

SOUTHEAST VOICE

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

October 2022



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



From The Hardisty School Playground Expansion Committee!

The playground committee would like to thank & acknowledge some amazing supporters that have helped with our ongoing fundraising efforts over the summer months.

Capilano TD Bank \$1000

Fulton Place Concert Series \$3374

Thank you to everyone that helped & supported our Bottle Drive & Little Bear Gelato Fundraiser in June. We were able to raise \$1695.

SECLA fundraiser casino success and volunteer thanks

The South East Community Leagues Association (SECLA) fundraiser casino held September 8 & 9 at the Grand Villa Casino was a big success. A heartfelt thank you to all the volunteers who gave their time and talent to help over the two days. A very special thank you to the SECLA Casino Chair, Connie McKenna, who gave many hours to make sure everything went off without a hitch. It's because of these volunteers and the funds raised that we all get to keep enjoying this publication, the Southeast Voice, as well as many other community initiatives. Hurrah for volunteers!

Volunteers needed for the SECLA Board of Directors

Are you looking for a way to get involved in the south east community? The South East Community Leagues Association (SECLA) represents, advocates on behalf of and provides funding for initiatives in communities throughout south east Edmonton. The SECLA board of directors is comprised of volunteers from each of the member communities (as listed on the front page) and we're looking for new board members! If you're interested in giving back to the community and doing what you can to make south east Edmonton a great place to call home, please contact treasurer@secla.ca for more details. No experience necessary!

Edmonton Tool Library

Wouldn't it be great if there was a place to borrow tools that you only need occasionally rather than having to rent or buy your own? Well, the wait is over! The Edmonton Tool Library (ETL) is just like a book library but for hand and power tools. Located in the Bellevue Community Hall (7308 112 Ave NW) the ETL is a volunteer run non-profit organization that is focused on helping the communities of Edmonton to become more beautiful and sustainable. Annual individual memberships are available for \$50 and annual community league memberships, which provide access to all community members, are only \$250. Check the ETL website to see if your league is already a member and if not send a message to your league to request a membership is purchased for your area. Then head to the ETL website (edmontontoollibrary.ca) to browse and reserve the tool inventory, with in person pickups and returns at the Bellevue location available per the calendar on the ETL website. It's as simple as that!





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SECLA Board Contacts

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



SATURDAY Oct 22
10AM-3 PM

SUNDAY Oct 23
11AM-3 PM

Donations accepted at the South Door starting Oct 3
Please ensure that all your items are clean
Donations will be accepted until Noon Oct 21
Bake Sale Items accepted October 21.



DO NOT BRING: upholstered furniture, baby furniture & supplies, encyclopedia, mattresses, pillows, computer software, hardware and out of date technology, VHS tapes, cassettes, magazines, large furniture and TV's, soft toys, clothing, shoes, suitcases, plastic food containers.


Save Christmas items for our Dec 3rd Re-Use Sale. Donations accepted Nov 21



South East Edmonton Seniors Association
9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8
780-468-1985 • info@seesa.ca • www.seesa.ca

In recognition of Truth and Reconciliation Day, we invite you to participate in a KIAROS Blanket Exercise provided by the Bent Arrow Traditional Healing Society.

1 - 4 P.M.
THURSDAY, SEPTEMBER 29




THE KIAROS BLANKET EXERCISE IS AN IMPACTFUL AND HANDS-ON LEARNING EXPERIENCE TO INFORM OTHERS ABOUT THE HISTORY AND IMPACT OF SETTLEMENT AND COLONIZATION IN WHAT-IS-NOW-CALLED CANADA, INCLUDING THE CREATION OF RESIDENTIAL SCHOOLS IN CANADA, AND HOW IT CONTINUES TO IMPACT THE MODERN-DAY LIVES OF INDIGENOUS COMMUNITIES.

THE AFTERNOON WILL OPEN WITH A SMUDGING CEREMONY.
THERE WILL BE RECOGNITION OF CHILDREN WHO NEVER CAME HOME FROM RESIDENTIAL SCHOOL.

EVERYONE WELCOME
REGISTER BY PHONE 780-468-1985
IN PERSON 9350 - 82 Street NW







BOOK SALE

October 17 - 21
9:00 a.m. - 3:30 p.m.

Donations of used books can be dropped off at SEESA's South Doors October 3 - 21

We do not accept encyclopedia, bibles/religious books, magazines, Readers Digest condensed versions, medical books, "How to" books, atlases, phonebooks, maps





South East Edmonton Seniors Association
9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8
780-468-1985 • info@seesa.ca • www.seesa.ca



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



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Southwoods
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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
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- 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

Meet Your Community League Board

Programs - Jackie Housden

Jackie has lived in Avonmore for almost 5 years. Originally vying for a house in Ritchie but ultimately outbid, she has no regrets about ending up in Avonmore. Her family loves being close to the ravine, but also to many major commuting routes and they are anxiously awaiting the LRT to run on 83rd street. The friendly neighbours are also very lovely and since the addition of their Labsky (Churro), she has had the opportunity to meet so many Avonmore residents. The past 5 years have been spent raising their son, but she has recently started working part time at a local shop and is working on operating a small business from home. Her background

is in non profit and her partner is in classical animation. In her spare time she enjoys gathering and connecting with friends. This role seemed to make sense to her because she wanted a way to facilitate these interactions in the community. For a long time she's been wanting to get involved but was really prompted when she realised there weren't people stepping up to fill roles on the board. She wants a community that is engaged and realised part of that is stepping in where it's needed. She's looking forward to the new skills that will be acquired in this role but mostly wants to help revitalise the excitement for the great community we live in!

