

SOUTHEAST VOICE

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

November 2022



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

Spotlight on SECLA

The Southeast Community Leagues Association (SECLA) is a volunteer area council consisting of eleven community leagues in central south east Edmonton ~ Avonmore, Capilano, Cloverdale, Forest/Terrace Heights, Fulton Place, Gold Bar, Holyrood, Idylwyld, Kenilworth, Ottewell and Strathearn.

As an area council we provide support to our member community leagues and residents thereof, and strengthen community networks by providing a forum for collaboration, discussion and the sharing of information.

At the monthly SECLA meetings, one community's successful event could inspire an event in another community or the solution to an issue faced by one community could help others with similar issues.

Notable achievements:

- SECLA provides the majority of funding for the Southeast Voice community newspaper (produced by Calder Publications).

- SECLA is the driving force and main provider of funds (along with grants) for the Fulton Ravine South/Capilano Skatepark project.

If you have any questions or comments for SECLA please contact your community representative as listed on Page 2.

SECLA Fulton Ravine South Park Update

You may have noticed the ongoing completion work when passing by the Fulton Ravine South Park/Capilano Skatepark this summer. We're excited for the addition of the parking lot on the southwest corner of the park as well as some naturalization features

throughout.

The park now includes the well loved skateboarding area, a shade structure, basketball court, outdoor workout equipment, picnic tables, benches, paths and more!

With so many reasons to visit, the

Fulton Ravine South Park has become one of the best park destinations in southeast Edmonton.

Watch for the official park signage installation in Spring 2023 after which a grand opening celebration will be held for the whole community.

Thank you!
from the **Hardisty School**
Playground Expansion Committee!

The playground committee would like to thank
Capilano Community League
and everyone that came out to
help us raise \$1196 at
Capilano's Annual Chili Cook-Off.

A huge thank you goes out to
Heather Somerville & Jean Halko
for all their hard work in
organizing the event!

Please keep an eye out for some of our
upcoming fundraisers:
Little Bear Gelato in December
& our Bottle Drive in January.

Capilano, Fulton and Goldbar Community Leagues
invites you to the
Children's Christmas Party
Saturday November 26, 1 to 4 PM
2022
Snacks, Entertainment, Crafts and Santa

You are hereby entitled to receive one
free
market evaluation

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

Now is a great time to sell!

Andy Verhagen
780.907.8202
email andyv@telus.net

I love referrals they make
my world go round!

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to view my properties, visit www.andyv.ca

SECLA Board Contacts

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

Seniors' Drop-In at the Capilano Library (9915 67 Street)

1:00 PM - 2:00 PM Every Friday

Have some coffee or tea, meet other seniors, and join in some fun activities like playing cards, watching a film, listening to a guest speaker, or learning about resources in the library and in your community. If you have ideas for activities, questions, or comments please call 780-496-1802 or email Shannon.Clarke@epl.ca

Book Clubs of EPL: What's on at the Capilano and Idylwyld Libraries

Love reading? Love to talk about books you've read? Join us for lively discussions on all types of fiction and non-fiction. We'll feature different titles and authors each month. Come and share your impressions, thoughts and interpretations of a book we have all read. Sign up online, call, or come in to the library. We provide the books!

Capilano Library's Book Club meets on the last Monday of each month at 7pm. On November 28, we'll be discussing *Crazy Rich Asians* by Kevin Kwan.

Idylwyld Library's Book Club meets on the second Tuesday of each month at 7pm. On November 8, we'll be discussing *We Never Asked for Wings* by Vanessa Diffenbaugh. There is also an afternoon book club at Idylwyld on the third Monday of each month at 2:00pm. On November 21st, we'll talk about *The Marrow Thieves* by Cherie Dimaline.

Newly gifted artwork on display at the Capilano Library

Thank you to the Fulton Place Community League for generously donating a beautifully framed print of Morris Farm, 1930s, originally painted by Eric Bishop as a mural, and reproduced by KJC Photography. Here is a bit

more information about the artwork, which now hangs in the study room as you enter the Capilano Library:

The Fulton Place neighbourhood is situated on the land that was previously part of the Morris farm. Charles and Lizzie Morris operated a family-run dairy operation from 1906 to 1948, at which time they sold their land. When the neighbourhood was developed in the mid-1950s, the farmhouse was incorporated into the street grid on 101A Avenue. It was the oldest structure in Fulton Place until it was demolished in 2021.

Eric and Jean Bishop purchased the house in 1967. Years later the Bishops were visited by members of the Morris family. Using borrowed photos dating from the 1930s, Eric painted a mural of the farmstead on the interior walls of one of the main floor rooms of the house. With the artist's permission, Fulton Place Community League had the painting professionally photographed and reproduced for the benefit of the community.

You can read more about it online or ask staff at the Capilano library for a printed copy of *From River Lots to Suburb: The Morris Family Farm and the Founding of Fulton Place*, which will be kept at the library front desk so that community members can learn more about this wonderful piece of art and the history of our community.

For more information about your local library services contact the Capilano branch at (780) 496-1802 or the Idylwyld branch at (780) 496-1808. View our full calendar of events online at epl.ca or come in to pick up a paper copy of our program calendar with complete activity listings.

National Child Day

November 20th marks National Child Day, a day to recognize and celebrate the rights of all children. These include the right to the best health care possible, safe water to drink, nutritious food, a clean and safe environment; the right to play and rest; the right to good quality education.

This year, the theme of National Child Day is the right of children to "participate in activities such as play, family, culture, and learning....and the right to participate when decisions are made about them."

As a parent, you are ultimately responsible for your child's wellbeing. You can foster your preschooler's right to participate every day, in

simple ways. When you offer a choice between two options "the red shirt or blue shirt?" "Apple or orange juice?" you help build their decision-making skills, exercise their right to participate in those decisions, and understand the consequences of their choices.

To find out what public activities are planned for National Child Day in Edmonton, check out the National Child Day website or contact childfriendly@edmonton.ca.

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

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.

Wednesdays from 11:30 - 12 noon; Online via Zoom
November 9 - 30, 2022

Music and Movement with Nancy's Notes

It is proven that early musical experiences provide opportunities for whole brain development. These developmental skills include, social, emotional, language, as well as early reading and early math skills. This 10 week program is designed for children 0- 5 years of age to enjoy with their parents/caregivers. Enjoy singing, dancing and playing instruments with your little one. This is a fun, lively and interactive class.

