check your “garden” regularly, as the warmth of the spring sun and soft rains [or watering can] nourish it — until, one morning, you and your little gardener see the first green leaves emerge.

Happily share the delight on your child’s face as the two of you proudly grow the first flower, herb, or homegrown vegetable.

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.

120th Ottewell Scouts Group

Bottle Drive

We would like to thank both the Kenilworth and Ottewell communities for supporting their bottle drives on March 5th & April 30th. Both bottle drives were a great success because of the generosity of these two communities!!

Thank you again for supporting our youth

and supporting scouting adventures!!”

Compost Sale is back!!

The 120th Ottewell Scout Group will be selling compost again May 14th!

See poster on page 20 for details.



Website Volunteers

We are always looking to add to our wonderful team! 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 train-

ing 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 for more details!

Getting help for varicose veins

Varicose veins are twisted, enlarged veins near the surface of the skin. They are most common in the legs and ankles. They usually aren’t serious, but they can sometimes lead to other problems.

What causes varicose veins?

Varicose veins are caused by weakened valves and veins in your legs. Normally, one-way valves in your veins keep blood flowing from your legs up toward your heart. When these valves do not work as they should, blood collects in your legs, and pressure builds up. The veins become weak, large, and twisted.

Varicose veins often run in families. Aging also increases your risk.

Being overweight or pregnant or having a job where you must stand for long periods of time increases pressure on leg veins. This can lead to varicose veins.

What are the symptoms?

Varicose veins look dark blue, swollen, and twisted under the skin. Some people do not have any symptoms. Mild symptoms may include:

- Heaviness, burning, aching, tiredness, or pain in your legs. Symptoms may be worse after you stand or sit for long periods of time.
- Swelling in your feet and ankles.
- Itching over the vein.

More serious symptoms include:

- Leg swelling.
- Swelling and calf pain after you sit or stand for long periods of time.

- Skin changes, such as:

Colour changes.
Dry, thinned skin.
Inflammation.

Scaling.

- Open sores, or bleeding after a minor injury.
- Varicose veins are common and usually aren’t a sign of a serious problem. But in some cases, varicose veins can be a sign of a blockage in the deeper veins called deep vein thrombosis. If a physician identifies this as a problem, you may need treatment for it.

How are varicose veins diagnosed?

Your doctor will look at your legs and feet. Varicose veins are easy to see, especially when you stand up. Your doctor will check your legs for tender areas, swelling, skin colour changes, sores, and other signs of skin breakdown.

You might need further tests if you plan to have treatment or if you have signs of a deep vein problem.

How are they treated?

Home treatment may be all you need to ease your symptoms and keep the varicose veins from getting worse. You can:

- Wear compression stockings.
- Prop up (elevate) your legs.
- Avoid long periods of sitting or standing.
- Get plenty of exercise.

If you need treatment or you are concerned about how the veins look, your options may include:

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



the

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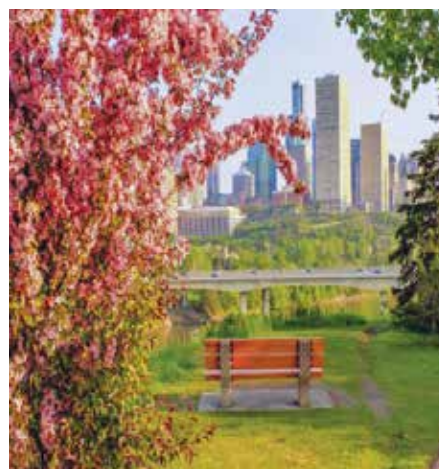
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CAPILANO FARMERS' MARKET

Saturdays
9:30 a.m.-3 p.m.

5004-98 Ave. (Capilano Mall)



Happy Mothers Day!

You are so many things to so many people, and today you are being celebrated for the beautiful person you are!



Strathearn-based Business Profile

For this month's profile we connected with Ian Quigley, Senior Portfolio Manager at Qube Investment Management Inc. located in the historic Kendall Building at 9414 - 91 Street.