Socktober Halloween Party

We are so excited to be hosting the Socktober Halloween Party again this year! The event is Saturday, October 29, 2022 from 1:00pm - 3:00pm at the Avonmore Community Hall. Why is it called Socktober? Because we ask that you bring a pair or package of new socks to donate to the homeless shelter. There will be carnival games like spooky shuffle board; skel-

eton shooting gallery; whack a monster; and a Frankenstein Obstacle Course. As well as group games, treats, and spooky stories. We require 7 volunteers to make this event a possibility; if you or an older teenager wants to help run a carnival game, please sign up at our volunteer signup page <https://signup.com/go/fDiamhE> or email vicepresident@avonmore.org.

Clothing Swap

We all know the cost of everything is rising, and that reducing, reusing and recycling helps preserve the planet. That's why Avonmore hosted its first clothing swap Saturday Oct 1, 2022.

Based on the event's success, we will host one in the spring as well, so save your clothes that are in good condition! Feedback is appreciated, please email vicepresident@avonmore.org.

Community League Day

Our biggest event of the year - Community League Day was Saturday September 17th. The event was a huge success thanks to our talented and dedicated volunteers. Of course, an event with no attendees is no fun, so thank you to all who showed up and continue to make Avonmore a vibrant community.

A special thank you to Jackie and Ash, who worked tirelessly to put the event together, our grill masters, and to Gino, who diligently registered our 2022 memberships for 3 hours!



Community Coffee

1st and 3rd Wednesdays

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

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

Yoga's Back Starting

September 20 and 21

Does your body need a tune up and alignment after a summer of gardening, hiking, cycling or whatever has kept you moving? Two of our favourite instructors will be back in September to get our bodies back in order and get us ready for fall and winter. Shannon Shea and Kathryn Boehm are both experienced instructors in yoga and Pilates. They know all the common weak spots and how to best address what ails us. They are also excellent at tailoring their programs to meet the needs of class members.

In person classes at the hall: Tuesdays at 6:45 p.m. September 20 to December 20.

Limit of 15 per class. Fee: \$160 per person for the full session of 14 classes or \$15 for drop ins. Instructor: Shannon Shea.

Online classes via Zoom: Wednesdays at 7:00 p.m. September 21 to December 21. No limit to class size. Classes are live online on Wednesdays and a recording of the class is sent to registrants after the class so they can repeat the class or take it for the first time if they missed that Wednesday. Fee: \$160 per person or \$200 for 2 people from the same household for the full session of 14 classes.

To learn more and/or to register contact: Anita Lunden, Past President of Avonmore Community League president@avonmore.org.

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

Our next event will be:

Successes and Failures Presentation and Discussion: At the Hall in November. If you are new to Avonmore and/or new to gardening, you'll want to attend this session. It provides you first hand knowledge of what grows well in Avonmore and what doesn't, special tricks and techniques to enhance production and the scoop on who has collected seeds for what plants. Date will be announced on our facebook page and via email to members. NOTE: Everyone please take pictures of your successes and failures to share in November.

Parent, Baby and Tot Playgroup

Thanks to our wonderful volunteer Katie, this program is set to resume September 19th. 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 par-

ents 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. A special thank you to Tracy for running this group for the past couple years.

Little Kicker Soccer for Preschool Ages

Avonmore Community League is excited to partner with Little Kickers to offer children in the neighbourhood another option for both indoor and outdoor soccer.

Little Kickers is a professionally run soccer academy that offers a fun and imaginative introduction to soccer for children 18 months

to 7 years old. Registration is open, with indoor soccer available starting October 1st, with an open rolling start date. Classes are at the Avonmore School Gymnasium Thursday evening and Saturday mornings, go to <https://www.littlekickers.ca/find-a-class> to register.

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 commu-

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

Active Avonmore - Avonmore Moves

Active Avonmore is changing hands and is under new management! Dave Moon has agreed to take over management of this program so stay tuned for exciting things to come in this program.

Hall Rental

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

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 offer-

ing 15% off on all their maple products online or instore by applying the promo code (VIP-CODE).

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.

Soccer

Going into Indoor season the EMSA South East zone has merged with Millwoods and Beaumont to create a large EMSA South zone. This will benefit our club team and things should not change for the U5 and U7 teams as they will continue to be community based.

We are currently looking for a new soccer director to take over as Boris has been doing

this for more than 15 years and is going to move on. The current role will be reduced due to the merger with Millwoods. Boris will be available to help guide and train the new director. All inquiries please contact sports@avonmore.org.

Indoor 2022/23 Registration opens August 2nd in the portal.

Shinny Ice Hockey

Fall/Winter sessions will begin 1st week of October (Friday's 10:45pm @ Kenilworth arena).

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.

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 1/2 hour of music

and dance from our wonderful music teacher Dawn Bissett. Save these music class dates: November 7th, December 5th, January 16th, February 13th, April 17th, May 8th.

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.

Casino Fundraiser

Alberta has a unique charitable gaming model, where a portion of casino proceeds is donated to eligible charities who have applied. The Avonmore Community League received the opportunity to operate a casino fundraiser Monday October 10, and Tuesday October 11th, right next door at the Pure Casino on Argyll. In order to receive the considerable funds this would bring in, we require dozens of selfless volunteers.

We need people to fill the Manager, Bank-

er, Cashier, Chip Runner, and Count Room volunteer roles. There are 2 shifts on each day. The day shift runs roughly from 9 AM to 7 PM (exact time varies with each task) and the evening shift runs from approximately 7 PM to 4 AM. All roles will be trained, and are easy and generally fun activities. Meals are provided to volunteers at no charge. Check-out our sign up page at <https://signup.com/go/RwnJNWp> for more information and to sign yourself up, we need 5 more volunteers!

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 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

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



October 14, 2022

Tickets: \$30/person

Tickets available until **October 3rd** at SEESA Front Desk, 9350 82 Street, NW or by Phone 780.468.1985

Doors Open at: 5:00 p.m.

Dinner: 6:00 p.m.