Wednesdays: 9:30 - 10:30am
Fulton Place Community League
6115 Fulton Road
September 21 - December 7, 2022



Southwoods
VILLAGE AT HAZELDEAN



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



Ask about the
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Terra Court South

AT HAZELDEAN
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- Independent Retirement Living
- Monthly rates with meals on select suites
- 1 bedroom + den with full kitchens
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Christenson Hub Open 1-5pm
9433 - 67A Avenue NW, Edmonton, AB
or phone Lynne at **780-975-2509**



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

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

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Community League Board

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

Avonmore Christmas Party

This year will be a modified version of the decorating parties we've held in the past. We will be holding a 'Christmas Mingle and Jingle' without the gingerbread house decorating. This event will bring warmth and cheer at our community hall Saturday December 3rd from 2pm-5pm. We will have a digital holiday photo booth, crafts, games, cookies, hot chocolate and all the wonderful things that make Christmas so special. Since space is limited at the hall, we opted this year to provide the gingerbread kits for assembly at home. We'd also like to also take this opportunity to collect funds, gifts and food for

donation so we can help spread warmth and cheer to families in need during this holiday season. More details will be released closer to the event on facebook and our bulletin board on the east exterior wall of the hall. Questions are always welcome at vicepresident@avonmore.org.

As always, these events are only possible with the help of our awesome residents volunteering their time. Please visit the signup sheet at this link <https://signup.com/go/MmxGkFh> if you're able to help or email volunteer@avonmore.org. Shifts are short so sign up for more than one!

Gingerbread Kits

For those of you who have purchased in the past, you know that our gingerbread house kits are not like the ones you purchase in store. These kits are made by our fantastic neighbours at Meat Street Pies and can be enjoyed without breaking a tooth. Order your

kit now for \$25 through Eventbrite at <https://Avonmoregingerbread.eventbrite.ca>. They will be available for pickup at the Avonmore Hall at a TBD date which will be emailed to you via Eventbrite. Deadline for orders is Nov 11.

Community Coffee - 1st and 3rd Wednesdays

Community Coffee Mornings are on the 1st and 3rd Wednesdays of every month at 10:00 a.m.. Everyone is welcome to attend. This is a great opportunity to get to know your neigh-

bours whether you are new to Avonmore or a long time resident. All ages welcome. There are always treats from the Hazeldean Bakery or sometimes from someone's kitchen.

Avonmore Garden Club

Gardening is a passion in Avonmore - whether its vegetables, fruit or flowers. There's a wealth of experience and continuous experimenting with new varieties, new growing techniques and new methods of dealing with the challenges of climate, weeds and pests. If you would like to join the Garden Club, get updates on coming events and share successes and challenges contact gar-

denclub@avonmore.org. You are also welcome to join our Facebook group, "Avonmore Garden Club."

Coming events:

November Friday Evening Wine and Weeds. Check your emails and Facebook for details on where and when.

March - Saturday Workshop 2022
Successes and Failures

Soccer

The indoor soccer season has started and you can see the schedules at emsamain.com

Hall Rental

The Avonmore Community Hall is available for rentals and bookings! For more information contact Tanya at hallrental@avonmore.org



Ice Rink - Rink Shack Coordinator Needed

Preparations are underway to get the Avonmore Ice Rink ready for use. A part of this includes having the ice rink shack up and running as it did pre-Covid. We require an Ice

Rink Shack Coordinator, a task that has been simplified greatly since our use of the Signup.com website. Email Bob at volunteer@avonmore.org if you're interested.

Ice Rink - Monitoring Volunteers Needed

In order to keep our rink shack open during the evenings and weekends we require volunteers to monitor our space and the activities on the ice. Any interested volunteers please email Bob at volunteer@avonmore.org.

Ice Rink - Maintenance Volunteers Needed

We will be starting the rink as soon as the weather permits. Once the rink is completed we will need volunteers to help with rink maintenance and clearing the snow. Any interested volunteers please email Boris at sports@avonmore.org.

Avonmore Bookclub

Avonmore Bookclub meets every 4 -6 weeks on Sunday evenings. Next meeting is November 20th. We are reading The Night Circus by Erin Morgenstern. New members are always welcome. Contact pastpresident@avonmore.org for details.

Community Bulletin Board

Don't forget to check out the bulletin board on the outside east wall of the hall. We will be advertising events, programs, and other items of interest to the community.

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

Parent, Baby and Tot Playgroup

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

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

Avonmore Community League Membership

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

Annual membership term: September 1 to August 31.

Through the purchase of your community league membership, you will gain exclusive access to several community league perks, deals, and discounts at multiple local businesses. For coffee lovers, the Candid Coffee Roasters (located at 6752 75 St NW) is offering a 10% in-store discount on ALL their beverages. Enjoy Canadian Maple?



Well... Biggle (located at 8526 109 St NW) is offering 15% off on all their maple products online or instore by applying the promo code (VIPCODE).

We welcome new residents by celebrating with a FREE MEMBERSHIP in your first year, please contact membership@avonmore.org for more details.

Looking to purchase a membership? You can, by emailing membership@avonmore.org or buying directly from Dairy Queen on 75th Street, or online via the QR Code.

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

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

Shinny hockey is a group of players getting together to play hockey. Players of all genders and ages are welcome to participate. Our youngest player is 14 and our oldest player is 65+, and the range of abilities are beginners to ex-NHL. Yes you read that correctly, in the past we have had NHL players playing with us and our 14 year old is good and capable enough to play with adults. We choose different teams each session while still keeping the

teams balanced. There are 3 main rules we follow: Have Fun, Play to the ability of your opponent, & Avoid stick work. Full equipment is recommended, but you can wear whatever you are comfortable with. We have several players who have extra sets of equipment if you need to borrow items. We play for 1.5 hours with a \$20 drop in fee, or a cost for all sessions which come to around \$17 per session.

Space is limited, if you are interested and would like to attend or would like more information please contact Boris at sports@avonmore.org.

Casino Fundraiser

The Casino Fundraiser was October 10th and 11th. A huge thank you to the incredible volunteers, without your selflessness it would not have been possible. Everyone gave substantial time out of their busy lives - some worked back to back night shifts until 4:00am while still working their day jobs! To you peo-

ple, and everybody in between, thank you. And a special recognition to Leigh who successfully organised the 38 volunteer spots. This was a huge undertaking that involved shifting, swapping, and recruiting up to the last minute and was critical for the success of the event.

Community Swim

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

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

- 5:00 pm

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

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 still include: "Avonmore Parent & Tot", "Avonmore Garden Club" and "Avon-

more Concert Series". Come join us!