Qube Investment Management has been based in Strathearn for many years, but has recently undergone extensive renovations/expansion. Can you tell us a bit about your beautiful new space on 91st Street?

We purchased the building from the original owner in 2005. In the beginning, we occupied the second floor while helping care for the original owner (who occupied part of the main floor). A few years later, Charlene joined us with her massage clinic while we tried out the Portal Art Gallery on the other main floor space. The art gallery later switched into a yoga studio and eventually became office space for Qube. The building has had so much history prior to these events with a dentist, chiropractor and candy store all taking moments in this space since it was built in 1951. I currently have my office in the garage at the back where I'm also restoring a 1963 VW beetle. Our renovation allowed Qube to remain in this location and occupy the entire main building. We took the opportunity to retrofit energy efficient options including upgraded

insulation and an HRV ventilation system. We recycled some of the windows and doors while pouring concrete floors on both levels. The new brickwork was painted to create a retro look and our furniture creates a warm, mid-century modern look. We created a cafe space and cozy nooks for our staff to work in.

Your company is billed as one of Alberta's only independent portfolio managers - why is the independence piece an important distinction for you?

As a registered portfolio manager, we're approved to provide investment advice and carry out investment activities on a fully discretionary basis. By law we must act in the best interests of our clients. Meaning that we are not beholden to sell expensive funds, and we're not driven by earning commissions. Independence also translates to our portfolio research. We're proud to be completely free from constraints that would inevitably be imposed by people operating outside of our office, city, or province. All research is conducted in-house by staff who work directly with clients. **You have customers across the province of Alberta and also in B.C., what is the appeal of a home base here in Strathearn?** Most of our team live in proximity to the building and love listening to birds chirping,

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	Vacant	membership@strathearncl.org
Building & Grounds Director	Vacant	grounds@strathearncl.org
Rink Director	Vacant	rink@strathearncl.org
Social Director	Anne	events@strathearncl.org
Communications Directors	Pam & Evan	communications@strathearncl.org
Programs Director	Erin	programs@strathearncl.org
Youth Director	Marina	youth@strathearncl.org
Members at Large	Kim & Robert	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org
Soccer Director	David	rec@strathearncl.org

Interested in joining our team and filling one of our vacancies?? Please reach out to president@strathearncl.org!

lawn mowers humming, and kids playing while we work. We envision a world where people can work and live in the same space where possible. Clients also love stopping by as we're very accessible. Edmonton has a very small professional investment community, and many of our staff are graduates of local finance programs. The University of Alberta and NAIT also supply us with a steady pool of student interns.

Strathearners will be familiar with the 'Make it Matter' mural on the side of your building, can you

explain why this mantra is meaningful for Qube?

We deploy this statement in three ways. First, investing should matter to the client. We collaborate with our investors to create a vision for investing that goes beyond a financial statement and quarterly return. As an example, we recently launched legacy accounts allowing grandparents to transfer wealth to their grandkids in conjunction with financial literacy services.

Second, investing should matter to society. We were early adopters of ESG (environmental, social, and governance) investing which considers non-financial factors when evaluating a potential investment. We've pledged to ensure our client investments are directed into companies that work towards goals beyond maximizing profits, like diversity and sustainability. We also have a public foundation for charitable giving, allowing wealth to matter more for the local community. Finally, investing should also matter to our staff. We aim to be an organization that creates professional opportunities locally and is a place of work that facilitates a good work-life balance. I personally see this statement as a good statement to consider every day in almost any context. Whatever we are doing, we should be aspiring to do it with meaning and purpose.

Do you miss the Wired Cup and Red Ox Inn as much as the rest of us do?

Everyday. Even on Saturdays (when Qube is closed), we used to stop by the Wired Cup for the cinnamon buns! We do maintain contact with Dave and Ann and hear of a potential re-birth of the Wired Cup in the 124th street area one day soon (!) Lately, we have enjoyed reacquainting with Cafe Bicyclette and Juniper while also discovering The Columbian. I also continue to stop in from time to time for chicken at Ralph's Food Mart!