*Bratwurst, Sauerkraut, Potato Salad,
Buns, Apple Strudel
(vegetarian option available)*

Cash Bar

Entertainment: Schuhplattlers





CAPILANO COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Kyle	treasurer@capilanocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@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	Lyris	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

Capilano Community is using the Nextdoor app!

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 October 18th

--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!

Capilano Playschool – Registration Open

Capilano Playschool is accepting registrations for the 2022 – 2023 school year. We offer a choice of our Healthy Apple (health and wellness) or Christian program.

We run morning classes two or three days per week. All classes are for 3- and 4-year-olds and include a “Learn Through Play” philosophy that facilitates children learning letters, numbers, socialization and self-regulation skills through physical activity, art and

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

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

Choose Capilano Hall for your Event

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

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

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

Capilano Community Memberships 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.

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.

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 Babysitting Registry

Parents of Capilano: Could you use an extra set of hands to keep the kids busy while you do the yard work or take a night out this summer? Consider hiring a babysitter from Capilano's Babysitting Registry!

Email babysittingregistry@capilanocl.ca to be matched with sitters in your area. Babysitters who are looking to meet new families are welcome to email as well, to be added to the registry.

Yoga at Capilano Community Hall

Day: Wednesday mornings. Current session started September 14

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

Cost: \$10 per class if you sign up for 6 or 8 classes

\$12 drop in

Try one class free

Each class has a theme that is designed to allow you to move at your own pace and level and include: calming the mind, warm up with stretching, move to standing postures then

back to the mat for relaxation. Various yoga postures are sequenced to work together and are often focused on releasing tension in the common areas, neck shoulders, lower back, and hips.

Working to increase strength and stability in the body. Harmony and rejuvenated energy with an improved mood. Look for updates on Capilano face book page and the community's website. Contact Nancy_conlin@hotmail.com for registration and inquiries.

Karate is back at Capilano this fall!

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.

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 September 6/8 -

Oct25/27. Next session starts in November.

\$88 (80 for CCL members) one day a week (8 classes).

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

Drop-in rate is \$13

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

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!

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 September 8 – October 7. Next session starts in November.

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

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

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.

Green Shack Wrap Up!

Laughter, games, crafts, water, and pop-sicles marked the end of another successful summer Green Shack program in Capilano Community! Big thanks to our leader Kyle for

planning so many fun activities and a shout out to the kids of Capilano for participating and helping to create a safe and welcoming environment for everyone. See you next summer!

Free swim for Capilano 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.

Thank you All Care Pharmacy!

Thank you to All Care Pharmacy (5016-106 Ave) and their contribution to the Outdoor Movie Night on September 10. We appreciate

their willingness to support such events and are so grateful to have them in our community.

TRY CURLING?

**Fee Incentives for New Teams/Individuals
to the Ottewell Curling Club.
Call or email for Information.**

No experience necessary!

Monday, Wednesday & Thursday Open Leagues

**Teams & Singles Welcome
No experience necessary!**

Tuesday Ladies League

**Teams & Singles Welcome
No late draws!**

Senior Daytime Leagues

**Available for men and women.
Stick curlers welcome.**

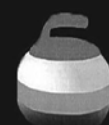
Friday Mixed/Open League

**Teams & Singles Welcome
No late draws. Great night out!**

FREE Lessons

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Cloverdale Community League

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: Lisa & Clay 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

Help Make Card Night a Full House!

With so much interest in a community card night, it's time to "go fish" for a team to lead and organize a fun night! Whether you're a jack-of-all-trades, or the queen of hearts, we

need your help in starting this new event series! Contact socialdirector@cloverdalecommunity.com with your ideas and let's go all in for Cloverdale card night!

Traditional Berry & Urban Forest Teachings

Join us on October 22 at the Community Hall for an educational experience with Indigenous elders and food & community researchers. Enjoy eats like veggie and meat

bannock dogs, berry teas, and learn about the native plants in our River Valley. For more information on this event, please visit cloverdalecommunity.com/Berries22

Rink Repair Pushed to Spring

The Cloverdale rink was scheduled for an overhaul this summer, but was unfortunately delayed due to timeline issues and other circumstances. In order to have a usable rink

for this skating season, the CCL board has decided to push the renovations until early spring. We appreciate your patience while we work on getting this project to the finish line!

Create a Christmas Tablescape!

Cloverdale's Women & Wine group will be hosting a floral centerpiece creation event on November 2 at 7:30 at the hall. Learn how to create stunning Christmas-themed green-

eries for your home, while getting to know other community members! Visit the "News" section on the Cloverdale website closer to the event date for more info.

Cloverdale Seeks New President & Vice-President

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 maintains 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.

New Membership Perks

Did you know that your Community League membership expired September 1st? Renew yours online at efcl.org/membership-purchase. Membership gives you access to Cloverdale programs like the Community Garden Club, sportsball, skating, yoga, and more. You can also receive a 20% discount at any City of Edmonton recreation centre and have access to any outdoor community league rink in the

city. There are also some discounted access to University of Alberta services, Cloverdale Paint, Acclaimed Heating, Yardly, Orbis Sports, House of Wheels, and more! As a member, you can also vote in major community policies or join the board. This year includes a new perk specific to Cloverdale: 10% discount at Culina Muttart! Renew your membership at efcl.org/membership-purchase.

Hatha Yoga at the Hall

Cloverdale Hatha Yoga classes are coming up! Join Colleen Dibden for these 8-week sessions for any ability level. The classes run from 9:30am to 10:30 am on Fridays, starting on October 21st through December 9 at the Community League Hall. Work on postures that strengthen and increase flexibility, learn

meditation and breathing techniques, and leave feeling refreshed, relaxed, and more connected. Pre-register now by calling 780-236-0063, or email cl.dibden@gmail.com.