Check us out on Twitter and Instagram! Follow us and share any photos or events happening in or around our community and join the conversation using #YEGAvonmore

Twitter: @AvonmoreLeague
Instagram: avonmoreleague

Community Music Classes for children ages 1-5

Classes are free and are always held on a Monday at 10:00am at the Avonmore Community Hall. Come join us for a fun hour of music and dance from our wonderful music teacher Dawn Bissett. Save these music class dates: December 5th, January 16th, February 13th, April 17th, May 8th

Avonmore Community Playschool

Monday-Friday 9:00 am-11:15 am

Flexible days available, register for 2-5 days a week.

The program focuses on play-based learning experiences. For more information, go to our web page at Avonmore.org under pro-

grams or Avonmore Community Playschool's Facebook page <https://avonmore.org/playschool/> to view the online Open House and more information. To register or for more information, please email playschool@avonmore.org

Avonmore Community Sponsors



Location: 7460 76 Ave NW

Thanks to our amazing sponsors who help support our community!

Note: Considering ways to support your community? Please contact our Membership Director.

Avonmore Vision

Avonmore Vision is finally ready for everyone! It is still a draft so now is your chance to make changes, ask questions and suggestions to make it better. There is a link posted on the Avonmore Chat Facebook page, or you can use this QR code. This will take you to a version of the document that lets you make changes and add comments without hurting anything. You can also ask questions and share your thoughts by emailing me at civics@avonmore.org (FYI: The format is still a bit ugly, we plan to clean that up later)



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
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780-495-8404

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



www.heathermcpherson.ndp.ca

Follow on



COMMUNITY LEAGUE BOARD



CAPILANO COMMUNITY LEAGUE

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	VACANT	
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	780 863-0914
memberships@capilanocl.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@capilanocl.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	VACANT	780 242-8874
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	VACANT	
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”

Check us out on Instagram @capilanocommunity

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

collaboration, 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

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

We are bringing this program to Capilano Community Hall one afternoon a month.

Come for an afternoon of chat, games, and fun!

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

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

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

Please call 780-433-5377, to REGISTER.

Upcoming dates:

--Tuesday November 15th

--Tuesday December 13th

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

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

Hardisty Gymnastics Update

There are tentative plans to start up Hardisty Gymnastics in 2023. Please monitor Capilano Community’s website and social media, as well as the Southeast Voice, for more updates.

Choose Capilano Hall for your Event

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

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

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

2022-2023 Capilano Community Memberships Available

Valid September 1, 2022 to August 31, 2023.

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

As well, memberships are available at:

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

--SEESA (Southeast Edmonton Seniors

Association), 9350 – 82 Street. Available at the front desk during business hours (Cash only).

--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.

Ice Allocation Manager Needed!

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

porting others in enjoying our rink, playing hockey and skating? Then this is the role for you! If interested or have questions, please contact Kris at K_cramer@telus.net or 780-720-9003.

Treasurer Needed!

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

** No bookkeeping required **

Responsibilities include:

--Attends monthly Board meetings (3rd Wednesday of month from Sept to June)

--Presents reports to the board on the financial state of the community league.

--Acts as signing officer, with another of-

ficer, for cheques and other documents.

--Issues cheques for all invoices.

--Make deposits.

--Arranges for annual audit of books.

--Prepares budgets and financial statements.

--Oversees the bookkeeper

--Completes security clearance check.

You will receive training and on-going support. If you are interested or have questions, please contact Kris 780 720 9003 e-mail k_cramer@telus.net

Wanted – Hall Rental Co-Manager

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

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

Some of the hall manager’s responsibilities include scheduling hall viewings, book-

ing 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 Babysitting Registry

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

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

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

Yoga at Capilano Community Hall

Day: Wednesday mornings

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

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

The focus for the next month at yoga class will be to build immunity and resilience with warming up the body. We will practice various postures to help stay energized and in-

spired

Come try a class and see how amazing you feel!

See the Community's website page or Facebook page for more information.

Contact Nancy_conlin@hotmail.com for registration and inquiries.

Karate is back at Capilano Hall!

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

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

some great karate moves

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

Community Input Forum - Proposal for Winter Tennis at Capilano Community League

When: Sunday November 13, 2022

Time: 7:00 p.m.

Where: Online Zoom meeting

REGISTER for the Zoom meeting by emailing wintertennis@capilanotennis.ca

Capilano Tennis Club (CTC) will be hosting an online community input forum to explore resident questions and interest in bringing winter tennis to Capilano. If CTC were to offer winter tennis, an air structure would be installed over the tennis courts during the winter months (it would be removed for the summer season). This would allow the CTC to offer tennis to the Capilano and Edmonton community year-round.

Currently, Edmonton has the lowest availability rate (among major cities) for public indoor courts in North America (1 per 70,526). By comparison Calgary has a rate of 1 per

41,515 and the Red Deer has 1 per 25,000. Alberta is fourth lowest province in Canada, with Newfoundland, Saskatchewan and Nova Scotia providing more public courts.

The forum will give you an opportunity to:

--Hear the plan for winter tennis,

--View the rendered drawings of the air structure over the courts in Capilano,

--Review the financial plan for winter tennis, and

--Share your questions, thoughts, and interest with respect to winter tennis.

Send your questions about winter tennis to: wintertennis@capilanotennis.ca. Please note, this is the first community forum to gather input on the proposal for Winter Tennis. We will be engaging in multiple levels of input and consultation with the community.

Total Body Fitness

This is a strength and cardio focused workout, everything can be adapted and modified, so every fitness level is welcome! We are outdoors until it gets too cold and dark then we will move inside Capilano Community Hall.

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

Thursday class at 6:45 p.m.

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

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

\$176 two days a week (16 classes)

Drop-in rate is \$13

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

Thursday Strong

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

Thursday class at 8 p.m.

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

\$88 for 8 weeks.

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

Capilano Playschool – 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 ac-

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

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

FREE swim for Capilano community members on Sundays

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

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

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



Children's Christmas Party

Capilano, Fulton and Goldbar Community League invite you to a Children's Christmas Party!

Date: Saturday November 26

Time: 1 to 4 p.m.

Where: Goldbar Community League Hall, 4620-105 Ave NW

Enjoy snacks, entertainment, crafts, and a visit from Santa!

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!



Big plans in place for Cloverdale's outdoor rink

A major redevelopment is taking shape at the bottom of Gallagher Hill in Cloverdale. The existing outdoor rink is being phased out and, soon, replaced with a modern, high-end facility.

Jordan Stuffco is the Cloverdale resident tasked with overseeing the project. Stuffco says he was hoping construction could begin this fall, but the timing did not work out due to a variety of factors. In the spring, Global Sports, a Leduc company, will get to work.