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

Our gratitude for having so many good neighbours for so many years. We love being here. We love it so much that, in August, our daughter will have her wedding reception in the Strathearn Community Hall and a dance party afterwards at our building.

Thanks Ian! You can find out more about Qube at www.qubeinvest.ca

IS YOUR EXERCISE EQUIPMENT COLLECTING DUST?!

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BARRE Spring Session
10 weeks
WEDNESDAYS 7 - 8 pm Apr 13 - June 15



Strathearn Community Hall

\$90 for Community League Members
\$120 for Non-Community League Members
\$15/class for Drop-ins
Covid safety measures encouraged!

To register email programs@strathearncl.org

YOGA Classes
At Strathearn Community Hall
TUESDAYS 8PM - 9PM

Spring Session of 10 classes runs Apr 12-June 14

In person classes:
Community League (any league!) members \$90
Non-members = \$120 Drop in = \$20

Zoom only classes:
Community League (any league!) members = \$60
Non-members \$90 Drop in = \$15

Register with programs@strathearncl.org

COVID safety measures encouraged!

ZUMBA!

NEW SESSION STARTS MAY 12TH!
Let's Dance! Relearn Zumba with #1 & 2

Thursdays 6:30-7:30pm
Strathearn Community Hall

Session of 8 Classes (May 12th-June 23rd)
League members* \$72
Non-members \$96 Drop-in \$15/class

EMAIL PROGRAMS@STRATHEARNCL.ORG TO REGISTER

*Valid 2021-22 Community League Membership Required (from any community league!)

Kompany Family Theatre **SUMMER DRAMA CAMPS**
August 15 to 19, 2022
Strathearn Hall

6 to 12 yr olds
Plays 'N Play Day Camp

FOR KIDS who are wild about plays and playing!
Camp includes drama games, theatre crafts, story creation, acting, a Fringe field-trip, show off performance and plenty of play-ground fun.

TIMES 9 a.m. to 4 p.m.
(Early drop off & late pick up available)

CAMP FEES \$275.00/child (Strathearn Members \$225.00)

3 to 5 yr olds
Preschool Play Camp

FOR PRESCHOOLERS who love to pretend! Camp includes drama games, crafts, story telling, a show off performance and plenty of play-ground fun.

TIMES 9 a.m. to 11 a.m.
CAMP FEES \$150.00/child (Strathearn Members \$125.00)

Register
www.kompanyfamilytheatre.com/plays-n-play
kompanyfamilytheatre@gmail.com

Kompany Family Theatre is a not for profit organization dedicated to providing quality professional theatre for children and families as well as the creation and development of new works.
<http://www.kompanyfamilytheatre.com/>

We are grateful for the support from:



Le CAVA et l'Alliance française d'Edmonton présentent

Bettina Egger

Du 28 avril au 28 mai 2022

Vernissage le 28 avril de 17h à 19h

@galeriecava
(780) 461-3427
9103 95 Ave NW,
Edmonton

Illustration par Bettina Egger



Logos at the bottom: CAVA, af (Alliance française), Alberta Government, Canadian Heritage, Patrimoine canadien, Alberta Foundation for the Arts, arts council.

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Properties



Capilano: 715 m2 lot, 1160 square foot home, OVERSIZED heated double garage, updated sewerline, triple pane windows, exposed aggregate sidewalks, really nice property on a quiet street.



Pleasantview: 977 m2 lot, NEW Double garage, Storey and 1/2 with character, home in excellent condition, being sold for lot value.



Sherwood Park Half Duplex: Spotless Aspen trails unit, 2 Master Bedrooms, bright open main floor, fully fenced south yard, attached double garage.



Old Strathcona: Raised bungalow, tree lined street, coved ceiling, newer basement bathroom, basement is a self-contained living space, close to millcreek ravine.