

SOUTHEAST VOICE

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

February 2023



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

Random Acts of Kindness

February 17th is Random Acts of Kindness Day. There are many easy ways to make that day the perfect time to help your child discover that kindness is a superpower! It can brighten the day for everyone involved.

A simple smile, or wave, or happy "Hi!" to a neighbour or friend can warm a chilly day, for you, your child, and the person whom they greet.

Grandparents, parents, and siblings would no doubt appreciate an offer of help, an extra hug.

Scientific studies have shown that acts of kindness bring benefits to both those who give it and those who receive it. And, as a parent, you are helping your child develop important social skills.

Kindness is truly a superpower for

the joy it spreads to so many.

Visit your local public library and ask the librarian to recommend children's books on kindness for preschoolers.

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.

Millcreek Trail Closure

A section of the trail has collapsed into Mill Creek and erosion continues to make it unstable. Please use the nearby upper trail shown on the map to continue enjoying Mill Creek Ravine in a safe way. For further information please contact 311.

SPOTTED IN STRATHEARN



A quinzhee (with built-in slide!) was constructed in Strathearn Park in early January:

ESESA Outdoor Soccer registration



ESESA Outdoor Soccer registration is February 1st - March 15th, 2023.

Season starts in May.

Register online: <https://emsa-south.com/register/register/registration-outdoor/>

For more information visit <https://emsasoutheast.com>

Family Futures

Family Futures Resource Network will be running a free 'Music and Motion' Drop-In Program for children ages 3-6 years and their caregivers every Tuesday afternoon starting January 17th until March 21st from 2:00-4:00pm at the Gold Bar Community Hall. This free drop-in program offers children the opportunity to move freely and express themselves through play and music. Come join in the fun and support your child's development with activities such as dancing, musical instruments and parachute time.

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

FOLK & whimsy

NOW OPEN!

A Family Boutique
Pregnancy to Early Childhood

6549 99 St NW
www.folkandwhimsy.ca

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

You are hereby entitled to receive one
free
market evaluation

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

Now is a great time to sell!

Andy Verhagen
780.907.8202
email andyv@telus.net

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to view my properties, visit www.andyv.ca

SECLA Board Contacts

COMMUNITY LEAGUE	REPRESENTATIVE	Publication Email
Avonmore	Anita	avonmore@secla.ca
Capilano	VACANT	capilano@secla.ca
Cloverdale	Reg	cloverdale@secla.ca
Forest Terrace Heights	Connie M	fth@secla.ca
Fulton Place	Mike	fultonplace@secla.ca
Gold Bar (Secretary)	Jamie	goldbar@secla.ca
Holyrood	VACANT	holyrood@secla.ca
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

Property Assessment Mail Out

Edmonton

More than 400,000 assessment notices have been mailed to Edmonton property owners.

The assessed value of your property represents its market value as of **July 1, 2022** and is used to determine your share of provincial education and municipal property taxes. Provincial education taxes are collected by the City of Edmonton on behalf of the Government of Alberta to fund public education, while municipal taxes are used to fund City programs and services such as transit, road maintenance, fire rescue services, recreation centres, libraries and more.

When you receive your property assessment notice:

- + **Review** the details on your assessment notice. Accurate information ensures you only pay your fair share of property taxes – no more, no less.
- + **Check** what makes up your property's assessment value and **compare** it with similar properties in your neighbourhood using the tools on edmonton.ca/assessment.
- + **Contact** the City, if you have any questions. Call 311 for one-on-one support. Our staff can answer most assessment-related questions with no formal complaint fees required.

More online tools are available at myproperty.edmonton.ca, including the assessment and tax history of your property and the ability to sign up for electronic notices. Use the individual code on your paper notice to register for your MyProperty account.

For more information, call 311 or visit edmonton.ca/assessment.



2023 ANNUAL GENERAL MEETING

Wednesday, March 15, 2023
1:30 - 3:00pm

Further information and documents will be available closer to the meeting date.

2023 SEESA membership is required to vote at the AGM.

South East Edmonton Seniors Association

9350 82 Street N.W. Edmonton Alberta Canada T6C 2X8

780-468-1985 • info@seesa.ca • www.seesa.ca

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

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

100-8925 82 Avenue

780.414.1015

edmonton.goldbar@assembly.ab.ca



Marlin Schmidt
MLA Edmonton-Gold Bar



Southwoods
VILLAGE AT HAZELDEAN



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



Ask about the
CORNERSTONES
PROGRAM



The Mews

AT HAZELDEAN
Future Assisted Living
& Memory Care

Southwoods

COURT NORTH
Independent Living with
Optional Meals

Terra Court South

AT HAZELDEAN
Future Active Adult Rentals



Southwoods
COURT NORTH

- Independent Retirement Living
- Monthly rates with meals on select suites
- 1 bedroom + den with full kitchens
- In-suite washer/dryer, spacious balconies

Christenson Hub Open 1-5pm
9433 - 67A Avenue NW, Edmonton, AB
or phone Lynne at **780-975-2509**



Southwoods
TOWNHOME RENTALS

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

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

Future Development

Local boutique shops
and cafés will complete
your urban village. Just
steps from your door
at the 4-way stop.



Housing FOR
health

IMPROVING HEALTH AND
CREATING COMPLETE COMMUNITIES

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Community League Board

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



Crib Tournament - Saturday, March 11

Start sharpening your skills now to get ready for the return of the ever popular Avonmore Crib Tournaments. We are just in the planning stages so watch for details on our facebook page, instagram and the commu-

nity bulletin board. You will need to pre register through Eventbrite. If you would like to volunteer to help plan and put on the event or have questions contact Anita - pastpresident@avonmore.org

Avonmore Welcoming Committee Consider Volunteering!

The welcoming committee needs volunteers! Do you walk your dog around the neighbourhood every evening? Consider taking on the easy task of being a 'newcomer scout'. If you see somebody moving in, note the address, and update the google spreadsheet. It's that easy! No middle man, and no other tasks needed of you. Now, we also need brave souls who would like to be 'greeters' and physically

deliver the welcome packages to the newcomers. If you're an enthusiastic and friendly, welcoming person consider signing up! By giving people a warm welcome, we increase the chances of our newcomer friends becoming active member of the community. We hope to assemble 6-8 greeters to make this committee happen. Email president@avonmore.org to sign up as a scout or greeter.

