

# SOUTHEAST VOICE

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



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Fulton Place and Capilano  
Community Leagues present

## Holidays with Hardisty

Saturday Dec 9  
5:00 - 8:00 pm

Join us for a magical evening celebrating the  
holiday season with a STOCKING STUFFER  
ARTISAN MARKET, lights, music & festivities!  
All ages welcome.

Fulton Place Community League  
6115 Fulton Rd NW

## CHILDREN'S CHRISTMAS PARTY

Presented by Fulton, Capilano  
& Goldbar Community Leagues

Santa,  
Entertainment,  
Balloon  
Artists,  
Glitter  
Tattoos  
&  
Snacks

Saturday  
November 25th,  
2023

1 to 4 PM  
Fulton Community  
Hall  
6115 Fulton  
Rd NW

Traveling Kids Christmas Party  
SANTA'S  
ON THE MOVE!!

HOSTED BY:  
GOLDBAR 2022  
FULTON 2023  
CAPILANO 2024

SAME PARTY, NEW  
LOCATION!!

### President's corner

Hello southeast  
Edmonton citizens! I  
will again be brief in  
my words to you this  
month and wanted to  
reiterate the position  
of SECLA as an or-  
ganisation that is fostering community en-  
gagement and interaction. To that end we  
like to promote any community initiative,  
and we would like to see our social media  
channels to be a place where southeast  
residents can go to get a quick snapshot of  
exciting events happening in the broader  
southeast community. Please feel free to  
scan the QR code to follow our Instagram  
feed, there you will find the links to our  
Facebook page and website in our bio.



SECLA will be hosting a discussion with  
councillor Salvador and the various com-  
munity league presidents, and I will be  
sure to bring the news of this discussion  
to you in my next president's corner. Until  
then have a safe Halloween and enjoy the  
various events going on around the city. If  
you have an event that you would like us to  
champion on our social media  
feeds, please feel free to get  
in touch commenting on  
our Instagram, or emailing  
me at [president@secla.ca](mailto:president@secla.ca)



Sincerely,  
Marshall, SECLA president

You are hereby entitled to receive one

# free

market evaluation

Buyers package delivered or  
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Now is a great time to sell!

Andy Verhagen  
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my world go round!

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CITY COUNCILLOR FOR WARD MÉTIS

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ashley.salvador@edmonton.ca

City Services | Public & Active Transit | Housing | Community Safety and Wellbeing  
Local Economy | 15-Minute Communities | Climate Action



thank  
• Y • O • U •  
from the Hardisty School  
Playground Expansion Committee!

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

**Gold Bar Community League \$10,000**

**Fulton Place Community League \$5,000**

**Capilano Community League \$10,000**

**We thank you for your continued support, we are so close to reaching our goal to build in the summer of 2024.**



## Pub Library

Check out what's happening at the Idylwyld (Bonnie Doon) and Capilano branches of Edmonton Public Library (EPL) at What's On at [epl.ca](http://epl.ca). Here are few upcoming highlights:

**Settlement Services** offered through Francophonie Plurielle Albertaine offers to help you with common questions about moving to Canada and settling into a new home. Services are available in French, English, and other languages at Idylwyld branch and Capilano branch on Wednesdays and Thursdays from 1:00-5:00 p.m.

Also at Idylwyld Branch:

**Bilingual GSA/AAH** with Comité Franco-Queer de l'Ouest on Tuesdays from 4:00-5:00 p.m. Youth from ages 12-17 who are part of the 2SLGBTQIA+ community as well as allies are invited to socialize, get informed through resources and do activities together in a safe and respectful environment.

**Author Talk** on Thursday, November 9 at 7:00 p.m. Astrid Blodgett and Lori Hahnel will be reading from their new books, followed by a lively discussion on the art and craft of fiction and the journey of publishing.

Also at Capilano Branch:

**Seniors' Drop-In** on Fridays from 1:00-2:00 p.m.. Have a coffee, meet other seniors, and join in some fun activities like



playing cards, watching a film, listening to a guest speaker, or learning about resources in the Library or in your community.

**Level Up Your Career: Money Smarts - Intro to Financial Literacy** on Sunday, November 19 from 1:30-4:30 p.m. Discover the keys to financial stability. Learn how to budget, track spending, and save money by understanding and creating positive spending habits. Presented by BGS Enterprises. Register by calling 780-425-6655 or visit [epl.ca](http://epl.ca).

For more information, visit [epl.ca](http://epl.ca) or call Idylwyld Branch (780-496-1808) and Capilano Branch (780-496-1802).

## SOUTHEAST EDMONTON SENIORS ASSOCIATION (SEESA)

**Fall Rummage Sale a Huge Successes**

Wow – what a great two days! More than 1400 shoppers came through the doors throughout the weekend. Thanks to our great team of volunteers who worked tirelessly to make this such a great event.

### Upcoming Events

November 10: Roast Beef/Yorkshire Pudding Lunch\*

November 17-18-19: Accidental Drama Club Presents "Adventures of a Comic Book Artist"\*

December 2: Christmas Reuse Sale & Holiday Market

December 10: Melody Singers Present "Getting in the MOOD for Christmas" Performance\*

(\* Ticketed Events – purchase at SEE-



SA's front desk or by phone)

### Membership Fees

Membership fees for 2024 are increasing but you can save money by purchasing your 2024 SEESA membership between September and December 2023.

### Tillie's Cafee

Tillie's Cafee is open for business serving homemade and affordable meals and snacks for breakfast and lunch. Daily Lunch Specials. Gluten free options available. Dine-in or takeout.

Tillie's is open to the general public, not just SEESA members – please stop by for a visit!

For further information on these and other happenings at SEESA, check out our website ([www.seesa.ca](http://www.seesa.ca)); stop by our centre at 9350 82 ST NW, Edmonton; or scan our QR Code.



Southwoods  
COURT NORTH

# RETIREMENT LIVING CHRISTENSON



## INDEPENDENT LIVING

Experience **full independence in a vibrant community** centrally located in Hazeldean, close to many amenities, walking paths and the Millcreek Ravine. On site **social & recreation programs** and **optional meal plans** are available.



### Suite Features

- Full L Shaped Kitchen
- Movable Island Cabinet
- Individual Air Conditioning
- In-suite Laundry
- Window Coverings Included
- Spacious Balconies & Patios

### Building Features

- 1 Bedroom + Den
- 2 Bedroom Coach Homes
- Lounge/Dinning Area
- Guest Suite
- Exercise Room
- Safe & Secure

**FOR LEASING INQUIRIES, CONTACT:**

Southwoods@cdlhomes.com, or call 780-760-3400

**CDLhomes.com**





## 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	Dan	treasurer@avonmore.org
Assistant Treasurer	Ken	bookkeeper@avonmore.org
Communications	Nathan	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
Grants and Funds Raising	Adele	grants@avonmore.org
Soccer/Sports	Connor	sports@avonmore.org
Civics	Vacant	civics@avonmore.org
Programs	Vacant	programs@avonmore.org
Playschool	Ashley and Tracy	director2@avonmore.org

## Avonmore Parent, Baby and Tot Playgroup

The playgroup is located at the Avonmore Community Hall, and runs every Monday from 9:30 am - 11:30 am (not on statutory holidays). The playgroup is a special community meeting place where parents and caregivers of babies and toddlers have an opportunity to socialize 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.