Community League members: \$96
Non-Members: \$120
Drop-Ins: \$15 per class

Get Your Little One Rolling with Sportball

Build your child's competence, confidence, and physical literacy — building skills for life! All games, activities, and instructions have a purpose and expected outcome. Register your child today at cloverdalecommunity.com/sportsball-fall-winter-2022/

Join the 2–3.5 year old parented group, or drop off your 3.5 to 8 year old for about an hour of weekly fun! More info for Sportball is at sportball.ca/edmonton

Folk Fest 2022 Summary

This year, 50 Musicians, 2600 Volunteers, 30 Vendors, 30 Artisan Market Vendors and an incredible 56,000 guests came to our beautiful Gallagher Park for the Edmonton Folk Music Festival! A huge shout out goes to the Cloverdale Youth Group with their family members that ran the CCL Concession during the festival weekend. The 22 kids from Cloverdale raised \$431.83 for the Red Cross, which was then matched by the CCL board. Among the many changes this year, our Community League took over the distribution of the wristbands along with the parking passes. We now have the strongest membership ever to date, several new volunteers have joined us, and the Cloverdale Community Board is grateful for everyone's contributions to help-

ing our community come together. Please visit cloverdalecommunity.com/folk-fest-thank-you for our full thank you from the Folk Fest Liaison!

This year, the grass on the hill underwent remediation with help from the City, who engaged a contractor to complete the project. The sweeping and removal of the loose sand and added gravel brought in by Folk Fest should be completed this fall.

A folk fest committee is being organized by the CCL board to help advocate for the needs of our community, including negotiations regarding ticket distribution and more. This is luckily a popular committee, so if you are interested in joining, please apply by emailing Jayne at folkfest@cloverdalecommunity.com

Jazz Night with PJ Perry

Enjoy the smooth sax sounds of a legend! Join us on Saturday, November 19th at the Cloverdale Hall for an unforgettable night of music. PJ Perry will be joined by Chris Andrew, Paul

Johnston, and Dave Laing. Tickets are \$15 for community members, and \$20 for non-members. Stay tuned to the "News" section on the website closer to the event date to buy tickets!

Halloween Party

Ready for a spooky family-friendly halloween party? Join your neighbours at the CCL Hall on October 29 for a halloween celebration! For more event details, visit the "News" section on our website: CloverdaleCommunity.com

Briefs from the board

NEXT BOARD MEETING: Everyone in the community is welcome to attend board meetings. Our next one will be Wednesday, October 5 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: Get a membership to support the community and take advantage of the weekly free swims and other perks. **Check out our website to purchase your membership online without a surcharge.** For those who prefer CASH, you can continue to purchase memberships at Grower Direct (7231-101 Ave), SEESA, or any Servus Credit Union (\$5 surcharge). You can continue to purchase online memberships through efcl.org/membership (\$5 surcharge). First memberships are always free, but can ONLY be obtained by contacting Sonya at memberships@forestterrace.org or 780-463-1613.

Flowers for Fine Neighbours

Tammy and Kuni nominated Gary for his outstanding contribution to their neighbourhood. Tammy writes: "Gary spends time every day, year round helping out on our block. Whether it's shovelling snow, trimming bushes, mowing lawns, cleaning up graffiti, decorating people's homes with Christmas lights, digging out weeds, sweeping/blowing sidewalks after rain storms, clearing drainage holes at intersections... the list goes on! If he sees an opportunity to help someone he's

in it. He's friendly to everyone on the block and many of us refer to him as the hero of our street." Gary has a big heart for his community as well as his family. Congratulations Gary on being our "Neighbour of the Month!"

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

Forest Heights School Playground: Upcoming Fundraisers

Details at <https://fhsplayground.wixsite.com/play>

-Bottle Drop: Bring your bottles down to the Forest Heights School Parking lot (10304 81 st) on September 24th, 2022. If you require pick up (3 or more bags) please email

fhsplayground@gmail.com

-WEST EDMONTON MALL World Waterpark tentative date October 30th, 8-11am. Tickets will be priced at \$30 and will be available at the school in September.

October Puzzle Contest

RSVP at forestterrace.org/event-info/october-puzzle-contest for our new contest now and pick up a puzzle on October 16th. Choose

from 500- or 1,000-piece puzzles, either regular or mystery! Contact Molly at events@forestterrace.org for more information.

Abundant Community Edmonton

The Abundant Community Edmonton program was started before the pandemic to promote belonging and inclusion in our neigh-

bourhoods. If you think you may be interested in volunteering in the role on your block, please contact CoraLee at 780-430-4307.

Meet Your Neighbour Pub Night

Wednesday, October 13: Come out to Fleisch (8210 106 Ave NW) to meet up with neighbours old and new! Drop in anytime between 7-9pm. Contact meagan@forestterrace.org to RSVP or for more info.

Little Free Libraries mapped


Thanks to everyone who contributed to our map of all the book-sharing boxes in and near Forest and Terrace Heights. So far, 18 are pinpointed on the map posted at forestterrace.org/programs. If you would like to add

more, please send the addresses to events@forestterrace.org.

Little Free Libraries are intended to allow for the free exchange of books among community members.




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Millar Western
G&E Pharmacy
From Forest Heights School



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

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New info to be added to food labels



Sugar is a carbohydrate and is found naturally in fruits, vegetables, and dairy products. Sugar is also added to food and drinks to improve taste, texture or shelf life.

Too much sugar, however, can lead to dental cavities in children, and may lead to people eating more calories than we need.

To help you make lower sugar choices, look for a new front-of-package symbol that will appear on some packaged foods in Canada. Food companies have until 2026 to put a front-of-package label that will tell you if a food is high in sugar, sodium (salt), or saturated fat.

The new nutrition label will look like a black-and-white symbol of a magnifying glass and will be beside any ingredient the food is high in. This symbol can help you when you are grocery shopping, so you can

choose foods that are low in sugar. Regular pop, candies, chocolates, frozen desserts, and baked goods add the most sugar to Canadians' diets.