Rink Facts

Have you ever wondered what it takes and how much it costs to run the rink program for the winter? Depending on the year with flooding, snow removal and facilities upkeep, It can cost up to \$14,000.00 a year. On top of that, a dedicated crew of volunteers is need-

ed to maintain the ice, the equipment, and to ensure things run smoothly for the enjoyment of the community members. We would like to thank Curtis, Steve, & Maurice for the time and effort they've put into keeping this core asset to the community alive.

Programs Director Needed

We are in search of a Programs Director! Are you interested in helping with events and programs but not sure if you'd like to be the director?

You can always be part of the Programs committee, and plan an event without hav-

ing to commit to the responsibility of monthly board meetings. This goes for any of the positions, consider taking on one or two responsibilities to help this community stay vibrant and active. Reach out to president@avonmore.org if you'd like to help.

Avonmore Garden Club

The Avonmore garden club is pleased to announce it will host a landscaping workshop in partnership with Eden Landscaping (www.landscapedmonton.ca). Eden Landscaping is a landscaping company with 25-plus years of experience in the Edmonton area, specialising in the design and installation of custom, ecologically-conscious landscapes.

For the cost of \$25 dollars participants will receive a kit including a printed-to-scale working copy of their property plot plan to use in design work, as well as an information package to help them create a first draft of their plan. An in-person workshop with Eden Landscaping will be held at the Avonmore community league hall on March 18th where participants will have limited one-on-one time with staff from Eden Landscaping

to discuss.

You do not have to redesign your entire yard to participate in this workshop. You may only have a problematic shady or dry area you want covered, or may want to create a water storm capture area for flash floods--no project is too small or too large for this workshop!

In order for Eden Landscaping to be able to accommodate everybody at the hall, we will limit the number of registrations to 30. You can register on Eventbrite. The link is: <https://www.eventbrite.com/e/eden-landscaping-design-workshop-registration-520809484187>

If you cannot find the event, you can also email gardenclub@avonmore.org and we will send you the link.

Avonmore Moves

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

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

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

We want you to join us in tracking our movement! To encourage your participation, we

are enhancing our movement initiative to not only include kms from a device for walking running, biking but INCLUDE snow shovelling, workouts: cross county/downhills skiing, snow shoeing, hockey, skating, figure skating, yoga, swimming, dance, cheerleading, soccer (games and practices), You tube workouts, Zoom exercises, etc. Anything you or your kids do that is active is eligible! Just counting 20 minutes of exercise is equivalent to 1.6 kms!

We would like everyone who can log their workouts, steps or biking kms to join us! Please join us the rest of Avonmore is this fun way to improve our physical and mental health by doing these two things:

1. Send me an email at active@Avonmore.org and get started recording your own movement.

2. Sending this same email address to everyone in your Avonmore contact list so they can join in.

If you have any questions, please email active@Avonmore.org. I look forward to hearing from you!

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.

Shinny Ice Hockey

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

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

still keeping the teams balanced. There are 3 main rules we follow: Have Fun, Play to the ability of your opponent, & Avoid stick work. Full equipment is recommended, but you can wear whatever you are comfortable with. We have several players who have extra sets of equipment if you need to borrow items. We play for 1.5 hours with a \$20 drop in fee, or a cost for all sessions which come to around \$17 per session. Space is limited, if you are interested and would like to attend or would like more information please contact Boris at sports@avonmore.org.

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.

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

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

beverages. Enjoy Canadian Maple? Well... Biggle (located at 8526 109 St NW) is offering 15% off on all their maple products online or instore by applying the promo code (VIP-CODE).

Looking to purchase a membership? You can, by emailing membership@avonmore.org or buying directly from Dairy Queen at 7460 76 Ave NW, or online via the QR Code:



*We welcome all residents but if you reside outside of Avonmore Community League, please visit your community leagues' website for membership information and contact."

Avonmore Parent, Baby and Tot Playgroup

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

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

Avonmore Community League 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.

Online Community

Are you on Facebook? "Like" Avonmore Community League and join "Avonmore Community League Chat" to follow what's happening with the Community League and see what your neighbours are talking about. Other groups still include: "Avonmore Parent & Tot", "Avonmore Garden Club" and "Avonmore Concert Series". Come join us!

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

Twitter: @AvonmoreLeague
Instagram: avonmoreleague

Community Music Classes for children ages 1-5

Classes are free and are always held on a Monday at 10:00am at the Avonmore Community Hall. Come join us for a fun hour of music and dance from our wonderful music teacher Dawn Bissett.

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

Avonmore Book Club

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

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.

Hall Rental

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

Soccer

Register for Outdoor Soccer
Feb 1 to March 15th

Check out emsasouth.com (https://em-sasouth.com/register/register/registration-

outdoor/) for more information on how to register and costs.

Need a soccer director for the 2023 season or there will be no soccer in Avonmore this season.

Avonmore Community Sponsors



Location: 7460 76 Ave NW

Thanks to our amazing sponsors who help support our community!

Considering ways to support your community? Please contact our Membership Director at membership@avonmore.org.



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

780-495-8404

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



www.heathermcpherson.ndp.ca

Follow on



COMMUNITY LEAGUE BOARD

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	VACANT	
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanoocl.ca
		780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	Maria	780 984-6839
Social Director	Heather	780 466-1380
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill S.	780 718-7270
Webmaster	Katie	webmaster@capilanoocl.ca
Social Media	Serena	780 965-3599
Sign Rental	Karen	780-977-5252
Building & Grounds	Carson	587-930-6977
Civics Director	Monte	780 243-7547
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Soccer Programs	Curtis	780 908-3889
Ice Allocation	Sam	rink@capilanoocl.ca
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Jill H.	jkhest@gmail.com
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook “Like Us”

Check us out on Instagram @capilanocommunity

Choose Capilano Hall for your Event

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

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

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

Wanted – Hall Rental Co-Manager

Capilano Community League is looking for a Hall Rental Co-Manager.

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

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

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

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



Riverdale SCHOOL





Open House

LOCATION
8901 101 Ave NW
Edmonton AB T5H 0B1

CONTACT
T 780-425-7600
F 780-423-2799
E riverdale@epsb.ca
riverdale.epsb.ca

@riverdaleelementaryschool
@RiverdaleSchool

We are a school with a heart, in the heart of Edmonton.

Join us on **March 9**
from **6:00-7:15 p.m.**

At Riverdale School we offer:

- a welcoming and inclusive environment for K-6 students
- strong academic focus on literacy and numeracy
- enhanced technology
- out-of-school care on site between 7:30 a.m.–6:00 p.m.
- exciting extracurricular activities and clubs
- an active and engaged school council



EDMONTON PUBLIC SCHOOLS

epsb.ca

Capilano Community Memberships

Community league memberships are no longer available through Servus Credit Union or through SEESA.