## Membership Drive

Avonmore volunteers took to the streets in late August as a part of a Membership Drive to help community members access Avonmore Community League Memberships. The purchase of these memberships is an important tool to help fund all the activities and projects that are offered through the Avonmore Community League. We reached over 650 homes in

Avonmore's 28 zones by achieving a conversion rate of 20% and a sales rate of 3%. Although five zones were missed due to volunteer capacity, the conversations fostered the community spirit and connection. For more information about the Membership Drive, please feel free to contact our Membership Director at [membership@avonmore.org](mailto:membership@avonmore.org).

## Hall Rental

The Avonmore Community Hall is available for rentals and bookings! For more information contact Tanya at [hallrental@avonmore.org](mailto:hallrental@avonmore.org)

## Shinny Ice Hockey

Fall/Winter hockey ice times are Fridays 10:45 pm @ Kenilworth arena. We will play from October to March 2024.

Shinny hockey is a group of players getting together to play hockey. Players of all genders and ages are welcome to participate. Our players vary in age from high school age to seniors and the range of abilities are beginners to ex-professionals. We choose different teams each session while still keeping the teams balanced.

We play for 1.5 hours with \$400 for all 22 sessions or \$20 drop in fee. Paying for

all sessions will guarantee you a spot every week as space is limited. 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.

There are 3 main rules we follow: Have Fun, Play to the ability of your opponent, Avoid stick work.

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

## Volunteers Needed!

We are looking for community members to fill the vacant board positions of Programs Director and Civics Director. If you have a passion for your community, and are interested in getting more information - please contact [president@avonmore.org](mailto:president@avonmore.org). Anybody can volunteer!

We'd also like to thank Bryan Whited for his years of service. It's hard to find words to properly express gratitude to not just Bryan, but all the wonderful volunteers who make this community so special. Bryan was a dedicated board member who was behind the Avonmore Vision, and countless other contributions. Smart, enthusiastic, and dependable - we're lucky to have him as a neighbour.



## Crib Night - TBD

Join us for an exciting evening of friendly competition at Avonmore Community League Hall! Avonmore Crib Night #3 is the perfect opportunity to socialize, have fun, and test your cribbage skills. Whether you're a seasoned player or new to the game, everyone is welcome to participate. Please contact Adele at [grants@avonmore.org](mailto:grants@avonmore.org) for more information on the upcoming date.

The Avonmore Community League Hall provides a cozy and inviting atmosphere where you can enjoy the game in person.

## Community Coffee is Back

1st and 3rd Wednesdays

Community Coffee Mornings back on after a summer break. They 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

## Games Night Out! Adults Only!

Community league members only. Membership costs \$25. 6pm Start on Saturday, November 25th

Potluck Munchies. Door Prizes. Alcohol available for cash purchase. Bunko is the dice style game of the evening, all rules explained and easy to learn. Email your questions/info to Adele at [Grants@avonmore.org](mailto:Grants@avonmore.org)

### Registration info:

1. Are you bringing a door prize (Approx value \$10, in a wrapped or gift bag type of package) or are you bringing a potluck food item?

2. How many people are wanting to play, we have a cap at 40 for the event so register early!

3. What is your membership number for your household?

Get ready to play, strategize, and socialize.

Don't miss out on this fantastic event! Mark your calendar and come join us for Avonmore Crib Night #3 at Avonmore Community League Hall. See you there!

\$6.00 per person. Limited to 36 players so register early. This is not a tournament - draw of 6 door prizes at the end of the evening.

Register on Eventbrite <https://avonmorecribnight3.eventbrite.ca> or e-mail [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org)

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. Contact [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org) if you have questions.

## Yoga Classes

Yoga classes with Shannon Shea have started again. Drop Ins are welcome. Classes at 6:00 and 7:30 p.m. on Tues-

days. Cost is \$15.00 a class.

Contact Anita [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org)

## Avonmore Book Club

Avonmore Book Club meets every 4 - 6 weeks on Sunday evenings. You don't have to be from Avonmore to join and new members are always welcome. It's a great way to expand your reading list and meet new people who share a love of books. Each month

members come with a recommendation on the best book they've read that month and the list is shared after the meeting. You never have to worry about what you will read next. Contact Anita [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org) for details.

## 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 Meat Pies? Well... Meat Street Pies (located at 7015 83 St NW [at the back]) is offering 10% off on all their Meat Pies in-store by showing your membership card.

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 Community Playschool

The ACL playschool offers children ages 3-5 a warm, stimulating environment in which to learn. We have created a positive program that promotes early learning, creativity, problem solving, cooperation and independence. The 2023 season has kicked off with a great start! We currently

have 16 children enrolled in the program, with room for an additional 4 children available. If you are interested in enrolling your child in our program, feel free to email us at playschool@avonmore.org to set up a personal tour of the playschool or to ask our teachers any questions.

## Community Swim

Free to Avonmore Community League Members with a valid 2023/24 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 \*Currently closed for maintenance, but will reopen Oct 22\*

Visit www.edmonton.ca for more info.

## Online Community

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

"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 facilitated by our wonderful music teacher Dawn Bissett at the community hall. The date and time for this year is still TBC, keep an eye on facebook for more details.

## Avonmore Community Sponsors



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.

## 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.

## Crochet Club

Crochet club has resumed! It's on the 1st Thursday of every month at the Avonmore Community Hall. The event will run from 6-9pm. For info contact Adele

at grants@avonmore.org. Come out and share your current work in progress and celebrate the creativity of your fellow Avonmore residents.

## 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



## Heather McPherson

Member of Parliament  
Edmonton Strathcona

### Contact my constituency office for assistance with:

- Employment Insurance
- Old Age Pensions
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- 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**

**CAPILANO**  
COMMUNITY LEAGUE

President	Kris	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley	780 497-0395
Treasurer	Jocelyn	treasurer@capilanoocl.ca
Secretary	Laura	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanoocl.ca
		780 863-0914
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather N.	new-heather@hotmail.com
Volunteer Director	VACANT	
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill S.	780 718-7270
Webmaster	Katie	webmaster@capilanoocl.ca
Social Media	Serena	serenasvidal@gmail.com
Sign Rental	Karen	780-977-5252
Building & Grounds	VACANT	
Civics Director	Jill H.	jkhest@gmail.com
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 @capilanooclcommunity

## Capilano Community League Memberships

Memberships for September 1, 2023, to August 31, 2024 are available.