To lower the amount of sugar in your diet:

- Choose water to drink instead of regular pop, juice, or other sweetened drinks.
- Try baking at home and lower the amount of sugar in your recipes.
- Choose snacks such as fruit, yogurt, or nuts more often than candies, chocolates, frozen desserts or baked goods.
- Choose plain milk or plain yogurt instead of flavoured ones. You can mix in fruit, unsweetened granola, or nut butter to plain yogurt to give it extra flavor.
- Limit the amount of prepackaged foods with the "high in sugar" label



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Halloween Safety

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

Trick-or-Treaters

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

Parents

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

Costumes

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

www.albertahealthservices.ca

Programs for Parenting

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

• Music & 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 – 10:30 am
Fulton Place Community League Hall
6115 Fulton Road
September 21 – December 7, 2022

• 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 11:30 – 12 noon
October 5 – 26 November 9 – 30
Online via Zoom

Messy Play



In this 10 week program, participants have the opportunity to join along in some songs, stories, movement, and various types of sensory play that are seasonally appropriate and fun to explore. At the beginning of each class, we come together as a group to participate in a story that relates to the experiences that are available to explore. A copy of any of the recipes used during the program will be available so that messy play can be created again and again.

Thursdays from 9:30 – 10:30 am
September 29 - December 8
Fulton Place Community League Hall
6115 Fulton Road



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Ask Charles



I'm selling my home, and the potential buyers also want to use my real estate professional to represent them. Is that allowed?

Yes, that's allowed. The situation you're referring to is called transaction brokerage. Transaction brokerage is a service option when your real estate professional represents a buyer client interested in purchasing the property in which you are the seller client. The reverse is also true—transaction brokerage is a service option when you're interested in buying a property and the property's seller is also represented by your real estate professional.

When a real estate professional works on behalf of only one client in a transaction—the buyer or the seller—they have legal responsibilities, which include:

- undivided loyalty to their client
- acting in their client's best interest at all times
- the duty to avoid conflicts of interest

- the duty to disclose conflicts of interest when they arrive.

Transaction brokerage changes the services your real estate professional is able to provide to you and to the other party in the transaction. A real estate professional who is working with both the buyer and the seller in a transaction cannot fulfill all of their legal responsibilities because there is a conflict between the best interests of the buyer and those of the seller. The buyer wants to pay as little as possible for the property, while the seller wants to sell their property for the highest possible price. It is impossible for a real estate professional to advocate for and represent the best interests of a buyer client AND seller client in the same transaction.

This is when and why transaction brokerage becomes an option. In transaction brokerage, the real estate professional will provide facilitation services to you and the other party.

Managing stress through meditation

Meditation is one way to help you relax and relieve stress.

The goal of mindful meditation is to focus your attention on the things that are happening right now, in the present moment. The idea is to note what you experience without trying to change it.

Meditation can help you relax, because you are not worrying about what happened before or what may occur in the future.

You don't need any special tools or equipment to practice this meditation. You just sit in a comfortable position in a chair or on the floor. Or you can lie down, if that is more comfortable.

If your mind wanders, don't worry or judge yourself. When you become aware that your thoughts are wandering, simply focus again on the present moment. One way to do this is by paying attention to your body. For example, is your breathing fast or slow, deep or shallow?

Meditation may bring up certain feelings or emotions. If this happens, don't try to rid your mind of these feelings. Just focus on what you feel at the present moment. Don't get lost in the thoughts that those feelings might trigger.

Getting ready

- Choose a time and place where you can meditate without being interrupted. Try to find a quiet place, but don't worry if there are some noises, such as traffic. That kind of noise is



just part of the present moment.

- When you start, try to meditate for only 10 minutes at a time. Then you can increase the time bit by bit. You can also try meditating for 10 minutes in the morning and 10 minutes in the evening.

The practice

- Sit in a comfortable position, either in a chair or on the floor. Or you can lie down, if that is more comfortable. You can close your eyes, or you can look down, keeping your gaze a few centimetres in front of you on the floor.

- As you sit, start to pay attention to your breathing. This is a good way to focus your attention on what is happening right now. Don't try to change your breathing. Just notice how it feels in your lungs and chest.

- If your mind wanders, don't worry or feel bad about yourself. Try to notice your thoughts, such as "I wonder what I will need to do at work today." Then let the thought go, and bring your focus back to the present moment and your breathing. You may do this over and over again during a meditation session. That's OK.

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My August **SOLD Activity:**

- (1). \$120K Condo Listing in Country Gardens, Age 50+ (Brander Gardens – SW)
- (2). \$200K Condo Listing in The Legacy – Downtown
- (3). \$275K House Listing in Calmar (Rural Edm. South)
- (4). \$275K Buyer Purchase Condo: The Conservatory at Mill Creek (Avonmore)
- (5). \$830K Buyer Purchase: Lacombe Park in St. Albert



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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 Notice: 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.

Summer Concert Series Success Once Again

Our summer concert series was a great success once again! During July and August we were pleased to host the following performers on the drive for our summer concerts on Saturday nights: Kaley Kinjo, Harold Wollin, Meridian Line, Jenesia, and Ann Vriend. Additionally, we had a full day of music to wrap up our summer concert series, where we had music throughout the day, food trucks, kids games, and we estimate that over 500

people attended through the day. We were so pleased to see our community members out enjoying the performances and spending time socializing with neighbors. The shows were sponsored by the community league, but we collected donations for the Hardisty Playground Expansion Committee at the concerts, and are pleased to report that we raised over \$3000 for the project. Thanks to all who came out and enjoyed the concert series!

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.

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.

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

Fall Garden Swap

We were pleased to have another successful fall garden swap on Sept 10th. Produce, books, tools, lawn ornaments, perennials, native plants, and indoor plants arrived and were taken by many happy recipients. Patrons had lots of time to chat about plants and share their knowledge with others - it was wonderful to see plant questions asked and answered immediately; we have so many knowledgeable gardeners. Thanks to all who attended our event.

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

Book your SNOW REMOVAL service today!