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

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

Family \$20.00

Senior couple \$10.00

Single \$10.00

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

ships@capilanoocl.ca.

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

--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.

Yoga at Capilano Hall

Day: Wednesday mornings

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

Cost: \$10 per class when attending weekly sessions, \$12.00 drop in

Join in at anytime and purchase the number of sessions you would like to attend.

Payments can be cash, cheque or etransfer

to email below.

Hatha style yoga. All levels welcome, slower paced classes with focus on building strength and stability as well as relaxation and stress release.

Please bring a yoga mat.

For more information contact: Nancy_conlin@hotmail.com

Treasurer Needed!

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

**** No bookkeeping required ****

Responsibilities include:

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

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

--Acts as signing officer, with another offi-

cer, for cheques and other documents.

--Issues cheques for all invoices.

--Make deposits.

--Arranges for annual audit of books.

--Prepares budgets and financial statements.

--Oversees the bookkeeper

--Completes security clearance check.

You will receive training and on-going support.

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

Capilano Seniors' Afternoon Program

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

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

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

We are trying to bring in guest speakers as well in the future.

Next date: Tuesday February 21st

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

(If you are taking DATS, book pick up time for 2 p.m.)

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

Cost: Only \$10.00 (Coffee/lunch/dessert/prizes provided)

Possible next date: March 21st.

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

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

Karate at Capilano Hall!

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

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

some great karate moves

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

Capilano Playschool

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

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

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

Capilano 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!

Total Body Fitness

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

Tuesday class at 6:45 p.m.

Thursday class at 6:45 p.m.

Current session runs January 10/12 – February 28/March 2.

New sessions start in March.

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

\$176 two days a week (16 classes)

Drop-in rate is \$13

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

Thursday Strong

If you are looking for a class that focuses on getting your whole body stronger, then this is your class - no cardio. We will mainly use dumbbells, bands, and kettlebells, with a long-term mobility focused warm up.

Tuesday class at 8 p.m.

Thursday class at 8 p.m.

Current session runs January 10/12 – Feb-

ruary 28/March 2.

Next session starts in March.

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

\$176 two days a week (16 classes)

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

FREE swim for Capilano community members on Sundays

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

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

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

Capilano Babysitting Registry

Babysitters needed! The Capilano Babysitting registry is looking to add babysitters to our registry. Please email babysittingregis-

try@capilanocl.ca for more details. Parents looking for a sitter can also email this address to get connected to a sitter in our area.

Calling all soccer players!

Outdoor soccer registration begins February 1 and runs until March 15. Program details and fees will be available in late January at <https://emsasouth.com>



2022 Board of Directors Contact List

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

Get the Ball Rolling With Sportball!

Get your 3.5–7 year old moving with multi-sport, or join your 2–3.5 year old in parent and child multi-sport! Sportball Edmonton offers classes to keep children engaged and send them home with new skills from a new sport each class, providing an excellent foundation for a lifetime of active living. Sports played include soccer, baseball, basketball, football, hockey and more! Try the Parent & Child

classes to introduce your little one to fundamental skills and have a bit of fun yourself!

The next round of classes kick off February 28th running through April 18th, in the evening. Prices vary. Registration information can be found at

cloverdalecommunity.com or on the Sportball site: sportball.ca/edmonton

Country Rock Night

Music Night at Cloverdale Community League Hall is back! Join us on Saturday, February 11 for a night of Country Rock with musical guests The Denim Daddies! If you enjoy outlaw-inspired alt-country songs about hoedowns gone right and hootenannies gone wrong, then you'll have

a good time at this event. This family-friendly evening will start at 8pm, with doors opening at 7pm. Get your tickets and learn more about the performers by visiting our website: cloverdalecommunity.com and visiting the News sections for The Denim Daddies post.

Free Tubing at the Hill for CCL Members

Find some fun in winter with a night of snow tubing at the Edmonton Ski Club! Cloverdale Community League members have an hour of exclusive access to the hill. The next two events are Feb 9 and March 2 from 6:30 to 7:30pm, weather permitting. The first 50

people to sign up have first dibs. Bring your own helmet, or rent one from the Ski Club for \$5.

Not a community league member yet? Visit the community website at CloverdaleCommunity.com to renew or start your membership.

Your Neighbours Need You! CCL Board Seeks Leadership Help!

Volunteers are the backbone of our community. Now, your Cloverdale Community League is in need of two community members to take on President or Vice President roles. These two roles are a critical piece of keeping our amazing community the way it is — from helping make important decisions about Folk Fest, to helping lead our incred-

ible board. While the responsibilities of these two roles require dedication and time, there is a board of well-equipped, friendly, and very helpful community members prepared to support whoever steps in. We need you! If you're interested or have some questions about either roles, please reach out to info@cloverdalecommunity.com

Drop In for Yoga!

Hatha Yoga classes started February 3rd, but drop-ins are still welcomed for this mixed level practice. Classes run every Friday at 9:30am at the Community Hall until March 10.

Community League Members can attend for \$12, and non members can attend for \$15 a class. More info on the Cloverdale community website!

Book Your Event at the Cloverdale Hall

The Cloverdale Community League Hall offers a year-round destination to celebrate family milestones or to build corporate bonds. The Hall offers a Main Hall and/or Lounge space to rent,

and includes a kitchen, bar, BBQ, and large deck — perfectly situated at the base of Gallagher Hill. For more information about renting the hall, visit the Cloverdale Community League website.



Hot dogs, hot chocolate & science - a winter party hit!

Beautiful, warm, and sunny weather made for a perfect afternoon for our Hot Chocolate & Hot Dogs winter party. Approximately 70 people attended, enjoying the time outdoors with neighbours and friends. With fire pits set up on the west side of Mary Finlay Park, community members were able to enjoy a winter experience in the park while staying warm by

the fires, sipping hot chocolate and chatting.

Mad Science put on a fantastic show engaging children and adults alike! Much fun was had with the STEM experiment stations after the show. Mad Science was such a hit that we are planning another event with multiple showings so more community members can take part.

Cyanotype workshop Feb. 18

Our cyanotype workshops were such a hit in January that we're offering them again on Feb. 18 — one for children and teens; another for adults.

Kids and Teens (Age 8+): 12:30-2pm, \$25 for Community League members (any league), \$27 for non-members

Adults (18+): 3-5pm, \$30 for Community League Members (any league), \$32 for non-members.

Cyanotype is a non-toxic printing process that creates a beautiful blue impression on natural fibres such as watercolour paper. Led by Karen MacDonald of Mark Maker Studio, workshop participants will make at least four



different cyanotypes using a variety of items.