"The plan is a whole new ice rink with a nice players' box not only for games but for parents to sit and hang out, have a coffee, and help tie their kid's skates" says Stuffco.

While the existing wood boards have seen better days, the new boards will be made of

HDPE poly steel, giving the facility a more professional look. "The whole site will be professionally fenced in to maintain the safety and integrity of our new arena" Stuffco adds. The existing rink "shack" won't be replaced just yet, but the long-term plan calls for a new version.

The estimated cost of the rink project is \$150,000. Work on a grant application to the City of Edmonton is already underway.

For now, Stuffco says it's still "Game on!" this winter. Once the cold weather arrives, the existing space will be flooded under the supervision of master iceman, Travis Bilou. Watch for details about the Cloverdale Saturday Family Skate. Skating and shinny plus coffee and donuts every Saturday from 10:00AM – 2:00PM.

Ski Club ready for another season of winter fun

The Edmonton Ski Club has been welcoming skiers of all ages for more than a century, and the tradition will continue this winter in the heart of Cloverdale. Visitors will notice some differences, however, starting with the aging ski lodge.

"The facility that has been our lodge has been fully decommissioned and slated for demolition to make way for a new net zero carbon neutral facility, funded in part by the green inclusive community building grant through the federal government. We anticipate construction to begin Fall of 2023" says club General Manager Zoe Sloan.

Sloan says there's a lot of excitement about the plan for the new facility. In the meantime, skiers and boarders will have access to an enhanced temporary lodge. "The new space will provide increased seating to visit and connect, a warm place to stow belongings and streamlined service". Sloan adds the design will also reduce time spent lining up outside. If you're looking for else

to keep you busy, tubing is back for another year of affordable wholesome family fun.

Sloan says season passes are available at pre-season pricing and they come with enhanced benefits. "A family season pass will also get you six complimentary day tickets so you can share the fun. Pass holders also receive 20% off concession and lessons".

Founded in 1911, the Cloverdale facility has seen generations of Edmontonians get out and have winter fun. As Sloan puts it: "Time, people, buildings come and go but the core and values of ESC remain committed to sharing the joy of winter sport. It's such a great legacy".

For more information, check the Club's website: <https://www.edmontonskiclub.com/>

Host your holidays at the Hall!

The Cloverdale Community Hall is available to rent for your event! Rent the main hall and/or lounge, use the kitchen facilities and bar, and enjoy the scenic outdoors and Gallagher Park's beauty. Prices currently start at \$50 plus GST an hour, with discounts for weekdays and events over 5 hours. Book your event before time slots fill up!

Second Annual Flu & COVID Booster Clinic a popular event

The Cloverdale Community League, in cooperation with Pharmasave Westmount, hosted the 2nd Annual Flu and COVID Booster Clinic at the end of October. The COVID Booster shot was a new feature added for residents who were eligible for the COVID booster. Over 45 Cloverdale residents attended this free, accessible clinic as we head into the flu season.

Christmas Party at the Hall

Join your community for a Christmas and winter holiday celebration! The community-wide event will be held at the Cloverdale Community Hall on Sunday, December 4, and will include fun and food for the whole family. For the latest details and information on how to join the fun, please visit the Cloverdale website's News section, or our facebook page at:

facebook.com/cloverdalecommunity

Cloverdale Seeks New President & Vice-President

Photo Credit: Tyler Sirman Photography



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

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

board is here to help!

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

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

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www.suzukischool.ca

2022 Board of Directors Contact List

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

Sustainability

In 2018 the Cloverdale Community League undertook an ambitious, challenging energy efficiency and sustainability project at the 36-year old Cloverdale Community League hall. Upgrades included adding insulation to the crawlspace and attic, draft-proofing, installation of new triple-glazed, coated windows, new exterior doors and weatherstripping, upgrading the HVAC system with new high efficiency equipment furnaces, switching to LED lights, replacing the roof and installation a 19kW solar panel array on the roof. The objective was to reduce operating costs, reduce consumption of natural gas and electricity and take advantage of renewable energy production.

The project was funded by grants from provincial and municipal governments and the CCL's own funds.

After four years, the project is definitely

showing positive results. Here's what the CCL energy efficiency project has accomplished in four short years:

- Since 2018, the solar panels have produced 84.66 MWh of renewable energy.
- Offsetting CO2 emissions from over 11 homes;
- Avoiding GHG emissions from over 12 passenger vehicles
- Planting 990 trees.
- Renewable energy from the solar panels provided 84% of the electricity needs in 2021.
- Natural gas consumption was 63.2% lower compared to benchmark year 2017.
- Microgeneration credits, earned by the CCL since 2018 - \$10,800. This is what the CCL has earned by selling surplus electricity back to the grid.
- The solar panels are generating a positive cash-flow, despite rising utility costs.

Forest Terrace Heights

10150 - 80th Street forestterrace.org

Briefs from the board

Coming soon-Forest Terrace Heights Parent and Baby Group!

This is an opportunity for parents with young children to connect and for children to meet others of similar age. Email sarah@forestterrace.org for more information.

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

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

FREE SWIMS: Members of Forest Terrace Heights community league are eligible for free swims every Saturday from 3 to 5 p.m. at Commonwealth Community Recreation Centre, 11000 Stadium Road, and

Eastglen Leisure Centre, 11410 68 St NW.

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

MEMBERSHIPS NOW AVAILABLE ONLINE: Memberships for Forest Terrace Heights Community League can now be purchased on our website at www.forestterrace.org. Prices remain the same, but there is now no service fee to purchase online if using our website. For those who prefer cash, memberships can be purchased at Grower's Direct on 101 Ave. Grower's Direct is only for cash or cheque purchases, please do not ask to pay by debit or credit at this location. Grower's Direct can not give out free memberships. If you are new to the neighbourhood, or just have never gotten a membership, first ones are still free from our membership director. Please contact Sonya at memberships@forestterrace.org or 780-463-1613 for more information.

Berries & Urban Foraging Workshop

Over 25 participants attended a hand-on berries and urban foraging workshop, organized by the Cloverdale Community with funding support from TD Park People. The warm and welcoming Bennett Centre graciously hosted the workshop that included participants not only from Cloverdale but also from neighbourhoods across Edmonton. Cynthia Jim, an Indigenous Elder, shared traditional indigenous teachings and songs that formed the foundation for the entire event. She provided the grounding and value of being connected to the land and everything that exists to sustain and nurture us.

Three speakers from MacEwan University shared their research about the abundance of edible fruits that grow naturally in the Edmonton river valley. Participants shared their experiences with ethical and responsible use of the bounty that surrounds us and is within



our reach. They also shared their favourite 'berry stories' and sampled locally harvested herbal tea, Saskatoon and Goji berries.