Memberships can be purchased through the following:

-Jean at 780-863-0914

-All Care Pharmacy 5016 - 106 Avenue  
 (Store hours only/cash)

-Edmonton Federation of Community League (EFCL) (<https://efcl.org/membership-purchase>)

Please note that through EFCL, only family memberships are available, and a \$5.00 administrative fee is added. Looking forward to a fun and busy new year!

## 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](http://capilanoocl.ca).

## Wanted - Building and Grounds Director

The Building and Grounds Director is responsible for overseeing all maintenance and renovation activities for the buildings and grounds of Capilano Community League. This includes the Hall, the Rink Shack and Tennis Club as well as the parking lot. The rink is maintained by the Rink Manager. The Director is responsible for conducting a schedule of general and regular maintenance (e.g., heating systems, building security, plumbing repairs, snow removal). They are also responsible for identifying and proposing to the Community League Board renovation/repair needs such as system upgrades, roofing, flooring, or painting and where approved,

gathering quotes and overseeing contractors. The Director works in collaboration with the Hall and Facilities Managers who play a key role in and will assist with identifying maintenance and renovation needs. The time commitment for this role varies based on the needs at the time but in general is approximately 2 hours/week plus.

This is a board position, so the Building and Grounds Director is expected to attend regular board meetings (3rd Wednesday of Sept, Oct, Nov, Jan, Feb, March, April, May, and June). If interested or have questions, please contact Kris at [Kcramer@telus.net](mailto:Kcramer@telus.net) or 780-720-9003.

## "Adopt an Event" – What are you Passionate About?

If you have a passion (sport, health, art, etc., the possibilities are endless), and would like to share it with your fellow Capilano residents, Capilano Community League would love to hear from you. This could be an opportunity for you to be a lead volunteer for a one-time event in our

community, or a longer-term program. You can make it happen with community league support. "Adopt an Event (or program)" and mentoring will be provided. Please reach out to Heather with your idea – she can be reached at 780-818-1456. Come share your passion with others!

## Thank you Carson!

CCL would like to extend a big thank you to Carson Jans, who joined our Board as Facilities Director at the beginning of COVID. He oversaw the care and maintenance of our facilities for many years and always brought a balanced perspective to our Board discussions. We are sad to see Carson move on to

other things but are immensely grateful for the time and energy he put into our community. We are also happy to know that we will see get to see Carson at our community events as a participant and lending a hand to ensure they are a success. We wish Carson the best of luck as he moves on.

## Volunteer Director Needed!

Do you fancy yourself something of a matchmaker? The Capilano Community volunteer director pairs up eager helpers from the community with those who need a hand. You know the skills, gifts, and abilities of neighbourhood residents and use that knowledge to help organize peo-

ple to help run events like the Christmas party or spring litter clean up, enlist those who are interested in sitting on a committee, and keep track of this precious information. If interested or have questions, please contact Kris at [Kcramer@telus.net](mailto:Kcramer@telus.net) or 780-720-9003.

Capilano Playschool has spots available with flexible programming options!



Visit our website for more info and to register



## Karate Classes

Looking for an activity for you? Or for your kids? Or both? Come “kick” it with us at Capilano Community Hall - we're a community league program!

Train in a friendly, supportive, family-like environment with an internationally ranked master-level instructor with 46 years experience in the martial arts. Teaching old-school Okinawan Goju-ryu karate, we offer a workout for your mind and body – it's been scientifically proven!

Karate helps build self-confidence, focus and self-discipline. Karate will help improve flexibility, balance, and coordination, and yes, karate gives you skills to aid in self-protection.

We offer classes for youth and families as well as classes for adults. And for those who want a deeper, more challenging experience, we also teach kobudo, the indigenous weapons art of Okinawa.

Classes are held every Wednesday night at Capilano Hall (10810-54 St NW). Membership in the Capilano Community program allows you to train at the other hall programs free of charge. That's up to four nights of karate for one very economical price. And yes, family rates are available. Email [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca) or call 780-619-3136 for details.

## Chili Cookoff Cancelled

We regret to inform you that our 2023 Chili Cookoff, initially planned to take place on November 4th, is CANCELLED. This event takes a tremendous amount of volunteer time to organize and with low ticket sales we are having to cancel. Thank you for understanding. Keep a look out on our website, and social media pages for more upcoming events.

## Holidays with Hardisty

Join Fulton and Capilano Community Leagues on Saturday December 9 between 5 and 8pm for Holidays with Hardisty! Get ready for the holidays with a Stocking Stuffer Holiday Vendors Market, skating, fire pits and more! Join us for this new Holiday Season community event! (located at Fulton Place Hall).

## Community Sandbox Program Review

This year, the City of Edmonton undertook a Community Sandbox Program Review. They are currently looking at 4 options for the program: 1-Discontinue Community Sandboxes, 2-Reduce and Centralize Sandboxes, 3-Status Quo, 4-Increase Sandboxes. If you use Capilano's sandbox, please call the City's 311 line and let them know. For more info, go to <https://engaged.edmonton.ca/communitysandboxes>.

## Total Body Fitness – Capilano

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 November 2/7 – December 19/21, 2023.

\$93 one day a week (8 classes)  
Drop-in rate is \$13.

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

## Tuesday Kettlebells/Thursday Strong – Capilano

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.

Tuesday class at 8 p.m., Thursday class at 8 p.m.  
Current session runs November 2/7 – December 19/21, 2023.

\$93 one day a week (8 classes)

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

## Hatha Yoga at Capilano Hall

Increase energy and flexibility, improve digestion, sleep and overall wellness.

Day: Wednesday mornings  
Time: 10:00 -11:00 a.m.

Cost: \$10.00 drop in per class  
Join anytime – first class is free.

Suitable for beginner or experienced. More information on CCL website (also see Gold Bar CL).

Contact: [Nancy\\_conlin@hotmail.com](mailto:Nancy_conlin@hotmail.com)

## 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 are 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!

## Capilano Babysitting Registry



PARENTS! Now is the time to connect with a babysitter for all of your winter events.

We also have lots of younger sitters on our registry that are eager to gain some experience - consider hiring them as a parent's helper while you get jobs done around the house.

This can be a great way to ease into using a babysitter and you may end up with a great match that will be in the neighbourhood for several years before heading off to work/university!

Contact [babysittingregistry@capilanocl.ca](mailto:babysittingregistry@capilanocl.ca) to find a sitter or to be added to the registry as a sitter.

## 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

Check the facility website or call ahead (311) as the pools occasionally close for holidays, etc.

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Treasurer: Nidhi – treasurer@cloverdalecommunity.com  
Civics Director: Carly – civicsdirector@cloverdalecommunity.com  
Folk Festival Liaison:  
Jayne – folkfest@cloverdalecommunity.com  
Communications Director:  
Neill – communications@cloverdalecommunity.com  
Membership:  
Marilyn – membership@cloverdalecommunity.com  
Program Director:  
Jennifer – programmedirector@cloverdalecommunity.com  
Social Director:  
Bob – socialdirector@cloverdalecommunity.com  
Casino Coordinator:  
Braden – casino@cloverdalecommunity.com  
Community Garden:  
Jenna – communitygarden@cloverdalecommunity.com

## Cloverdale community league needs your help!

The Cloverdale Community League is a strong, vibrant, but small, league. Our strength is in our volunteers. While we have recently seen some wonderful en-

agement of new board members, some of our long-term volunteers have moved away. Now, we are in need of a few more hands to keep things running smoothly.