Search "forest terrace heights" on eventbrite.ca to find the event and register.

Parent & baby drop-in

You and the little ones need to get out of the house, right? Come hang out with other tired parents and endlessly energetic babes at our Tuesday drop-ins.

Where: Forest Terrace Heights community hall, 10150 80 St NW

When: Tuesdays, 12:45 to 2:15 p.m.

Who: Parents and babies up to age 3 (but older siblings are welcome)

Cost: Free

Important: This is not childcare. A parent must be in attendance and is responsible for their children at all times.

Questions: Contact sarah@forestterrace.org.



Monday yoga or meditation

We've got a double bill on Monday nights at the hall, with Lyndsey Bajer's yoga class followed by meditation with Tina. Sign up for one or both.

Lyndsey says her class is meant to refresh and recharge the mind and body: "It's about taking a moment for ourselves and connecting after the hustle and bustle of the holidays. It's about getting inspired and experiencing more peace and mindfulness."

Yoga class runs Mondays starting Mar. 6th from 7 to 8 p.m. It's \$12 per class or \$15 for non-members. Search "forest terrace heights" on eventbrite.ca to find the event

and register.

Tina says her classes are for those who are new to meditation or who wish to deepen their practice in a supportive environment. Each one will include teachings on a different concept, from inner voice to chakra cleansing.

Meditation class runs starting Mar. 6th at 8:15 p.m. It's \$10 per class or \$12 for non-members. Search "forest terrace heights" on eventbrite.ca to find the event and register.

To get the discounted prices, buy your membership now at forestterrace.getcommunal.com. Contact programs@forestterrace.org if you have any questions.

Free swims Saturdays and Sundays

Forest Terrace Heights Community League members are eligible for free swims every Saturday from 3-5 p.m. at Commonwealth Community Recreation Centre (11000 Sta-

dium Road) and Eastglen Leisure Centre (11410 68 St NW), and every Sunday from 1:15-2:45 pm at Hardisty Fitness and Leisure Centre (10535 65 St NW).

Brought to you by:

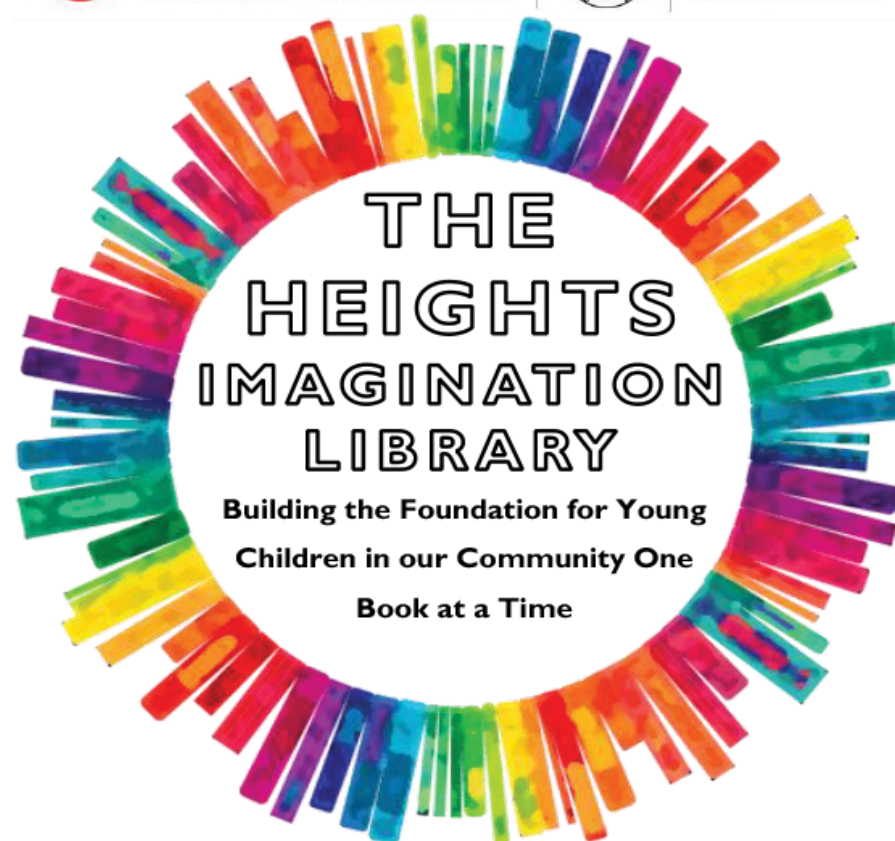


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FOREST
TERRACE HEIGHTS
- Community League -



More information



Register a Child



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Communications volunteers sought

The board member who writes our newsletter and Southeast Voice submission and manages the league's social media channels is moving on. She worked so hard that we hope to replace her with TWO volunteers.

One will do the monthly newsletter and Southeast Voice; the other will manage our Facebook, Instagram and Twitter accounts. So, we're looking for writers with a bit of

spare time and an interest in community engagement.

As board members, these volunteers would also attend our meetings on the first Wednesday of every month at 7 p.m., at the hall or online.

Interested? Please contact Jeffrey at president@forestterrace.org. Or take us for a test drive at the next board meeting March 1.

Next board meeting is March 1

Everyone in the community is welcome to attend board meetings, held the first Wednesday of the month at 7 p.m. Just drop a note to president@forestterrace.org to let us know you're coming. Board members and their emails are listed at forestterrace.org/board-of-directors.

Nominate-a-Neighbour bouquet

Every month, the league gives away a flower bouquet to a deserving resident in our community, in partnership with Capilano Grower Direct.

This month's blooms went to an around-the-clock caregiver who was nominated by

their neighbour and wished to be anonymous. If you know a caregiver who needs support or information, visit caregiversalberta.ca.

Do you have an amazing neighbour you would like to recognize? Contact Sonya at 780-463-1613 or memberships@forestterrace.org.

Perfect weather for skating

The rink at the hall opened Jan. 1. Get out for a skate if you can.
The rink is accessible 24/7 and the lights

are on from 4 to 9 p.m. every day. If it's too cold or too warm, it may be closed to prevent damage to the ice.

Santa Parade success

We don't have a final total on the amount of food and cash our generous community donated to Edmonton's Food Bank during the annual Santa Parade on Dec. 17, but we know we surpassed last year's haul. We had to boot

Santa out of the big red truck to make room for everything! Thank you to our intrepid Santa and elves for braving the cold and to everyone who came out to greet them and share the Christmas spirit.