The workshop concluded with a highly informative, guided nature walk that helped participants identify the wide number of naturally growing trees and shrubs that line the walking trails in Cloverdale.

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10:00AM - 3:00PM

Make your Christmas shopping a fun event & find unique gifts, handmade items and baked treats. Shop in our Re-use Rooms for gently used Christmas items for the Festive Season

We will be accepting donations of gently used Christmas Items for our Re-Use Sale during regular office hours November 21 - 30

Are you a creative crafter, artist or baker?
 Vendor tables (8 ft) are available for \$40.00 (SEESA members) or \$60.00 (Non-members)
 To reserve your table, please pick up a form at our front desk or download from our website.
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***Q3-11/25**

Presenting: My 2022 *Q3 Residential Investment Guide for **SOUTHEAST EDMONTON CAPILANO – MILL CREEK (ZONES 17, 18, 19, & 42)**

MAXWELL POLARIS: PERFORMING YEAR-ROUND!

MaxWell POLARIS
Created: Compiled & 2022 Kelly Grant.ca

Total Single Family Homes Sold (*Q3: June 1 st – Sept. 30 th , 2022):		217 ↓↓↓
Average Single Family Homes Sold Days on Market:		36 ↓↓
Average Single Family Homes Sold Year Built:		1967 ↓↓↓
Average Single Family Homes Sold RMS Area:		1289 sq. ft. ↓↓↓
Range Single Family Homes Sold Price:		\$240K ↓↓ – \$1.40M ⇐
Average Single Family Homes Sold Price:		\$486,930 ↓↓↓↓
Average Single Family Homes Unit Sold Price:		\$377.76 / sq. ft. RMS ↑

Total Condominiums Sold (*Q3: June 1 st – Sept. 30 th , 2022):		54 ⇐
Average Condominiums Sold Days on Market:		59 ⇐
Average Condominiums Sold Year Built:		2000 ⇐
Average Condominiums Sold RMS Area:		1144 sq. ft. ↑
Range Condominiums Sold Price:		\$40K ↓↓ – \$810K ↓↓↓↓
Average Condominiums Sold Price:		\$267,057 ↓↓↓↓
Average Condominiums Unit Sold Price:		\$233.44 / sq. ft. RMS ↓↓↓↓

Net Residential Market Trend Over All Categories Q2 → *Q3: **-29 (↓)**

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Michelle
Director/Walking Group Coordinator
info@fultonplace.org

Welcome from the Fulton Place Board

For anyone new to our community, and for any residents unaware of some of our activities, the following is a list of community events we've put on in the last year or two. If we missed you during our membership drive

this summer, we want to welcome all new residents to our fabulous community, and we hope to see you around at our events! Keep an eye on our website, the sign at the 4 way stop, our e-blasts, and SEV for event details.

AGM

Fulton Place Community League AGM:
Monday November 14, 2022

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

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

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

There are several positions on the FPCL

board that are up for election, including Vice President - League Affairs, Treasurer, and Communications Director. Additionally, we have several positions that are currently not filled, such as Facilities Director and Membership Director.

If you are interested in one of these board positions, please contact Mike Reimer at president@fultonplace.org.

Memberships

Our team of volunteers conducted a membership drive over the summer, we were pleased to see so many of you, and to meet some new residents in our neighborhood. If we missed you, memberships can be purchased in person at All Care Pharmacy, or online at the Edmonton Federation of Community Leagues website (<https://efcl.org/membership-purchase>).

All of our memberships are just \$5 for the 2022-2023 season. Our membership benefits, including access to community swim



times, use of our rink, etc, can be found on our website at <https://www.fultonplace.org/become-a-member>. Additionally we are excited to have some special offers from local businesses, please check our website for details.

Hall Rental

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

FPCL Casino December



Fulton Place Community League is looking for volunteers for their Casino Fundraiser on December 19 & 20, 2022 at the Century Casino. Proceeds from the Casino are the primary source of income for the Community League to use towards various programs and for operating the hall and outdoor rink facilities. We need 40 volunteers to fill all the positions so please help out if you are able. Contact Rick Meger at 780-463-4333 or rvmeger@telus.net to volunteer or to ask questions.

Community Swim

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

Arena Volunteers Needed

We are looking for volunteers for our ice arena. Please consider donating some of your time to help us maintain the ice, the rink, and the shack. Please email info@fultonplace.org if you are interested.

Past and current our Community Events:

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

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Gold Bar Executive

Name	Position	Email
*President	Adam Rompfer	adamrompfer@yahoo.ca
*Vice President	Jamie Melnyk	jamie21_twitcher@hotmail.com
*Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
*Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road		
Bingo Director - Parkway	Charlene Lazenby	charlenelazenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Lisa Shorten	brian.lisa.shorten@gmail.com
Community Liaison	Rhae Hansen	gbcl.liaison@gmail.com
Director At Large	Pat Chmilar	p.chmilar@icloud.com
Social Director	Ronda Lisowski	magicianronda@gmail.com
Financial Director	Andrew Mason	andrewroycemason@gmail.com
Green Shack Program Director	Jess Strashok	jessgrace88@gmail.com
Hall Manager	Liisa Armstrong	goldbarhallrentals@gmail.com
Membership Director	Amy Cooper	Amycooper88@outlook.com
Programming Director	Dominique Kott	dQ.kott@gmail.com
Sign Director	Alison Boese	akcurtis23@yahoo.ca

Mom and Me Fitness

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

This session Oct 31-Dec 10
Mondays from 930-1030am
Contact Lisa to register or with any questions.
Mondays \$80
Facebook.com/lisashortenfitness or email
lisashortenfitness@gmail.com

Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish. We will be outside for the duration of this session (inside for inclement weather)

This Session Runs Nov 6- Dec 18
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

Yoga at Gold Bar Community League

Monday's 11:00 am - 12:15 pm
Wednesday's 7:30 pm - 8:45 pm
\$50.00 for 5 classes, \$12.00 drop in
Chance to win a monthly wellness draw with purchase of \$50.00
The focus for the next month at yoga class will be to build immunity and resilience with

warming up the body. Practice various postures to help stay energized and inspired
Come try a class and see how amazing you feel!
See the Community website and face book page for more information
Contact: Nancy_conlin@hotmail.com

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.