## Communications Director

A voting member of the board, the role is a coordinator of all communications.

There is a team taking care of the many components of keeping our residents informed.

The duties include:

- maintaining and writing articles for the website. Knowledge of WordPress is helpful.

- updating the reader board sign at the

Community Hall Sign

- writing articles for the Chronicle (our community newsletter) and the South East Voice

- coordination and circulation of emails and flyers to residents

If you need more details/info to decide if any roles might fit your skills, please contact Marilyn at membership@cloverdalecommunity.com

## Rink Maintenance

Our outdoor rink is the envy of many other communities in the city.

This winter, skaters can enjoy the new permanent boards and improved LED lighting.

But, we need helpers to maintain the

ice once winter arrives. If you can spare some time to work with a team of other volunteers to remove nets, scrape the ice as needed, and lock the change room please message Travis at 780 239-5313 or rink@cloverdalecommunity.com

## BOOK CLUB GOES TO THE DOGS

It's not too late to take in the latest novel for the Cloverdale Book Club. The club is meeting on Monday, October 30 at 7:00PM in the Cloverdale Community Hall. The book this month is "Fifteen Dogs" by Andre Alexis. It's an interesting take on our four-legged friends as the

gods Hermes and Apollo make a bet and grant 15 dogs human consciousness then watch what happens from above. Read the book this week, if you can, but even if you can't you are welcome to come to the Book Club meeting and listen to the discussion.

## National Diabetes Awareness Month

November is National Diabetes Awareness Month, which is the perfect opportunity to learn facts about the disease and reduce your risk factors by staying active, especially in the winter.

What is Diabetes?

Diabetes is a disease in which your body either can't produce insulin or can't properly use the insulin it produces. Insulin is a hormone produced by your pancreas. Its role is to regulate the amount of glucose (sugar) in the blood. Blood sugar must be carefully regulated to ensure the body functions properly. Too much blood sugar can cause damage to organs, blood vessels, and nerves. Your body also needs insulin in order to use sugar for energy.

According to diabetes.ca, 11 million Canadians are living with diabetes or prediabetes.

What is the difference between Type 1 Diabetes vs. Type 2 Diabetes and Prediabetes?

Type 1 Diabetes is an autoimmune disease and is also known as insulin-dependent diabetes. People with Type 1 Diabetes aren't able to produce their own insulin (and can't regulate their blood sugar) because their body is attacking the pancreas. Roughly 10 per cent of people living with diabetes have Type 1, insulin-dependent diabetes.

Type 1 Diabetes generally develops in childhood or adolescence but can also develop in adulthood. People with Type 1 need to inject insulin or use an insulin pump to ensure their bodies have the right amount of insulin.

People with Type 2 Diabetes can't properly use the insulin made by their bodies, or their bodies aren't able to produce enough insulin. Roughly 90 per cent of people living with diabetes have Type 2 Diabetes.

Type 2 Diabetes is most commonly developed in adulthood, although it can also occur in childhood. Type 2 Diabetes can sometimes be managed with healthy eating and regular exercise alone but may also require medications or insulin therapy.

Prediabetes is a condition where blood

sugar levels are higher than normal, but are not yet high enough to be diagnosed as Type 2 Diabetes. Although not everyone with Prediabetes will develop Type 2 Diabetes, many people will.

If you think you or someone you know may have Type 2 Diabetes or Prediabetes, please speak to a doctor or health-care provider.

Here are some ways to incorporate physical activity into your life to reduce health risks associated with Type 2 Diabetes and Prediabetes:

- Try a classic winter activity like skating, skiing, snowshoeing, cross country skiing or even sledding. These types of high-intensity activities help keep you warm when it is freezing outside.

- Mall walking is a warmer option for wintertime exercise. You can walk at your own pace and increase the frequency, intensity, and duration to improve your fitness level. Your local mall may even have an organized walking club.

- Try a yoga class.
- Join an indoor sports club like badminton, squash, or basketball.
- Climb stairs, either at home or in your workplace. Spend as little as 10 minutes at a time climbing up and down the stairs for an intense and efficient workout.

- Go for a walk at lunchtime, especially on sunny days so you can absorb some vitamin D.

- Shovel snow.
- Active housework like vacuuming, sweeping, or mopping will get you moving.
- Join a bowling league or start your own.
- Go for a swim at your local indoor pool.
- Find an accountability buddy. It can be hard to stay motivated to exercise in winter. Find a friend to exercise with, it can help keep you both motivated to stay active.

- Stay hydrated. Even though it's colder out and you might not feel as thirsty as you would in warmer weather, it's just as important to stay hydrated. Drink water before, during and after exercise.

## GO FOR A WALK EVERY TUESDAY

One way to enjoy the winter is to get outside. You can do this every Tuesday morning with your neighbours as part of the Cloverdale Walking Club. It's easy to take part. Meet at 10AM on Tuesdays outside the Community Hall then walk at a moderate

pace around the neighbourhood for about an hour. It's a great chance to meet some new friends and get your steps in at the same time. Plus, your four-legged friends are welcome, too, as long as they're on a leash with their two-legged owners.

## Board Game Night

The Forest Terrace Heights Community League is hosting drop-in board game nights on the first Friday and third Wednesday of every month from 6:30 to 10:30 p.m. Everyone is welcome, and we would love to have you. We will be playing modern-style board games supplied by the

organizers, or feel free to bring your own to play and share. Please check the Programs and Events page on [forestterrace.org](http://forestterrace.org) before coming in case of a necessary cancellation. There is no fee to attend, and advance notice is not required. Contact [trevor@forestterrace.org](mailto:trevor@forestterrace.org) with any questions.

## Organizers offer thanks to playground supporters

The Friends of Forest Heights Society and Forest Heights School wish to offer a heartfelt thank you to the parents, staff, community members and sponsors who supported our playground project and helped celebrate the grand opening in September:

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The Mao Family  
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Dr. Ricky Rana  
Various anonymous donors

## Many closets cleared for clothing swap

Our semi-annual Clothing Swap on Sept. 29 and 30 was a big success. We had 26 small bags, 51 medium and 55 large bags of clothing donated, for an estimated 1,225 kg (2,700 lbs)! Dozens of people dropped by to swap and/or shop for new-to-you items. By the end, just two bags of clothing were left, which were taken to Blenderz for reuse. Thanks to events director Molly Book for organizing another great event in partnership with stylist and image consultant Jennifer Clark, and to the volunteers, donors, and shoppers.



## Sportball comes to Forest Terrace Heights

We are thrilled to offer Sportball programs at the Forest Terrace Heights community hall this fall! These classes are fun and full of age-appropriate activities for children to help build social, motor, and problem-solving skills. Classes explore soccer, baseball, basketball, football,

hockey, volleyball, golf, tennis and more.