Hall available for rent

The Forest Terrace Heights hall at 10150 80 St NW offers one of the lowest rental rates of any community league in the city. Book it for a birthday, a funeral, a big dinner party

or game night, a class — you name it. Find details and photos at forestterrace.org/hall-rental. Email Connie at hall@forestterrace.org to book or with any questions.

Estate Income Tax Preparation & Planning

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


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



Yates Whitaker LLP
Chartered Professional Accountants

Contact Information:
Lorn Stanners, CPA, CMA
Email: lorn@yateswhittaker.ca
Phone: 780.413.7211


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




2. Roll up your sleeves! If you see your neighbour out in their yard doing spring cleaning, head over and offer to lend a hand. You may even get to share a tasty beverage with a new friend.




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



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



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



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

We are beyond excited to be the newest Cool Neighbour in your community!

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Board

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Vice President League Affairs
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Michelle

Director/Walking Group Coordinator
michelle@fultonplace.org

Shawn

Director
shawn@fultonplace.org

Hall Rental

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

Casino Wrapup

A huge thank you to the volunteers that worked at our casino in December. We rely on our casino funds to run our programs, make ice, keep the hall open, etc, so thanks to all that helped out!

Skating Rink

Our rinks are open Mondays through Sundays for members of our community. Please visit <https://www.fultonplace.org/rink> for hours of operation.

Rinks Outdoor Ice Party

Bring your family and friends to your neighbourhood skating rinks, 6115 Fulton Road, on Family Day, Monday February 20th, from 3:00 p.m. to 6:00 p.m. as we celebrate Winter and the return of the Outdoor Ice Party.

This is a FREE event for all Fulton Place community members. There will be skating, fires, kids games, horse drawn wagon rides, kick sleds, and free food including s'mores, hot dogs, hot chocolate, and popcorn.

We look forward to seeing you all there.

Community Book Swap

Join us on March 19th, from 10am to 2pm, at Fulton Place Community Hall for a day of adventure, romance, crime, comedy, and history! Bring all unwanted books (in good condition, please) and swap for as many new-to-you books as you'd like. Kids' Corner will include a variety of children's books, as well as hourly readings of books available for kids to take home with them. Light refreshments will be available, courtesy of Fulton Place Community League. For questions please contact Jessica at jessicaemdavies@gmail.com or 780-803-8169.

Facilities Help Needed

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

Know Your Rights

An individual's guide when interacting with police

More information is available at
edmontonpolice.ca/KnowYourRights

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Or scan the QR code to learn more

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Everyone Welcome!

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Community Swim

Sundays, 1:15 p.m. to 2:45 p.m., at the Hardisty pool, and is FREE for Fulton Place Community League members. Community swim season runs until June 18, 2023. Community swims do not take place on Statutory Holidays or days the facilities close early such as Easter Sunday.

FPCL Membership Benefits

Enjoy membership benefits from local businesses in the area with your Fulton Place Community League membership. You can find a current list of our membership benefits on our website (www.fultonplace.org), under the 'Become a Member' dropdown.

Gold Bar

4620 - 105 Avenue
goldbarcl.com

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	Kerry	bravoisis@hotmail.com
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 SEE-SA (9350-82St) come check out these wonderful business and pick up your community membership. Check your local pool for community swim times. Please Remember Your Card.

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

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

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

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

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.

This Session Runs Jan 8- Feb 26 (no class

Feb 19)

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

Hatha style yoga

Mondays 11:00 am - 12:15 pm

Wednesdays 7:30 pm - 8:45 pm

\$10.00 per class with attending weekly sessions

\$12.00 drop in

1st class is free for new participant's

Join in at anytime and purchase the number of sessions you would like to attend.

Monthly wellness prize draw for 5 sessions

purchased at \$50

Payments can be cash, cheque or etransfer to email below.

All levels welcome, slower paced classes with focus on building strength and stability as well as relaxation and stress release.

Bring a yoga mat.

For more information contact:

Nancy_conlin@hotmail.com

The Hall is open for rentals!

Contact goldbarhallrentals@gmail.com or leave a message at 780-249-0366 and our Hall Manager Liisa will contact you! Rates, rental info and availability calendar also available on the Gold Bar website www.goldbarcl.com. Gold Bar community membership discounts apply.

Volunteers wanted

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

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

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.

Bingos

If anyone is interested in working these events, please call Lorie@ 780-447-1110. Funds raised are used for community events.

Our next bingo dates are as follows:

Fort Road Hall

Sun Feb 19, afternoon only

Sat March 25, afternoon/evening

Parkway Bingo Hall:

Sat Feb 25, evening/ late night

Tues March 28, evening/late night

Mom and Me Fitness

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

This session Jan 9-Feb 27 (no class Feb 20)
Mondays from 930-1030am

Contact Lisa to register or with any questions.

Mondays \$70 or \$12 drop in

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

Membership Contest!

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

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

Hold the Date May 13 2023

5-8 PM spring fling family dance Goldbar Hall
Music Meal and Glitter tattoos

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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 - Elisa	social@holyroodcommunity.org
Civics - Carlos	civics@holyroodcommunity.org
Holyrood Development Committee - Vacant	hdc@holyroodcommunity.org
Community Garden - Geordan	garden@holyroodcommunity.org
Soccer - Vacant	soccer@holyroodcommunity.org
Playschool - Laurence	playschool@holyroodcommunity.org
Playgroup - Vacant	playgroup@holyroodcommunity.org
Casino - Vacant	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org

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

YOGA WITH BARB IS BACK!

Prioritize wellness and mindful movement this year with Barb! Check out the details below and contact programs@holyroodcommunity.org or barbayogaguide@gmail.com if you have questions. Punch passes or drop-in are available. NOTE: The \$30 punch card can be used at both locations.

Gentle Movement Yoga at Trinity Lutheran

Move and stretch through gentle and accessible yoga poses while also

learning calming techniques to live with more ease and joy.

When: Mondays 10:00 to 11:15 am until April 3, 2023 (except February 20th)

Cost: \$30 punch card for 3 class or drop-in at \$13/class

Where: Trinity Lutheran Church (10014 81 Ave NW)

Yoga in Holyrood at St. Luke's

Yoga is about increasing ease, stability and joy. Experience how yoga can be beneficial without being hard. Plus learn cool calming techniques.

When: Thursday Evenings 7:00 to 8:15 pm until March 30, 2023

Cost: \$30 punch card for 3 class or drop-in at \$13/class

Where: St. Luke's Anglican Church (8424 95 Ave NW)

BOARD VOLUNTEERS URGENTLY NEEDED!