BINGOS

If you would like to help out with any of Gold Bar Community bingos, please contact Lorie @ 780-447-1110. Funds generated from bingos help out in our community
Fort Road Bingo Dates:

Wed December 7 afternoon/evening
Parkway Bingo Dates:
Thursday November 17 evening/late night
Saturday Dec 3 afternoon only
Sunday Dec 18 evening/late night

Goldbar Community Memberships Available Now!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEE-SA (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.

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

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

Hall Rentals

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

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

Volunteers Wanted

Would you like to volunteer one or two hours at an event hosted by the Goldbar Community League?

If you are 15 years or older, we would be happy if you could join us at an event at the hall. We need help with the seniors tea, christ-

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

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

Gold Bar Winter Market

December 3 at Gold Bar Hall 10:00 am - 3:00 pm.

Over 20 local vendors with an assortment

of crafts plus baking and a concession run by GEARS (Greater Edmonton Animal Rescue Society)!! Free admission and free parking!!

*****New Prices*****

Be in Your New Home For Christmas!!



- * Air Conditioned
- * Heated Parking
- * Car Wash
- * Social Room
- * Workshop
- * Exercise Room
- * Library
- * Adult Living

6220 Fulton Road

Call me, "Craig Stenersen" and let's chat about the benefits of Condo Living. "Fulton Court" has been my home for 18 years!!

780-233-9939 WWW.WORKING4U.CA

SRES **"Seniors Real Estate Specialist"**



MaxWell
Devonshire Realty



Holyrood Community League Contacts

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

holyroodcommunity.org @HolyroodCL Holyrood Community League

Purchase memberships through efcl.org/membership/

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

BOARD VOLUNTEERS NEEDED

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

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

● **Playgroup Director** - Duties include opening up the playgroup, making coffee, cleaning and locking up when playgroup is over as well as keeping track of attendance and any special events days.

Other available positions include:

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

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

COMMUNITY SWIM

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

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

SATURDAYS 3:00 p.m. to 5:00 p.m.
Commonwealth Community Recreation Centre (11000 Stadium Road)

SUNDAYS 1:15 p.m. to 2:45 p.m.
Hardisty Leisure Centre (10535 65 St NW)

BABYSITTERS REGISTRY

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

HOLYROOD GÜD BOX

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

The box is available for next day home deliv-

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

GINGERBREAD HOUSE DECORATING (IN-PERSON)

Holyrood Community league is continuing our gingerbread house community tradition, but this year we are excited to be able to gather together in person!

Join us Saturday December 10 from 1-3pm at Holyrood Community Church (9224-83 St) to decorate a gingerbread house and be en-

tered into a contest for best decorating! All you need to bring is yourself. We will be providing the gingerbread house kits, complete with cookies, icing and candies to the first 50 participants/families. Please contact programs@holyroodcommunity.org for more information or to register.

COMMUNITY SKATING ATTENDANT NEEDED

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

Our Rink Icemaker position has been filled, but we are still looking for a Rink Attendant! Rink Attendants are responsible for monitoring Holyrood's outdoor ice and rink shack during posted operational hours. Position includes duties such as:

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

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

- Give everyone the 15 minute warning
- Put everything away & clean up any garbage, tidying of rink shack and office area (wiping countertops, sweeping floor, emptying trash)
- Shovelling or sweeping walks if there is fresh snow

-A cell phone is required

- Collect any equipment left outside (skate trainers, hockey sticks, pucks, helmets) and return to their places inside the rink shack

HOLYROOD COMMUNITY PLAYGROUP

Join the Holyrood Community League Playgroup Thursdays mornings for drop-in play for caregivers of preschool aged kids. The upcoming winter can feel long and cold, so get out of the house with your littles and have a hot coffee and an easy chat with your neighbours. This is an informal group put on by Holyrood Community League that allows kids to play and caregivers to chat and get to know each other. Although

this meeting takes place in a church, this is not a religious group.

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

Holyrood Drop in Play-

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

Volunteer Rink Attendants Wanted!

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

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

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

Contact
programs@holyroodcommunity.org
to apply

Yoga With Barb

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

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

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

Idylwylde Community League Board

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

[Idylwylde.org](https://www.idylwylde.org) [@IdylwyldeCL](https://www.facebook.com/IdylwyldeCL) [Idylwylde Community League](https://www.facebook.com/IdylwyldeCL)

Facility Chair Vacant

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

Volunteering on the Board of Idylwylde

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

BEAMS - Edmonton's Art's Birthday

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

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

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

Fitness Classes

Free with a community league membership (please contact membership@idylwylde.org for your membership)

Every Body Happy

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

No class October 10, 2022

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

Location: Idylwylde Community Hall

Interested in meeting your neighbours and giving your mind and body some love? Join us at Idylwylde Hall Monday evenings. We'll

be focused on doing our personal best using a variety of body weight moves, stretches, core work and working with weights, bands and balls.

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

Monthly Community Meetings

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. at the Community League hall.

Looking for Ice Rink Volunteers

The Idylwylde Community League is looking for volunteers to manage the ice on our outdoor skating rink this winter. Duties would include installing the ice at the beginning of

the season and then maintaining the ice and keeping it clear throughout the winter.

This is a paid position. If you are interested please contact David at president@idylwylde.org.

Gentle Hatha Yoga

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

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

Location: Idylwylde Community Hall

This class introduces foundational yoga postures, teaches you how to breathe and helps you feel more comfortable with your body and in the yoga practice. Although this class moves at a slower pace than the other yoga styles, expect to be challenged both mentally and physically. Hatha Yoga allows you to step onto your mat and melt away the stress and tensions of daily living.

Feel at ease with this very easy to follow Yoga class, where you will stretch and strengthen the body gradually. This 60-minute class is perfect for people who want to try



yoga for the first time or for those who are looking for a softer approach to their practice.

Community League Swim

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

Bonnie Doon Leisure Centre
8648 81 Street NW

Starting September 10, 2022

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

Commonwealth Community Recreation Centre
11000 Stadium Road

Starting September 11, 2022

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

Tool Library

Would you be interested in borrowing equipment for tasks around the house and yard at a Tool Library for FREE? We're thinking of getting a community league membership to the Edmonton Tool Library at Bellevue Community

Hall (7308 112 Avenue) and wanted to hear your opinion. Let us know your thoughts by emailing us or by messaging us on Social Media.

[@IdylwyldeCL](https://www.facebook.com/IdylwyldeCL)

[Idylwylde Community League](https://www.facebook.com/IdylwyldeCL)

Free Memberships

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde! Donations are always accepted from anyone who can give and associate memberships (if

you don't live in Idylwylde) will still cost the regular amount.