**Nov. 14 to Dec. 19:** 5-5:45 p.m. for ages 2 to 3-1/2 (Parent participation required); 5:50-6:50 p.m. for ages 3-1/2 to 5 (Drop off)

Visit [forestterrace.org](http://forestterrace.org) for more information and registration links.

## Heights Night

This fun and casual evening is dedicated to meeting neighbours and building community. Connect with your pals from down the street and forge new friendships over a drink and a snack. No registration is required. See you there!



## Book & Puzzle Swap Poster Short

If you and your family have outgrown some of your books and jigsaw puzzles, then you won't want to miss our Book and Puzzle Swap! Bring your gently used items in exchange for

some fun new ones. Everyone is welcome!

**Drop off:** Thursday, Nov. 16 and Friday, Nov. 17, 6-8 p.m. at the Forest Terrace Heights community hall, 10150 80 St NW  
**Swap and Shop:** Saturday, Nov. 18 and Sunday, Nov. 19, 10 a.m.-3 p.m.

-Items must be in good condition, gently used or new. No puzzles with missing pieces. No ripped or damaged books.

-Open to all genres of books for all ages.

-You don't need to donate books or puzzles to take new ones.



-This is a great chance to refresh the selections in your Little Library.

-There is no limit on the number of articles you can bring to the swap.

-No manuals, textbooks, directories, or magazines, please.

-Please invite friends or family!  
Please contact [events@forestterrace.org](mailto:events@forestterrace.org).

## Hall rental

The Forest Terrace Heights community hall at 10150 80 St NW offers one of the city's lowest rental rates and seats up to 65 people. Book it for a birthday, dinner party, game night or workshop! For more information or to book, contact Connie at [hall@forestterrace.org](mailto:hall@forestterrace.org) or visit [forestterrace.org/hall-rental](http://forestterrace.org/hall-rental).

## Mural

The mural on the Forest Terrace Heights Community Hall's shed is complete! With your input, Edmonton artist Emily Chu designed this piece to highlight many of

the fantastic features of the Forest Terrace Heights community. Swing by 10150-80 Street to check out this beautiful addition to our community!

## 2023/2024 memberships now available

With a membership in the Forest Terrace Heights community league, you'll get free swims, reduced hall rental rates, discounts on programs and events, special rates from local businesses, and more! A family membership is only \$30 bucks a

year and seniors pay just \$15. Memberships can be purchased online at [forestterrace.org](http://forestterrace.org) or in person from Grower Direct flower shop on 101 Avenue. Please contact Sonya at [memberships@forestterrace.org](mailto:memberships@forestterrace.org) with questions.



## Fulton Place Board

**Mike**  
President  
president@fultonplace.org  
7808867794

**Miles**  
Vice President Civic Affairs  
vpleagueaffairs@fultonplace.org  
7809515253

**Gavin**  
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**Miles**  
Seniors Liaison  
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**Esther**  
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**Michelle**  
Director/Walking Group Coordinator  
michelle@fultonplace.org

**Facilities**  
Nathan  
facilities@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.

## Call for Rink Volunteers

We're looking for some rink shack supervisors for the 2023-2024 season. This is a volunteer position requiring no labour. All snow removal and ice maintenance is provided by contractors. Daily scrapes are generally done by players so no manual labour involved for the volunteers. The rink is usually open for the season by mid December.

Duties for rink supervisors include opening and closing the rink, engaging with community members, and keeping an eye on the rinks and rink shack.

Requirements to volunteer: 18 years or older (16 w/ parental oversight), and a Fulton Place community member.

If you are interested in volunteering to help supervise the rink please contact, Shawn@ (780) 278 5884 or rink@fultonplace.org

## Book & Hobby Swap

Sunday November 5th 1:00 p.m. to 5:00 p.m. at Fulton Place Community League Hall.  
Snacks & Drinks will be available. Please call 780-803-8169 if you have any questions.

## Annual General Meeting

Fulton Place Community League AGM Notice  
Monday November 13, 2023  
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 league board and learn more about your community.

There are several positions on the FPCL board that are up for election, including

President, Vice President - Civic Affairs, Secretary, Membership Director, Facilities Director, and Program Director. Additionally, we have several positions that are currently not filled, such as Ways and Means Director and Social Director. As well, our current Treasurer is stepping down, and this position needs to be filled. If you are interested in learning more about one of these board positions, please contact Mike Reimer at president@fultonplace.org.

## Fulton Place Members' Free Swim Schedule

ACT Leisure Centre, 2909 113 Avenue NW  
Saturdays 2pm-4pm  
September 9, 2023 - August 31, 2024  
**Hardisty Leisure Centre, 10535 65 Street NW**  
Sundays 1:15pm-2:45pm  
September 10, 2023 - August 25, 2024  
**Clareview Community Recreation Centre, 3804 139 Ave NW**  
Saturdays from 6pm to 8pm

Only available during ACT Leisure Centre shutdown January 2 to March 2, 2024  
Community swims do not take place on Statutory Holidays or days the facilities close early. Hardisty is scheduled for a maintenance shutdown (no swims) from March 4 - May 5, 2024. ACT Aquatic and Recreation Centre is scheduled for a maintenance shutdown (no swims) - January 2 - March 2, 2024.

## Holidays With Hardisty

Join Fulton Place and Capilano on Saturday December 9th for Holidays with Hardisty featuring a stocking stuffer, vendor market, skating, fire pits, and more to kick off the holiday season.

## 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](http://www.fultonplace.org)), under the 'Become a Member' dropdown.

## 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](http://www.fultonplace.org)) under the 'Rent Our Hall' section.

To book the hall please contact hall@fultonplace.org

## Past and current our Community Events:

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



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### Cold Weather Preparations

Alberta winters can be bitterly cold and when the temperature dips below -40 degrees Celsius, that's when "extreme cold warnings" occur. Wind gusts can be strong enough in our province to make it feel even colder.

It's important to remember a few things during extreme cold warnings.

#### Try to stay indoors

Roads and other paved surfaces can be snowy or icy during extreme cold warnings. If you must go out, always let someone know where you are going and follow these instructions:

- Check 511.Alberta.ca, Environment Canada or download the WeatherCAN or AEA Alert app for current road conditions or emergency alerts.
- Try to cover as much exposed skin as possible. Wear warm, waterproof and wind-proof layers, scarves, neck warmers or protective face liners and waterproof footwear.
- If you are sweating, remove outer layers of clothing or open your coat to avoid getting your clothes wet.

Learn how to prepare a vehicle emergency kit if you must drive.

#### What is hypothermia?

Hypothermia occurs when the body gets cold and loses heat faster than the body can make it. A body temperature below normal can be a sign of hypothermia and can cause shivering, confusion and loss of muscular control (e.g., difficulty walking). It can progress to a life-threatening condition.