<https://edmonton.communityvotes.com/2021/02/services/snow-removal>



Fast Service - Free Estimates
Geoff Harris PH# 780-497-2781
E-Mail Snowclearing@yahoo.ca

6S Maintenance was nominated in the Best Snow Removal category.

Respect your neighbourhood. SEESA affiliated, in good standing with good recommendations.

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

Goldbar Community Memberships Available Now!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82 St) come check out these wonderful business and pick up your community membership. Check your local pool for community swim times. Please Remember Your Card. **WE NEED YOUR HELP!! PLEASE VOLUNTEER TO SELL TO A ROUTE NEAR YOU!** If you're interested in helping

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

With your membership you have FREE access to the Edmonton Tool Library, and the Community Swim at Hardisty Pool from 1:15-2:45 Sundays. You can purchase memberships at any of the above places or Call Amy Cooper 780- 668-6836. Adults/Family \$20 and seniors \$5.

The Hall is available to rent

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.

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.

Yoga is back for the Fall!

Are you looking to increase strength and stability in the body?

Do you want more harmony and rejuvenated energy with an improved mood and clarity of mind awareness?

Come join us for our yoga classes at the Hall!

Mondays 11:00 am - 12:00 pm

Wednesdays 8:15 - 9:15 pm

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

Drop in pay \$12

All of our community league members get to try one class free!

Mom and Me Fitness

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

This session Runs Sept 12- Oct 24 – No class Oct 10

Mondays from 930-1030am

Contact Lisa to register or with any questions.

Mondays \$70

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

GREATER HARDISTY AREA FAMILY FUN DAY

On behalf of the residents of Fulton, Capilano, Forest Terrace heights and Goldbar community League



SPONSORED ANNUALLY SINCE 2011 BY STRATHCONA INDUSTRIAL ASSOCIATION, CELANESE, EPCOR, ENBRIDGE & IMPERIAL OIL

Thank you to our sponsors and volunteers of the 10th annual Greater hardisty Area Family fun day and supplying the Epcor water truck, Outdoor air station education, prizes, Jons Funny farm petting zoo and pony rides, balloon artists, face painters, glitter tattoos, bounce theory outdoor toys,dynamo dogs show, and a free hotdog lunch.

See you next year on September 16, 2023

Volunteers Wanted

Would you like to volunteer one or two hours at an event hosted by the Gold Bar Community League? If you are 15 years or older, we would be happy if you could join us at an event at the hall. We need help with the seniors tea, christmas 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 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: Tuesday October 25 afternoon/evening

Wed December 7 afternoon/evening

Parkway Bingo Dates: Monday October 31 evening/late night

Thursday November 17 evening/late night

Saturday Dec 3 afternoon only

Sunday Dec 18 evening/late night

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 Sept 11- Oct 30 – no class Oct 9

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



Holyrood Community League Contacts

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

HOLYROOD GÜD BOX

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

The box is available for next day home

delivery 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



All of this
produce
for only
\$30?

Support the Holyrood
Community with this fresh
seasonal produce box



thegudbox.ca/holyrood

BOARD VOLUNTEERS NEEDED

We have an opening for one of our most important volunteer opportunities: Holyrood Soccer Director! **This position is vital to our community; without a Soccer Director, there will be no summer soccer programming in Holyrood.**

The role of the Soccer Director is greatly reduced since the newly formed Edmonton Minor Soccer Association (EMSA) South division. The present directors are willing to work with the new director to help with the transition.

List of responsibilities for new volunteer include:

- Advocate for Holyrood
- Work as a liaison between the Holyrood Community League board and EMSA South by relaying important information to the Sports Director.
- Attend meetings with EMSA South
- Run Super Soccer Saturday - our end of the soccer season party!

If you are interested in this position, please contact programs@holyroodcommunity.org

COMMUNITY SKATING RINK ICEMAKER AND ATTENDANT NEEDED

Both positions are paid positions, email communications@holyroodcommunity.org for more information or to apply.

Rink Attendants are responsible for monitoring Holyrood's outdoor ice and rink warm-up building (rink shack) during posted Rink Shack Hours. Rink Attendant 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 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

Thank you to all our
volunteers and
sponsors who made
our event a success!



We need your input!

Scan the QR code to complete the Holyrood Community League Membership Survey or go to www.facebook.com/HolyroodCommunityLeague

YOGA WITH BARB

Starting September 29 through to December 15, 2022

12 week course at \$120
(Drop-in welcomed at \$15 per class/adult \$8 per child/youth)

Thursday evenings from 7:00 to 8:15 pm
St. Luke's Anglican Church, 8424 95 Ave NW Edmonton

Move and stretch through gentle and accessible yoga poses while also learning calming techniques to live with more ease and joy.

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

HOLYROOD COMMUNITY PLAYGROUP

We are back! Please join us for the Holyrood Community League Playgroup

Thursday mornings starting September 22. Holyrood Community League invites you to join us every Thursday for our drop in playgroup for caregivers of preschool aged kids. Winters can be long and cold, get out of the house with your littles and have a hot coffee and an easy chat with your neigh-

bours. 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

PLAYGROUP VOLUNTEER NEEDED!

Holyrood Drop in Playgroup is looking for YOU to help! We are in need of a volunteer playgroup coordinator to help once per week to keep our playgroup running.

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.

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.

COMMUNITY LEAGUE DAY A SUCCESS

Thanks to everyone who donated their time to volunteer, as well as our sponsors ATCO, City of Edmonton and Edmonton Arts Council. It was wonderful to see our community come together and celebrate, and the kids had so much fun. We can't wait to see you next year!

We want to hear from Holyroodians about

what you'd like to see happening in Holyrood! Please complete the membership survey which includes questions about community safety, and a wellbeing grant the League is considering applying for. Check out the ad on this page, scan the QR code using your smartphone camera, and let us know what you think about living in Holyrood!