Holyrood Community League is looking to fill the following volunteer positions immediately. Both positions are integral to keeping our community active and well-rounded. Please contact president@holyroodcommunity.org for more information.

-Holyrood Soccer Director - Duties include being a liaison between the Holyrood Community League board and Edmonton Minor Soccer Association (EMSA) South by relaying important information to the Sports Director, advocating for Holyrood, attend meetings

with EMSA South, Run the end of the soccer season party "Super Soccer Saturday"

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

Other positions are also available, including the following:

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

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.

COMMUNITY SWIM

Community swim is up and running again for 2023! Reminder that it is FREE with a valid community league membership (don't forget to bring it with you!)

SATURDAYS 3:00 p.m. to 5:00 p.m.

Commonwealth Community Recreation Centre (11000 Stadium Road)

Eastglen Leisure Centre (11410 68 St NW)

SUNDAYS 1:15 p.m. to 2:45 p.m.

Hardisty Leisure Centre (10535 65 St NW)



HOLYROOD COMMUNITY PLAYGROUP

Join the Holyrood Community League Playgroup for weekly drop-in play for caregivers of preschool aged kids. Get outside, get your kiddos together and chat with a fellow neighbour through this informal playgroup! Although this meeting takes place in a church, this is not a religious group.

When: Thursday mornings, 9:00am – 11:00am

Where: Holyrood Community Church 9224 82 Street

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

HOLYROOD COOPERATIVE PLAYSCHOOL

STILL ACCEPTING REGISTRATIONS FOR THE 2022-2023 SCHOOL YEAR!

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

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WITHOUT WALLS**

SENIORS' CENTRE WITHOUT WALLS
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Seniors' Centre Without Walls is a free, phone-based program that is open to older adults aged 55+ living anywhere in Alberta who find it difficult to leave their homes and participate in social activities in their community.

Free of charge—all you need is a phone to call the toll-free number!

Seniors' Centre Without Walls programming includes:

- Interactive health and well-being sessions
- Educational and recreational activities
- Interesting guest speakers
- Friendly conversations
- A welcoming community

To learn more about our program,
call: **(780-395-2626)**
or visit our website at
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PHONE: 780 217 7420
EMAIL: INFO@SKIPTHEGYM.CO
WEB: SKIPTHEGYM.CO
INSTA: @SKIPTHEGYM.YEG



Idylwylde Community League Board

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

 Idylwylde.org  @IdylwyldeCL  Idylwylde Community League

eNewsletter

Stay up to date with what's going on in the community by signing up for our email newsletter. Visit our website at www.idylwylde.org and enter your email in the 'Subscribe to our newsletter' box.

Winter Photo Contest

Is the cold getting you down, Idylwylde? Don't feel blue, let's turn that cold and snow into a fun time for everyone! Take part in a photo contest in one or both of these 2 categories:

1. Snowman - Sculptors are encouraged to add your own creative touches that will make your snowman unique. Feel free to pose in the picture with your creation!
2. Going Wild - Photos in this category can be of you, your family, friends or even pets having fun outside. The only requirements - it should be captured in Idylwylde and have a winter theme.

This contest is open to all residents of Idylwylde. Photo submission starts on January 1 and will continue through Friday, February 10. One submission in each category per family. Be creative and have fun!

How to submit the photo:

For the snowman category, include sculptor(s) name(s), sculptor(s) age(s).

For the Going Natural & Wilde category, include photographer name.

Provide your email address or phone number so we could contact you if you win the prize.

Choose one of 3 options to submit your picture:

- Email it to social@idylwylde.org;
- Drop it off in Idylwylde Community League (ICL) mailbox located on the ICL hall located at 8631 81 street.
- Send it through the direct message to Idylwylde Facebook Page.

Prizes will be awarded to a winner in each category as well as a small token for everyone who enters. Announcement of contest winners will be February 11, 2023 at the Idylwylde Winter Event. Winning contestants will receive a gift certificate!

Free Memberships

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde!

Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idylwylde) will still cost the regular amount. Please contact our membership chair with proof of residency in Idylwylde to get your membership today!

Monthly Community Meetings

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

Idylwylde Winter Social Event

We all know that February can be a bit dull after the excitement of the holidays, Let's jazz it up with a community get-together! Bring the whole family to this all ages event!

Date: February 11, 2023 (weather dependent, check our social media or website for updates)
Time: 2 p.m. - 5 p.m.

Where: Idylwylde Community Hall (Indoors and Outdoors)

Join us for a fire pit and some fun snow painting, making maple syrup snow candy, playing jumbo games and socializing over some hot chocolate for everyone and mulled wine for those over 18.

Seed Giveaway / Exchange

Sunday, February 26
11 a.m. - 12 p.m.

Curious what food you can grow inside to help nourish yourself until winter makes way for spring?

Kirsten Bartel, a long-time horticulturist/gardener but a new Idylwylde resident, is presenting some ideas in a free, short talk on how to grow herbs and leafy greens (including microgreens) from seed in soil.

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.

Edmonton Tool Library

Starting Wednesday, January 11, 2023 Idylwylde League members have access to the Edmonton tool library.

To set up your account:

- Visit the Edmonton Tool Library
- Complete the membership forms & review the borrowing policy
- Present a valid membership card for your

the Idylwylde Community League

-Start borrowing tools for free!

Regular opening hours are:

Wednesdays 6:00 - 8:00 pm

Saturdays 11:00 am - 1:00 pm (11:00 am - 3:00 pm April to October)

Bellevue Community Hall (North Entrance)
7308 112 Avenue

Gentle Hatha Yoga

Dates: Tuesday, January 17 - Tuesday, March 21, 2023

Time: 6:30 pm to 7:30 pm

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.

Fitness Classes

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

Nia Dance Fitness for the Mind, Body and Soul

Dates: Monday, January 16 - Monday, February 27, 2023

No Class February 20, Family Day

Time: 7:00 p.m. to 8:00 p.m.

Location: Idylwylde Community Hall

Nia® is a dance-based mindful fitness class that will strengthen and tone your body, improve your flexibility and mobility, and leave you feeling energized and emotionally balanced. Typically done barefoot, Nia®

is non-impact and adaptable to individual needs and abilities; it can be modified to do it seated.

Kirsten Bartel, a certified Nia® instructor, has been teaching in the Edmonton area for over 11 years, and is spreading the message that 'movement is medicine' through inclusive, light-hearted fitness classes where every body is welcome. Wear comfortable clothing, and bring a yoga mat and a water bottle...and a sense of play. More information about Nia® can be found at www.nianow.com or www.fleurishmovement.com.