If you think someone has hypothermia:

- Call 911 to get medical attention immediately.
- Lay the person down and avoid rough handling, particularly if the person is unconscious.
- Get the person indoors.
- Gently remove wet clothing
- Warm the person gradually and slowly, using available sources of heat.
- Protect the person from further heat loss/eliminate contact with cold surfaces

If someone has symptoms of extreme cold, such as hypothermia, please seek immediate medical attention.

#### Support is available

Other supports are available for those experiencing unstable housing. Call 211 and press 3 for non-emergency support for shelter, or visit [www.alberta.ca/homelessness](http://www.alberta.ca/homelessness).



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## Gold Bar Executive

*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	kerrybravoisis@hotmail.com
Bingo Director - Parkway	Charlene Lazenby	charnelenzenby@gmail.com
Bingo Worker Director	Lorie Smith	loriesmih@gmail.com
Casino Director	Isabella Pierce	bella.edm@shaw.ca
Communications Director	Dominique Kott	dq.kott@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	Joshua Kott	joshkott@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 com-

munity 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.

## 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. You can join at any time but this session runs

Nov 6-Dec 18- no class

Nov 13 Mondays from 930-1030am

Contact Lisa to register or with any



questions.

Mondays \$60 or \$12 drop in  
Facebook.com/lisashortenfitness or  
email lisashortenfitness@gmail.com

## Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish. You can join at any time but this session runs

Nov 50- Dec 17 (no classes Nov 12)  
Sundays 6:45-7:55 (note this is a 70min class)

Contact Lisa to register or with any questions.

Sundays \$66  
Facebook.com/lisashortenfitness or  
email lisashortenfitness@gmail.com

## Hatha Yoga at Gold Bar Community Hall

Hatha Yoga at Gold Bar Community Hall, increases energy and flexibility. Improve digestion, sleep and overall wellness.

Monday's 11:00 am - 12:15 pm

Wednesday's 7:30 pm - 8:45 pm

Join anytime, first class is free.

Drop in \$12

6 classes \$65

8 classes \$80

Contact: Nancy\_conlin@hotmail.com



## Bingo

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

Sunday October 29@ Parkway evening late night

Tuesday October 24@ Fort Road afternoon/evening

For all other dates, please visit our website

# Gold Bar Winter Market

**DECEMBER 2, 2023 | 10AM - 3PM**

---

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## Holyrood Community League Contacts

President - Chris	president@holyroodcommunity.org
Vice President - Megan	vicepresident@holyroodcommunity.org
Treasurer - Vonn	treasurer@holyroodcommunity.org
Secretary - Julie	secretary@holyroodcommunity.org
Programs - Harry	programs@holyroodcommunity.org
Sports & Fitness - Wes	sports@holyroodcommunity.org
Memberships - Nor'Ali	memberships@holyroodcommunity.org
Facilities & Grounds - <b>VACANT</b>	facilities@holyroodcommunity.org
Communications - Jana	communications@holyroodcommunity.org
Events - Elisa	social@holyroodcommunity.org
Civics - <b>VACANT</b>	civics@holyroodcommunity.org
Holyrood Development Committee - Carmen	hdc@holyroodcommunity.org
Community Garden - <b>VACANT</b>	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - <b>VACANT</b>	playgroup@holyroodcommunity.org
Casino - <b>VACANT</b>	casino@holyroodcommunity.org
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  Holyrood Community League

Purchase memberships through [efcl.org/membership/](http://efcl.org/membership/)

**Complimentary memberships are available for newcomers to Holyrood!** Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

## Holyrood supportive housing development update

As you may know, the City of Edmonton has begun a plan to accelerate affordable and supportive housing in Edmonton to add 2,700 new units to the city by 2027. A plot of land at 95th Avenue and 83rd Street has been acquired by the City, rezoned, and is slated for a supportive housing development, specifically a 4 storey residential building (63 single resident occupancy units, of which 12 will be designed to be barrier free) and space for associated support services. Construction is set to begin by 2024 and occupancy is slated for sometime in 2025. The total project cost is expected to be \$28.5 million. This development will prioritize individuals experiencing homelessness or at risk of homelessness, and upon completion, ownership will be transferred to Homeward Trust.

The community league was made aware of this development in early September 2023, and we have since had a meeting with the City of Edmonton Supportive Housing team, and another meeting with our City Councillor, Ashley Salvador, in regards to this development. On behalf of the residents of Holyrood, we request the following items from the City:

-A request to send mail outs & notices

pertaining to the development, to the entire Holyrood neighbourhood at large, as opposed to just the houses within 60m of the development.

-We asked the City for a community engagement information session, to be held at SEESA, in the evening (5-7pm for instance). This session will provide more information to the residents of Holyrood in regards to the development, and to share feedback from other supportive housing developments in the City to the Holyrood neighbourhood.

-Request for Holyrood Community League Board or the HDC to be involved in decision making process/RFP process, during which a decision will be made on which service provider will manage the development, and select the target demographic for residents.

Councillor Salvador and the Supportive Housing team were amenable to the request for the information session and we will keep the community informed when we are notified of next steps. If you are interested in becoming involved with the development process for this, or for any other developments in Holyrood, please reach out to [carmen@holyroodcommunity.org](mailto:carmen@holyroodcommunity.org) and let her know you would be interested in joining the



## HOLYROOD COMMUNITY LEAGUE BOARD

Come join our fun and friendly team in making Holyrood a fantastic place to live!

Commitments include attending monthly meetings, which are an hour long, in addition to a small monthly time commitment, which is dependent on the role and could be anywhere from 1-4

hours a week. Our open positions are Facilities Director, Civics Director, Playgroup Coordinator and Community Garden Chairperson.

If you are interested in any of the following positions, please email [megan@holyroodcommunity.org](mailto:megan@holyroodcommunity.org)

## COMMUNITY NEWS

**Casino Night:** The Holyrood Community League thanks all of our casino volunteers for your time! The casino fundraiser is instrumental in raising operational funds for the league.

**Rink Attendants Urgently Needed:** With winter upon us, the league is also looking for rink attendants - please contact [wes@holyroodcommunity.org](mailto:wes@holyroodcommunity.org) if you are interested in helping keep



our rink maintained for all to enjoy.

**Babysitters Wanted:** Are you certified? Want to offer your babysitting services to fellow community members? Holyrood Community League is looking for more babysitters - if you are a babysitter or need a babysitter, please contact [communications@holyroodcommunity.org](mailto:communications@holyroodcommunity.org) to get your name on the registry, or to find a sitter.

## THINGS TO DO IN OUR COMMUNITY

### COMMUNITY SWIM

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

## YOGA WITH BARB



Join our amazing yoga instructor Barb as she moves back indoors for the fall/winter! Thursdays from 7 - 8:45 pm at St Luke's Church from September 21st until December 14th, register for three sessions for \$30

or drop in for \$15 each class. The yoga poses are gentle and accessible for everyone. You should bring a blanket, yoga mat, block and strap, and a water bottle. Email barbayogaguide@gmail.com for costs.