SEE YOU NEXT SUMMER, GREEN SHACK!

Green Shack was able to run successfully this summer. Our Green Shack started on July 4 and ran through August 25 Monday - Friday from 2:30pm - 5:30 pm, with only one day of closures for air quality this year! Our

city leaders reported a core group of 15 kids coming most days and many others joining in for games and fun throughout the summer. Thank you to all who participated, we look forward to seeing you again next summer!

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.

Does your teen struggle with writing and reading?

Are their needs lost in the shuffle of a large high school classroom?

I use engaging, individualized coaching strategies to help teens
- understand literature and other reading selections
- produce thoughtful, well-organized writing
- rebuild their self-confidence

I am a qualified teacher and published freelance writer. Parent references and security clearance available on request.

Neurodivergent, 2SLGBTQ+, and BIPOC students especially welcome.



Pamela Young
B.Ed. M.Ed. Ph.D.

pamelayoung.ca
pamelajoanyoung@gmail.com

Volunteer Rink Attendants Wanted!



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

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

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

Contact
programs@holyroodcommunity.org
to apply

Podiatric foot care! 780-466-5290

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

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

www.greenwayspodiatric.ca



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
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)

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.

Cool off for less!

Scona Pool is offering a flat rate of \$5 per person for all Edmonton community league members – from any community league in the city.

Show your community league membership card prior to payment to get your discounted flat rate. Regular prices are \$6 for children and \$8.75 for adults.

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.

Thank you to our Casino Volunteers

Thank you to all our casino volunteers who helped to make our casino run smoothly and successfully. Casino funding is the main way we can pay for our programs and social

events and allows us to continue to offer free memberships. So thank you to all the volunteers who came out on August 17 & 18, your time and effort are very much appreciated!

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.

Community League Day Idylwylde Express



Idylwylde's longest wooden railway track was a success. Thank you to all the volunteers who came out to help build tracks and paint houses. Many brought their own decorations to help the railway look really unique. We had all kinds of wonderful things including farms, dinosaurs, an airplane, and lots of decorated houses. The track measured a distance of 15meters, and there were 255

tracks used to build it. The Idylwylde express had to lose some of its decorations to make it through, but it successfully delivered its spirit through-out the Idylwylde Park. CHOO CHOO!

Special Thanks to all those who contributed: Wayne(our oldest contributor), Carly, Nathan, Nicklas, Dax, Sylvie, Reina, Josie, Joseph, Nellie, Natalie, and Isaac.

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.

Fitness Classes

Free with 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 pm.

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.

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 Day

Thanks to all the volunteers from the community who helped out with a fun afternoon in the park. Special thanks to our social chair Yulia for finding great food from The Western

Sandwich Company and amazing music from Stevon and Kayla. Keep your eyes on facebook for future events at the Idylwylde Community League.

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	loidal@loidahomes.ca
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Neighborhood Watch	Luann	
Buildings/Grounds	Open	grounds@kenilworthcommunity.com
Children's Programs	Open	childrensprogram@kenilworthcommunity.com
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
SouthEast Voice	Jason	sev@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Kevin	please email President for direct information
Social	John	please email President for direct information

CONTACT US!

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

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

Membership Event

Thank you to everyone for all the great help with all the areas at Kenilworth's membership event. Every area was awesome and we appreciate the great people working.

We think this was our biggest attendance ever! We used 168 plates but some people took hot dogs with no plate so our best guesstimate was 175.

See everyone again next year... THANK YOU!!!

Scrapbooking-Card Making Sale

This sale will be held at Kenilworth Community Hall - 7104 - 87 Avenue, on Saturday October 15, 2022 from 9:30 to 1:00 P.M.

Great bargains for your next projects.

There will be a concession on site.

Kenilworth Dog Park

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

This dog park only works with your support.

Each morning prior to 9 am the dog park is unlocked. Each evening any time after 9 pm the dog park is locked up. This is done to prevent any vandalism to the rink. It takes great volunteers to help unlock and lock the dog park.

Sign up today for a one-week shift of either opening or locking, or both. You will be contacted prior to your shift with lock box details.

<https://signup.com/go/rUUKShp>
The City of Edmonton provides a license for KCL to provide the off leash park.

This is supported by City of Edmonton by-laws.

Bylaw information including:

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

ii) Dogs must be kept under control at all times

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

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

VOLUNTEER OPPORTUNITIES

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

We have the following volunteer position available:

Grant Writer: It is always great to have a volunteer that has their ear to where the money is and can create a grant to help us benefit. If you enjoy writing and have some volunteer time to put grants together, we could use your help.

Buildings and Grounds:

Many hands make for light work.

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

Some examples of volunteer tasks:

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

tractor 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!



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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




780-495-8404

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www.heathermcpherson.ndp.ca

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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

Learn more about newborn

September is Newborn Screening Awareness Month in Alberta.

Are you a new or expecting parent? Newborn screening is an essential public health service that offers screening to all babies born or living in Alberta for serious but treatable conditions. Finding these conditions early means babies get the treatment they need when it can help them the most.

In Alberta, there are two parts to newborn screening: Blood spot screening (sometimes referred to as "heel poke") and hearing screening.

- Blood spot screening is provided by Alberta's Newborn Metabolic Screening (NMS) Program. It is used to find out if your baby has one of 22 treatable conditions that can't be seen just by looking at your baby. Finding and treating these conditions early can help prevent health problems, improve your baby's overall health, and may even save your baby's life.

- Newborn hearing screening is provided by Alberta's Early Hearing Detection and Intervention (EHDI) Program and identifies if your baby has permanent hearing loss as early as possible. Hearing is important for a child's brain development. Finding hearing loss early can help prevent delays in your child's speech, learning and social skills.