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

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



Kenilworth Community League Board

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

General Inquiries & Publicity Requests

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

	Members	Non-Members
Weekend (Fri.pm – Sun.pm)	\$450.00	\$550.00

Day Rate
\$300.00 \$385.00
Damage Deposit
\$250/day rate \$550/day rate
\$450/weekend \$550/weekend
*Third party insurance is now required. Please ask the Rental Manager for more details. To rent, email is preferred, rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.

Kenilworth Community League General Meeting

Welcoming KCL members of our community to our General Meeting.
Monday, November 14
Royal Pizza served at 6:30 pm
Meeting 6:45 pm - 7:45 pm

Review and approve new KCL Bylaws.
Discuss other KCL business and future community activities from the brainstorming session.
Everyone Welcome!

Annual Sleigh Ride & Chili Supper

Friday November 25th Kenilworth Community Hall Sleigh Ride 5:00 – 7:00 p.m. Chili Supper 5:30 – 7:30 p.m.	Free Event with Food Bank Donation Enjoy Chili Supper or Hotdog Christmas Music Sleigh Rides Christmas Crafts
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Kenilworth Crib Club

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

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

Senior's Programs

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

- appliances/furniture
- health supports
- personal supports

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

combined couple income, you qualify for snow shoveling services, housekeeping and/or yard maintenance: maximum \$1,226 in a benefit year.
Assistance is provided for light housekeeping, grass cutting, and snow removal only.
For all the information:
<https://www.alberta.ca/seniors-special-needs-assistance.aspx>

Kenilworth Rink Attendants

Rink Attendants needed for the 2022-23 skating season

\$15 an hour
Shifts: 4-9 weekdays
11-4 or 4-9 weekends
Be available at least two shifts a week December to March
Duties:
Open/close rink room
Maintain cleanliness of rink room

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

KCL Youth

Art from the Heart Community Art Project: Youth Paint Night Monday, November 7th, 7:00-8:30pm
Games & Snacks Night@ Kenilworth Hall: Monday, November 21st, 7:00-8:30pm
Christmas Movie and Pizza @ Kenilworth Hall: Monday, December 12th 7:00-8:30pm
(Youth attend events at no charge. Parents

& other family members welcome to join the fun and come along!)
ALL GET TOGETHERS AND EVENTS ARE FREE FOR KENILWORTH YOUTH AND YOUTH FROM SURROUNDING NEIGHBORHOODS! FOR MORE INFORMATION PLEASE EMAIL YOUTH@KENILWORTHCOMMUNITY.COM

VOLUNTEER OPPORTUNITIES

Many hands make for light work and we could use some hands.

We have the following volunteer position available:

Grant Writer: It is always great to have a volunteer that has their 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.

Memberships

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

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

Email Rebecca at: membership@kenilworthcommunity.com

kenilworthcommunity.com to arrange for your membership renewal or purchase.

\$20 family \$15 senior/single

Please do not let finances be a barrier to you joining our community league. Email Rebecca to discuss your options!

Kenilworth Badminton Club

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

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

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

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

Ottewell

Executive:

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

OCL Farmers Market

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

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

Facebook page -Ottewellcommunityfarmer-smarket

Instagram -oclfarmersmarket
Website -ottewell.ca

Free Swim Times with OCL Membership

Buy your membership at efcl.org

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

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

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

Papa Johns offering league members 25% off for 2022

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

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

Monthly Ottewell Community League Meeting In-Person

Do you want to get informed? Are you curious about what the City of Edmonton is doing in our community? Find out more on the third Tuesday of each month from 6:30 PM at Ottewell Community Hall. All residents are welcome.

Did you know that community leagues rely on volunteers donating their time? EVERYTHING that this community does from running the outdoor rink to organizing events at the hall are available because of generous volunteers like you.

Immediate Volunteer Opportunities

Treasurer - reports directly to board via email, has an interest in financial literacy, and is willing to learn Quickbooks.

Snow Angel Coordinator - matches snow angels with senior citizens who need a helping hand over the winter season.

Program Coordinator - Leads and organizes events at the hall to meet the needs of our neighbours - things like Crib night for seniors

Bingo Volunteers - Ottewell is participating in 3 Bingo fundraisers this year. Contact oclbingo@gmail.com to sign-up today.

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

Interested in Marketing/Website Design?

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

Love creating content for social medias? If you are Interested in photography, telling stories, or connecting people to programs and events they love email ottewell2212@gmail.com to find out more. No website experience necessary. WordPress training provided. Commitment is 2-4 hours/per month that you can do from home with your computer.

Visit ottewell.ca/home/volunteer for more details!

Chocolately Mint Cookies



We're excited for the return of our famous Chocolately Mint Cookies! Every box of cookies sold fuels confidence, creativity, leadership and girl empowerment. To be connected with a local unit with cookies please contact our Helen Burns District Commissioner at: any-edmhelenburnsdc@girlguides.ca

Looking to join in on the fun? Please visit www.girlguides.ca for program and registration details.

OCL Holiday Market

Creative artisans and local home based businesses

7th Annual Market

- Food bank donations accepted upon entry
- Free shopping bag to the first 100 shoppers!
- 25+ local businesses to shop local with

5920 93A ave
www.ottewell.ca



Saturday
Nov 19
10-3pm

Abundant Community

Abundant Community Edmonton (ACE) is a grassroots initiative fostering neighbour to neighbour relationships.

Community members in this program actively create vibrant, caring and supportive blocks, buildings and cul-de-sacs where people look out for one another, share gifts, skills, experiences and resources to play together, and collectively create an abundant neighbourhood.

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

Ottewell 120th Scout Troop



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

Outdoor Rink

The outdoor rink will open when the snow flies and it is cold enough to pour the ice. Watch our Facebook page for updates.

OCL Media



Find us on social media.

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at Ottewell.ca




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

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


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

Marlin Schmidt
MLA Edmonton-Gold Bar

For All Your Real Estate Needs...




Associate, REALTOR®
780.431.5600
Frank@royallepage.ca
FranklyTheBest.ca



FRANK VANDERBLEEK
Noralta Real Estate

Serving South Central Edmonton Since '92



CANADA'S
REAL ESTATE COMPANY

Not intended to solicit properties already under contract.

Eating healthy in winter and on a budget

Eating healthy in winter and on a budget

When it comes to choosing vegetables and fruit to eat, a variety is best. By choosing a variety, you'll be packing your diet with fibre, vitamins and minerals. At mealtime, try to fill half your plate with vegetables and fruits.

Fresh produce is always a healthy choice but canned and frozen vegetables and fruits are also good options. Canned vegetables and fruit can last for months and can be just as nutritious as fresh – plus, they may cost less. They are also pre-washed, cut, and cooked, saving you time when making meals.