## Winter Car Seat Safety

Bulky winter clothing can impact the effectiveness of car seat harnesses and can significantly compromise your child's safety when traveling. The force of a car crash can cause puffy winter coats and snowsuits to suddenly flatten, creating a gap between your child and their car seat harness. When this happens, your child is no longer properly secured and is at risk of being partially or fully ejected from the car seat. This can cause serious head or spinal injuries.

It is crucial to dress your child in thinner layers and adjust straps snugly to ensure their protection. Bulky clothing, including winter coats and snowsuits, should not be worn underneath the harness of a car seat.

Tips to keep your kids safe and warm in their car seat during the winter

- Place a blanket over the straps after they are buckled up.
- Put your child's coat on backwards after they are strapped into their car seat.
- Don't forget hats and mittens. These keep kids warm without interfering with the car seat harness.
- Pack an emergency bag with extra blankets, dry clothing, hats and gloves, and non-perishable food.

Always remember these rules for car seat safety:

- Follow the car seat manufacturer guidelines. The car seat must be correctly installed in the vehicle.
- The shoulder harness should be snug enough that you cannot pinch the strap fabric at the collarbone.
- Infants and young children are safest riding in a rear-facing car seat until they reach the maximum height or weight limit for rear-facing use allowed by the seat's manufacturer.
- Your child is safest riding rear-facing until two, three or even four years old.
- When your baby outgrows their infant seat, move them into a larger rear-facing seat.
- When a child outgrows their larger rear-facing car seat (by height or weight), they should move into a forward-facing car seat with a harness.
- When a child outgrows their forward-facing car seat (by height or weight), they should move to a booster seat. Use a booster seat until the seat belt fits properly; this is typically when your child is 145 cm (4 ft. 9 in.) tall and between 8 and 12 years of age.

**Get outdoors this winter!**

**EDMONTON NORDIC SKI CLUB**  
Registration Now Open



- **Jackrabbit program for children,** 4 to 13 years of age. Children rental equipment available.
- **Adult lesson registration open.**
- **Space is limited.**

**EDMONTON NORDIC**

Please visit [edmontonnordic.ca](http://edmontonnordic.ca) to register.  
Please send inquiries to [administrator@edmontonnordic.ca](mailto:administrator@edmontonnordic.ca)

## RINK ATTENDANTS NEEDED

HOLYROOD COMMUNITY LEAGUE IS SEEKING MULTIPLE RINK ATTENDANTS FOR THE 2023-2024 RINK SEASON

FOUR HOUR SHIFTS, EVENINGS AND WEEKENDS

NO EXPERIENCE NECESSARY, TRAINING PROVIDED



INQUIRIES + FOLLOW UP VIA EMAIL

WES@HOLYROODCOMMUNITY.ORG

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## Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Wayne	vp@idylwylde.org
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Mick	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Royden	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	Erin	membership@idylwylde.org
Garden	Kirsten	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
<b>Social</b>	<b>VACANT</b>	<b>social@idylwylde.org</b>
Publicity	Victoria	publicity@idylwylde.org
<b>Grants</b>	<b>VACANT</b>	<b>grants@idylwylde.org</b>
SECLA	Scott	seclarep@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org



## 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](http://www.idylwylde.org) and enter your email in the 'Subscribe to our newsletter' box.

## Fall Programs at Idylwylde Community Hall

As the weather turns cooler this season, there are lots of ways to stay active! Hosted at the Idylwylde Community Hall, join us for:

**Pilates Fusion Full Body Workout** offers a whole body workout that focuses on strength, flexibility, and balance. This class incorporates Pilates exercises, body weight moves, yoga poses, and free weights. Monday evenings at 7 p.m. until December 4.

Gentle Yoga is a more gentle style of hatha yoga practice. It is offered at a slower

pace with less intense positions and a focus on breathing. An ideal class for those new to yoga or looking for a restorative practice. Tuesday evenings at 6:30 p.m. until December 5.

**Family Yoga** is a great opportunity to get active with the whole family. Our next class will be held on Saturday, November 26 at 11:00 a.m.

All ages and abilities are welcome. Please bring water and a yoga mat. Free to Community League Members.

## Wylde Kids Halloween Party was a Monster Mash of a time!

Thank you to everyone who came out to our Wylde Kids Halloween Party! We had a spook-tacular time finding ghosts and ghouls, decorating cookies, examining mummies in the lab, and boogying to some great music. We loved seeing ev-

eryone's wonderful costumes! Thank you as well to our community volunteers who made this fun event possible. Follow us on Facebook (Idylwylde Community League) to keep up to date on future community events.

## Community Survey

Thank you to everyone who participated in our Community Survey. We will be discussing the results of the survey at our next Community Board meeting on November 8 at 7 pm. Of note, we will be discussing future plans for the community ice rink. Everyone is welcome to join us and hear what the community shared

about life in Idylwylde.

Congratulations to the winners of our gift card draw! Our 5 winners received 1 of 5 gift cards to some of the amazing local businesses around our community - Kind Ice Cream, Darling Restaurant, Mill Creek Cafe, Anvil Coffee House, and Take Care Cafe.

## Community League Positions

The Board of Directors is looking for a volunteer for the Grants Chair and Social Chair position. The role of the Social Chair is to help generate ideas for social events that will bring together all members of our community, look after details necessary to run an event, including recruiting volunteers to assist with events, attend Board meetings when possible, and manage community notifications and signage.

The Grants Chair plays an integral role in

making sure our not-for-profit organization can provide the best opportunities possible for our community. The Grants Chair is in charge of applying for the Annual Community League Operating Grant, City of Edmonton micro-grants, and seeking other suitable grants whenever possible.

If you're interested in this opportunity to contribute to your community, please reach out to the Community League at [league@idylwylde.org](mailto:league@idylwylde.org)

## Community League Swim \*NEW TIMES\*

Community swims are a great opportunity for the whole family to stay active during the cooler months and enjoy the facilities at our local recreation centres. All you have to do is show your community league membership card for a free swim. The Bonnie Doon Leisure Centre has reopened following their renovations!

**Bonnie Doon Leisure Centre**

8648 81 Street NW

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

**Commonwealth Community Recreation Centre**

1100 Stadium Road

Saturdays, 3:00pm - 5:00pm

## Free Memberships and Skate Tags

The Community League Board has decided to make our memberships free for all of our community members that live in Idylwylde! Now that the cooler weather is here, make sure to contact our Membership Chair at [membership@idylwylde.org](mailto:membership@idylwylde.org) to get your free skate tags. This gives you access to skating at ice rinks in any Ed-

monton Community League.

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 of \$10/year. Please contact our Membership Chair with proof of residency in Idylwylde to get your membership today!

## Pub Nights

Join your neighbours at the Idylwylde Community League Hall for a pub night on the first Thursday of every month at 7:00 p.m. Drinks and snacks will be available and there are plenty of new friends to be made! You'll need your current Community League membership to attend. Check out our Facebook page for Pub Night themes! Our Next Pub Night will be **December 6 at 7:00 p.m.**



## Monthly Community Meetings

Want to get involved? Join us for our next meeting. Our meetings are the second Wednesday of the month at 7 p.m. at the Community League hall. Hope to see you there!