Please direct questions to Kirsten at fleurishmovement@gmail.com.

Family Yoga

Dates: Sunday, March 12 & Sunday, April 16

Time: 10:00 am - 11:00 am

Location: Idylwylde Community Hall

Come stretch, laugh, breathe, relax, be silly, connect and have fun with your family and community! Bring the whole family because yoga is better together! Class is focused on kids ages 3-12 but all ages are welcome. Please bring water, at least one yoga mat per family and dress in comfortable clothing.

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 Sunday, January 8, 2023

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

Commonwealth Community Recreation Centre

11000 Stadium Road

Starting Saturday, January 7, 2023

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

Eastglen Leisure Centre

11410 68 Street

Starting Saturday, January 7, 2023

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

Income Tax Considerations An Essential Part of Estate Planning

Do you want the Canada Revenue Agency (CRA) to receive a larger portion of your estate than is legally required?

This frequently happens when you don't engage an accountant, who is knowledgeable in the taxation of final tax and estate returns. Most people, including many accountants, are not aware of the optional income tax returns which may be filed in addition to the final return. Generally, there may be T3 Trust tax returns required following death, which have different rules.

Some examples of ways to lower the tax bills of deceased taxpayers include:

Subsection 70(2), called a Rights and Things return (R&T's), is the most common. This transfers qualified income, payable at death, but received after death, to a separate return. My experience has been approximately 50% of the returns we complete qualify for R&T's returns. Clients have realized tax saving ranging from \$1,000+/- to \$80,000+, when R&T's returns have been used.

Subsection 150(4), these returns may be



Kenilworth

CONTACT US!

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

General inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com

Hall Rental requests: rentals@kenilworthcommunity.com

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

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 rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.**

Kenilworth Scrapbooking/ Cardmaking Sale

Kenilworth Community Hall 7104-87 Avenue
Saturday, March 11, 2023 at 9:30 to 1:00 p.m.
Great bargains for you for your next projects!
For info email Liz:
kenilworthscrapbooking@gmail.com

Upcoming Events

More information closer to each event

Community Garage Sale May 6

Adult Steak & Shrimp BBQ May 13

Big Bin June 10

Golf Tournament & Steak Supper August 26

Membership Event September 17

used where the deceased had either proprietorship or partnership income. The business may have a fiscal year that does not start or end on the same dates as the calendar year. If the person died after the end of the business's fiscal period but before the end of the calendar year in which the fiscal period ended, you can file an optional return for the deceased.

Subsection 70(6), this deals with deferring taxes by using a rollover of assets. The transferring of property to the taxpayer's spouse, common-law partner, or a testamentary trust of the spouse or common-law partner defers

Kenilworth Senior's Lunch and Fun

Wednesday, February 8 at 12:00pm, \$10 per person. If you wish to attend, please call 780 433-5377.

Southeast YEG Men's Shed Presentation

Southeast YEG Men's Shed is hosting a presentation:

Dr. Geoffrey Rockwell
At Kenilworth Community League Hall.
7104-87 Avenue NW
Thursday February 23, 7:00 - 9:00 pm

taxes. The spouse only pays taxes as the assets are sold. Often the assets end up being sold over multiple years and in a lower income tax bracket, thereby reducing the overall taxes payable.

When the first T3 Trust return is filed, it has to be classified as a graduated rate return. If it isn't, then it and any subsequent T3 returns will be taxed at the highest personal tax rates, not the lower graduated personal rates.

These are just a few ways a knowledgeable accountant can save your estate money.

Let's Play BINGO!

Max 2 cards per person. Numbers published daily .Bingo starts February 6th.

Numbers posted daily via Facebook and Instagram; OR send Irene your email and she will send it out on email: president@kenilworthcommunity.com

Contact Irene as soon as you have a Bingo: president@kenilworthcommunity.com

First game, play for **one line** – keep card after Bingo won and keep playing

Second game, an “**X**” – keep card after Bingo called and keep playing

Last game, **full card** – contact Irene when card full

Bingo cards can be obtained two ways: Email Irene for an electronic card OR Pick up from skate shack during their open hours Jan 28-Feb 4th (4 - 9 weekdays and 11 - 9 weekends). Prizes will be awarded. Good Luck!

Kenilworth Community Memberships

Are you a member? 2022-2023 memberships are on sale and valid until August 31, 2023. Please reach out to Rebecca S. at membership@kenilworthcommunity.com for more information!

2022-2023 Membership Fees

Family-\$20

Single Adult-\$10

Senior-\$5

2022-2023 Membership Purchase Options

1) Online- Renew online to instantaneously have a renewed membership.

Online Renewal Link: <https://efcl.org/membership-purchase/>

2) Anvil Coffee- Purchase a membership at Anvil Coffee House (6148 90 Ave NW).

3) Mailbox Drop- We will request your contact information and arrange a day to swap a new membership card and payment using your mailbox.

KCL Youth - February to April

Monday, Feb 6, 7:00-8:30 pm Games & Snacks @ Kenilworth Hall

Monday Feb 20, 7:00-8:30 pm Movie & Pizza @ Kenilworth Hall

Monday March 6, 7:00-8:30 pm Paint Night @ Kenilworth Hall

Monday March 20, 7:00-8:30 pm Bowling at Bonnie Doon

(meet at Kenilworth Hall @ 6:30 pm to walk or meet at bowling lane at 7)

Monday April 3, 7:00-8:30 pm Spread seeds of kindness project @Kenilworth Hall

Monday April 17, 7:00-8:30 pm Pizza & door deliver seeds of kindness project @ Kenilworth Hall

ALL GET TOGETHERS AND EVENTS ARE FREE FOR KENILWORTH YOUTH AND YOUTH FROM SURROUNDING NEIGHBORHOODS!

(Parents & other family members are welcome to join. Youth under 13 must have a parent or older sibling present at all times). FOR MORE INFORMATION PLEASE EMAIL: YOUTH@KENILWORTHCOMMUNITY.COM

Ottewell

OTTEWELL

Executive:

President – Corinne

Vice President – Tom

Secretary – Becca

Treasurer – Open

Board Members:

Big Bin – Andrew

Bingo Director – Tyler

Building Projects – Lukas

Farmers Market Manager - Corinne

Grants – Chelsea

Membership Director - Sandra

Playschool Director - Jason

SECLA Rep - Open

SEV Liaison – Bri

Social Media (FB/ Insta) Hallie

Soccer Director (In/Outdoor) - Cory/Carley

Rink Director – Tom

Website – Dillan, Sharon

OCL Media



Find us on social media.