Many types of frozen and canned produce are available throughout the year, so even when produce is not in season, there are lots of options to choose from. A few of our favourites:

- Use frozen fruits in baking.
- Thaw frozen fruit such as peach slices, and then add to yogurt or oatmeal for a breakfast or snack.
- Make an easy side dish from steamed frozen vegetables.
- Use frozen vegetables such as peppers when making a stir-fry.
- When boiling pasta, add frozen vegetables such as broccoli to the pot near the end of cooking, and then top with pasta sauce after draining.
- Use frozen dark leafy greens such as kale

and spinach in an omelet or smoothie.

Ways to use canned vegetables and fruit:

- Use canned vegetables such as green beans, asparagus, carrots and peas in pasta dishes or an omelet.
- Combine canned vegetables and canned beans for a quick lunch.
- Use canned corn, peas, or tomatoes in a stir fry.
- Use canned mushrooms or other vegetables in a chili.
- Add canned corn to a quesadilla.
- Make a quick vegetable soup by adding canned corn, tomatoes and pinto beans to low-sodium chicken broth.
- Top your favourite canned fruit with some yogurt for dessert.

Be aware of the sodium (salt) and sugar content in canned or frozen vegetables. Choose canned vegetables with low-, reduced-, or no added sodium and then rinse the vegetables before using to lower the sodium content further.


Choose fruit canned in water instead of syrup or rinse it if it's in syrup. Choose frozen vegetables and fruit without added seasonings, breading, sauces, or sugars.

The nutrition facts table can always be used to compare similar foods. Aim for products that have less than 15 per cent DV (daily value) in sodium or sugar.

The Accidental Drama Club presents

The Bold, the Young and ... the Murdered!

By Don Zolidis



Nov 18 Tickets \$20
Doors at 6 pm, Show at 7 pm
Snacks provided Cash bar


Nov 19 Tickets \$25
Doors at 6 pm, Show at 7 pm

Nov 20 Tickets \$25
Doors at 12 noon, Show at 1 pm
Appetizers provided Cash Bar



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South East Edmonton Senior's Association
9350-82 St NW Phone: 780 468 1985




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CAPILANO FARMERS' MARKET

Saturdays
9:30 a.m.-3 p.m.
5004-98 Ave. (Capilano Mall)

SCL Leadership

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

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

Let's go swimming!

An excellent perk of your Strathearn Community League membership: simply show your 2022-23 SCL membership card to gain access to both the family-friendly pool and

large fitness centre at the lovely downtown Commonwealth Recreation Centre, every Sunday between 1-3pm!

Strathearn-based Business Profile



We were delighted to connect with Fabienne Mamane-Virani, Directrice/Director of the Strathearn-based Centre d'arts visuels de l'Alberta (CAVA) about the Galerie's latest project – CAVA Café. This exciting new development is located inside the Centre on the southwest corner of 95 Avenue and 91 Street, and just held its grand opening on October 13...

Galerie CAVA is well-known to many Strathearners for its beautiful works of art and events, but it's so lovely (especially now) to welcome a new café to the neighbourhood! For how long has Galerie CAVA been thinking about expanding into the café business?

When I came on board last September, we came up with this idea swiftly. It seemed obvious to us that the neighborhood would benefit from a café and a community place to gather. Since then, we just needed time to set things up, and voilà!

Can you tell us a bit about the specialties that will be on your menu?

The main idea is to offer authentic and delicious recipes. We have two young and talented French chefs, Julien and Anthony, from "La French Taste." Anthony was trained in France, and they are both free spirit chefs, always working on new ideas for recipes. We let their creativity and innovation run wild every week as they present new desserts at the Café, from brioche filled with homemade berry jam or dulce de leche, to chocolat fondant, croissant and pain au chocolat, to classic madeleines.

There are quite a few interesting antiques and other pieces adorning the café. How would you describe the ambiance of the new space?

For the decor of the CAVA café, we wanted to create a vintage bohemian chic atmosphere. We are also extremely conscious of the need to preserve our planet, so we chose to buy antiques, which beyond just aesthetic is a significant ecological act. The Café is still a work in progress!

What will the café's opening hours be? Can folks popping in for a beverage also peruse the galleries while there?

For the time being, the CAVA Café will be

adjusted to the hours of the visual arts centre: Tuesdays through Fridays from 9am to 5pm, and Saturdays from 10am to 4pm. However, if the CAVA Café is successful, we will consider opening on Sundays as well.

Are there any upcoming exhibitions or events that you'd also like to highlight?

The CAVA's programming is always in motion; Nadia Tanguay's current exhibit is up until October 20th and many new visual arts and live music events, including open studios for artists, are coming up. Please watch our website (galeriecava.com), Instagram (@galeriecava) and Facebook pages for updates!

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

Le CAVA and its café are excited to be a part of a rich cultural life in the Strathearn community. Thank you for the warm and encouraging welcome the community has given to the Café CAVA since it opened its doors. Merci.

Rockin' Bookclub



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

It's not happening until the new year - Thursday, January 19th 2023, at 7:30pm - but we like to give lots of notice and time to read! Selected titles are: We Are As The Times Are - The Story of Cafe le Hibou by Ken Rockburn and This Searing Light, The Sun and Everything Else - Joy Division: The Oral History by Jon Savage.

Memberships

Looking for a 2022-23 Strathearn Community League membership? The fastest way to get your number and start accessing membership benefits is through online purchase via Edmonton Federation of Community Leagues!

See efcl.org/membership-purchase

*It's a...
Melody Singers
Christmas*

**Friday, December 9 at 7pm
Saturday, December 10 at 7pm**

Tickets \$8.00.
Available at the SEESA Front Desk, 9350-82 Street NW,
as of November 1.

**Come hear your 30+ voice choir
singing familiar and new, funny and
thoughtful selections
...as well as a few sing-a-longs.**

We hope to see you!

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Forest Heights: Continue to rent up and down or redevelop with multiple options.



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SOLD SOLD
SOLD SOLD



Athlone: Bi-level 2+2 bedrooms, 3 bathrooms including ensuite, double attached garage, fully fenced south yard.



Capilano: PRIME Quiet location, 3 bedrooms upstairs, 3 bathrooms including ensuite, BRIGHT open concept layout, mature landscaping, oversized double garage.



Fulton Place: 1200 sq ft bungalow, 3 bedrooms upstairs, 3 bathrooms, ensuite off master bedroom, 100 amp shut off, newer house shingles, high efficiency furnace, south yard, perfect renovation or redevelopment property.