Community Free Swim

Free swim with proof of Kenilworth community membership:

Commonwealth Community Recreation Centre or Eastglen

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

Sunday: 1:00 pm - 3:00 pm

Start Date: January 2, 2022

End Date: August 28, 2022

*Eastglen has graciously invited Common-

wealth Community League swim members the option of attending either at Commonwealth or Eastglen during the regularly scheduled Community Swim times.

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

Upcoming Events

Save the date. More information closer to each event:

Classy Craft Creations Market October 1

Scrapbooking/Cardmaking Sale October 15

Chili Supper November 25

KCL Youth Group

KCL Youth are looking for adult and youth volunteers.

To get involved or to get more information contact:

youth@kenilworthcommunity.com

Involved in a Collision?

Report to a Collision Reporting Centre



Edmonton
Accident Support Services Ltd.

edmontonpolice.ca/ReportACollision

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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 Community League Walking Program!

Meet your neighbours and enjoy some physical activity right in the community!

We will be walking every second Saturday from 10 - 11am on August 13 and 27.

Community League residents can walk with or without walking poles, but you must bring your own poles as none will be provided.

Open to anyone wishing to get active!

Contact Melanie at letsgetactive5@gmail.com or 780 722-7558 for more info.

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

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Ottewell

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Vice President – Tom
Secretary – Becca
Treasurer – Open
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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 Babysitter's Registry



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

Sign-up for parents: <https://forms.gle/uS-55cy1DB4FnNAB58>

OCL Media



Find us on social media.

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at [Ottewell.ca](https://ottewell.ca)

Monthly Ottewell Community League Meeting In-Person

Have an exciting idea? Curious about what the City of Edmonton is doing in our community? Get involved and find out more at 6:30 PM, Tuesday, October 18 at Ottewell Community Hall. Meetings are held the third Tuesday of each month at 6:30 PM. All are welcome.

Girl Guides

We are excited for a new Guiding year! Please visit www.girlguides.ca for registration/program information. Interested in volunteering? Please reach out to any-edmhelenburn-sdc@girlguides.ca for volunteer opportunities/info about our local community units.

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 -Ottewellcommunityfarmersmarket

Instagram -oclfarmersmarket

Website -ottewell.ca

Interested in Marketing and Website Design?

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

Love creating content for social media accounts? If you are interested in photography, telling stories, or connecting people to programs and events they love email ottewell2212@gmail.com to find out more. No website experience necessary. 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!

Volunteer with the Ottewell Community

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.com.

Free Swim Times with OCL Membership

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

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

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

City of Edmonton Reminder

Neighbours, City of Edmonton would like us to remind you that dogs are not allowed in the park, as per the City's dog bylaw. This includes the playground and rink areas. Thank you for your cooperation.

Abundant Community Program

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.

What is pickleball?

Fun, social and friendly. The rules are simple and it's easy to learn. If you play or would like to try it out, check out the Ottewell hockey rink. It

has five pickleball courts

Have questions? Contact oclrink2021@gmail.com

Ottewell Pickleball Drop-In Schedule

Day	Time(s)	Volunteer
Monday		
Tuesday		
Wednesday		
Thursday		
Friday	9:30 am - 12 pm (Starting May 6)	Ben, Midge, Jim
Saturday		
Sunday	10 am - 12:30 pm (Starting May 22)	Gloria, John

Drop-In is free for OCL members (with proof of membership)

Drop-In fee of \$5 for non OCL members or \$10 for a Drop-In Pass

Paddles, nets and balls are available for use.

Memberships/Drop-In Fees

OCL memberships can be purchased at Anvil Coffee House anytime or at the Farmers Market on Thursdays



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WEAR & WARES

Clothing & Small Household Item Exchange

Capilano Christian Assembly
9333 50 St. NW

Saturday, October 22

11:00 am - 1:00 pm



DONATION DROP OFF: Friday, October 21st 2pm - 8 pm
Items donated must be in clean & good usable condition.

Donations may include: clothes, accessories, small household items, small sports equipment, linens, toys & children's books. Donations NOT ACCEPTED: large household items, appliances, fitness equipment, electronics, cribs, strollers, high chairs, baby car seats.

For more information, contact the church office at 780-469-7801 or mail@capilano.org

CAPILANO CHRISTIAN ASSEMBLY

9333 50 Street NW
Edmonton



Thanksgiving Message

This October as thoughts turn to Thanksgiving, consider ways you can help your preschooler practice and express gratitude all year long. Perhaps start by reading with your child from one of the books available at the Edmonton Public Library: Thankful by Eileen Spinelli, The Thankful Book by Todd Parr and Thankful by Elaine Vickers.

You may also begin by saying how grateful you are for the smile your little one flashed you when you came into the room and how happy it made you feel. Then ask what makes

your child feel the same way. Remind yourself as well as your child to say please and thank you throughout the day.

Thanksgiving can mark the start of a daily ritual at dinner or bedtime to tell one another about what you are thankful for. Sharing moments of gratitude improves well-being for everyone, at any age. 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.

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!

Community Garden Harvest Help

An enormous thank you to the dedicated parents and teachers who volunteered to water and keep the gardens alive through the summer holidays! With this important assistance, the gardens are still growing and we have some harvesting to look forward to!

This is a call to your helping hands to care for this land which supports and nurtures us.

When: Saturdays 11:00 AM - 3:00 PM and Wednesdays 4:00 - 6:00 PM

7211 96A Ave NW, Edmonton, AB T6B 1B5

Please bring clippers if you have them and join as much and as often as you can to learn about fall gardening and fill volunteer hours while discovering the beauty and abundance of the fall garden.

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Greg Dunham

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

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SOLD SOLD



Gold Bar: Great entry level property, 3 bedrooms up, 2 full bathrooms, hardwood under carpet, fully fenced west facing yard.



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.



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



Ekota: Millwoods Townhouse renovated top to bottom, 3 bedroom 2 bathroom unit, new kitchen, all new appliances, new flooring, new baseboards, fresh paint, updated bathrooms, fenced yard and 2 parking stalls.