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at Ottewell.ca

Monthly Ottewell Community League Meeting In-Person

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

OIL KINGS VOUCHER FUNDRAISER

Dreams Gymnastics Parents Association is selling OIL KINGS VOUCHERS to support athletes heading to competitions this year provincially, nationally and internationally, one event being in Amsterdam this July.

The vouchers can be redeemed for any home game this season and redeemed through the box office.

1 for \$21

4 for \$82

We appreciate your support of our athletes within the community.

Volunteer with the Ottewell Community League

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

Interested in Marketing and Website Design?

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

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

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

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

OCL Babysitter's Registry

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

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

Ottewell Playschool

OCLP is accepting registrations March 1st for the 2023/2024 school year. Register here: <https://www.ottewell.ca/community/oclpayschool/>

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

8 week Yoga Series at Ottewell Community Hall

Tuesdays 7:30 - 8:30 PM

Feb 21- April 11, 2023

Offering a series of practices for all levels of practitioner, from beginner to advanced. I am a seasoned and enthusiastic yoga guide and I would love to share this practice with you, our community members!

Yoga can strengthen the body, increase mobility, calm the nervous system and facilitate creating a greater connection to yourself. Sound like something you could benefit from? Join us Tuesday evenings at Ottewell Community Hall from 7:30 - 8:30 PM.

Classes run weekly from Feb 21st to April 11, 2023 and are open to all levels.

Dress comfortably, bring your yoga mat, water and any props you like to use, and let's move!

Prices:

Ottewell Community League Members \$100

Non- Members \$120

Drop Ins - \$20 (when space permits)

*Please note we require a minimum of 12 registrants to run the session.

Email willalee@hotmail.com or follow/ message @wanderingmapleyoga on instagram to register or for more information.

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.

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!

New Prices

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- * Car Wash
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- * Workshop
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"Seniors Real Estate Specialist"



SCL Leadership

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

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

CASINO VOLUNTEER CALL-OUT



Strathearn Community League has been granted a Casino, coming up April 21-22, 2023 (a coveted Friday/Saturday timeslot!) at the Grand Villa downtown. Please help us out! Sign up at <https://signup.com/go/aE-hqJJe>

FOR MORE INFORMATION PLEASE EMAIL
PLAYSCHOOLHOLYROOD@GMAIL.COM

HOLYROOD PLAYSCHOOL OPEN HOUSE

Come say HI!, meet our team and play!
Submit your registration for the 2023-2024
school year.
WHEN: FEB 6, 2023
TIME: 6:30PM - 8:00PM
ADDRESS: 9511 90 STREET

STRATHEARN-BASED BUSINESS PROFILE

This month we caught up with Kristine MacDonald of Smithstine Copper, a home-based business located right here in Strathearn.

How did you get your start as a copper-smith and creator of handmade jewelry?

In 2011 I took a series of silversmithing classes at the Edmonton City Arts Center. I really enjoyed making jewelry as a hobby, but preferred using copper as my medium because of its unique characteristics. Friends and family were very supportive and began to request work from me. I eventually tried tested out selling work at local markets and that is how my metalsmithing hobby slowly transformed into a business.

You have added copper enamelling to your repertoire in recent years, how is that technique done?

Copper enamelling is essentially the art of fusing powdered glass and minerals to the surface of copper at a very high temperature (almost 800 degrees Celsius!!). I sift colourful powders onto copper shapes that I've sawn out by hand. I also often paint tiny prairie landscapes onto pendants. Each layer of enamel is fired in my grandmother's kiln from the 70s. Often a pendant or dish will require many firings and layers of enamel to get the desired effect and colours.

Many of your pieces are odes to the beauty around us - the river valley, Edmonton skyline, Rocky Mountains and even magpies. Can you tell us about how your work is inspired by our local surroundings?

I love to spend time outdoors in nature and really enjoy camping, mountain biking and exploring on hikes and walks. Almost all of my designs are inspired by the creatures, plants and landscapes I come across in the river valley, on road trips, or while out camping in the mountains. I aim to create wearable pieces of art that are meaningful to the holder.

Would you please explain the unlikely connection between copper and soy sauce?

Well, both soy sauce and ketchup are actually great solutions for removing tarnish from the surface of copper. Leave your pendant in a small dish of soy sauce or ketchup for a few minutes and you'll see the tarnish being eaten away by the acidity and sodium. Rinse



well and dry immediately with a clean towel. This will work on copper pots as well!

What do you love best about living and working in Strathearn?

One of the best parts of living in Strathearn is being able to walk down to Strathearn Drive and take in the downtown skyline at nighttime. I love seeing the river valley and the glittering lights. I was very honored to have my design chosen for the street signs a few years ago and it's very exciting to see it on the street corners when I go for walks!

What's next on the horizon for Smithstine Copper?

I have begun dreaming up designs for a collection of necklaces and earrings for the spring inspired by local flora: lilacs, apple blossoms, wild roses, clover and more! I hope to release them online when the snow has melted and the buds are out on the trees.

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

I really appreciate the support I've received from the community over the years! It's so great to meet neighbours and have a chat every September at the Strathearn Artwalk. My work can be found on my website (smithstine.com), at the occasional craft show or locally at TIX on the Square.

LACE UP YOUR SKATES!

Thanks to the hard work of many local volunteers, the Strathearn Outdoor Rink is open for business (weather/ice condition-permitting) on a self-serve basis, daily from dawn until lights out at 10pm. Sticks and pucks are allowed at any time. We also are always looking for more folks to help maintain the rink, occasionally helping with flooding and clearing off the snow. Please contact communications@strathearncl.org to be added to the volunteer roster!



Greg Dunham

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

**Call
The Dunham
Team Today
780-466-0418**
(Office)

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Market evaluation
- Specializing in
South East
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- Investment
Properties



Idylwyld: Facing an island park, modern renovation top to bottom, 3 bedrooms upstairs with the possibility of 2 down, newer oversized double garage, fully fenced yard with numerous perennials, stunning move-in-ready home.



University Condo: Impressive 1200 sq ft 3rd floor unit, 2 bedrooms, 2 bathrooms, insuite laundry, underground parking w/ storage, concrete & steel construction, pet friendly complex.



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



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



Capilano: 1050 sq ft bungalow, quiet street, oversized garage, nicely maintained, perfect starter home.



Old Strathcona: Custom built Victorian 2 storey infill, finished on all levels, sunny south yard, double garage, RV parking, close to Millcreek ravine.