## 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	Vacant	please email President for direct information
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Vacant	please email President for direct information
Children's Programs	Vacant	please email President for direct information
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	president@secla.ca
Social	Janine	social@kenilworthcommunity.com
Men's Shed	Morris	mreid2057@gmail.com

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

Hall Rental requests: rentals@kenilworthcommunity.com Keep Current 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

**\*\*Event 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.**

## Upcoming Events

Monday, November 6th Craft Night 7-8:30pm @KCL  
 Monday, November 20th Games Night 7-8:30pm @KCL  
 Monday, December 4th Christmas Ornament Workshop 7-8:30pm @KCL  
 Monday, December 18th Christmas Movie & Pizza 7-8:30pm @KCL  
 Monday, January 15th New Years Youth Dance Party 7-8:30pm @KCL

## Annual Sleigh Ride & Chili Supper

Friday, November 24th

**Kenilworth Community Hall**

Sleigh Ride 5:00 – 7:00 p.m.

Chili Supper 5:30 – 7:30 p.m.

**Free Event with Food Bank Donation**

Enjoy Chili or Hotdog

Sleigh Ride

**Christmas Craft**

Buy a 50/50 Ticket to support Kenilworth Events

Fun for the Whole Family! All Kenilworth residents welcome.

## KCL 50/50

Support your community! Starting November 1st, purchase your 50/50 ticket online or in-person at a KCL member event on November 24, 2023.

Draw date is November 24, 2023 at 7:30pm (you do

not have to be present for the draw). These funds support community events like the winter family activity and summer concert series.

The winner takes 50% of the funds raised. <https://www.rafflebox.ca/raffle/kcl2023>



# KCL 50/50

## Starting November 1, 2023

Purchase your 50/50 ticket **online**:  
OR

**In person** at a KCL member event on November 24, 2023

**Draw Date November 24, 2023, 7:30pm** (you do not have to be present for the draw)

These funds support our community activities ex. Winter family activity/ summer concert series

The winner takes 50% of the funds raised.

<https://www.rafflebox.ca/raffle/kcl2023>



## New Option for KCL Membership

There is a new membership sign-up and renewal system now in place for Kenilworth. It can be accessed from a link on our Membership page on our website, or by typing kenilworthcommunity.getcommunal.com/

memberships into your browser. If you wish to try the new system but run into any problems using it, please contact Donald Paton at 780 466-8115 or email: treasurer@kenilworthcommunity.com for assistance.

## SCONA Senior Affordable Christmas Craft & Bake Sale

**November 30, 2023**

10:00 A.M. - 6:00 P.M.

Kenilworth Community Hall 7104-87 Ave

**Homemade Baking from an AHC Approved Kitchen**

Tasty Gifts for Friends or Family Hand-

made Dish Cloths and Oven Door Tea Towels Miniature, Decorated and Lit Christmas Trees Reusable Gift Bags- all sizes Hand Made Treasures and Much More \$5.00 lunch of sandwich, dessert, tea/coffee, or juice available while you browse!

## Kenilworth Community Memberships

Are you a member? 2023-2024 memberships are on sale and valid until August 31, 2024. Please contact Rebecca S. at [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com) for more information!

### 2023-2024 Membership Fees:

Family-\$20

Single Adult-\$10

Senior-\$5

**2023-2024 Membership Purchase Options:**

1) Online- Renew online to instantaneously have a renewed membership. Online Renewal Link: <https://kenilworthcommunity.getcommunal.com/memberships>

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.

## Buildings and Grounds

We are still searching for a person to fill the position of Buildings and Grounds. We already have an awesome volunteer that would work in partnership in this position.

This position is ideal for retired or semi-retired individuals. It is well suited for someone who spends time around the

community each week. Main part of the job is to maintain good appearance of hall and grounds as you would at your own home.

Attend monthly Executive Meetings. For more information, contact Alma at: [akessel@shaw.ca](mailto:akessel@shaw.ca)

## Scrapbooking Mondays

We are a group who love to scrapbook and/or make cards.

We are a group that meets the last Monday of each month from 1:00-10:00 pm.

We meet in September, October, November, January-June.

Once in a while the date might change.

Contact person: Linda Burns

email: [lmiburns@gmail.com](mailto:lmiburns@gmail.com)

780-951-5339

## KCL Youth

Looking to get involved in the community? Looking for fun activities nearby?

Follow us on Facebook or Instagram @kcl.youth for updates! If you're looking to

volunteer, email: [youth@kenilworthcommunity.com](mailto:youth@kenilworthcommunity.com)

# KCL YOUTH

Follow Us on Instagram @KCL.Youth

## November - January Youth Events:

MONDAY Nov 6th Craft Night 7-830pm @KCL

MONDAY Nov 20th Games Night 7-830pm @KCL

MONDAY Dec 4th Christmas Ornament Workshop 7-830pm @KCL

MONDAY Dec 18th Christmas Movie & Pizza 7-830 pm @KCL

MONDAY Jan 15th New Years Youth Dance Party 7 - 830 pm @KCL

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

(Parents & other family members 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](mailto:youth@kenilworthcommunity.com)

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## KEP Board Members

President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michaudr@gmail.com
Treasurer	Sylvia Shank	sacul@telus.net
Secretary	Renée Henthorne	wish2bee@yahoo.ca
Tennis Director and Membership Director	Wayne Alexander	walexander@shaw.ca
Hall rental & Maintenance Director	Christopher Henthorne	king.ed.hall@gmail.com
Civic	Rahul Deol	
Volunteer	Tod Rudge	todrudge@gmail.com
Volunteer	Kaitlyn Wall	
<b>Connect with us online:</b>		
Twitter	@KingEdwardPark	
Facebook	<a href="https://www.facebook.com/kingedwardparkYEG/">https://www.facebook.com/kingedwardparkYEG/</a>	
Instagram	<a href="https://www.instagram.com/kingedwardpark/">https://www.instagram.com/kingedwardpark/</a>	
Website	<a href="https://www.kingedwardpark.org/">https://www.kingedwardpark.org/</a>	

## Seeking Ice Attendant for our Outdoor Rink

We are in need of an experienced person to make and manage the ice in our outdoor rink this winter. If you are interested in discussing please email [kep.membership@gmail.com](mailto:kep.membership@gmail.com).

## Hall Rentals

In need of a space for a special event? Consider using one of King Edward Park's two halls for your functions!

The Large Hall, located at 7708 - 85 Street NW, offers a spacious venue with a stage, projector and screen (available for an additional fee), bar area with a stand-up fridge and small freezer, downstairs space, and kitchen facility.

The Small Hall, situated near the tennis courts and ice rink at 8008 - 81 Street NW, provides a cozy space with a stove for heating prepared food and a large sink for easy clean-up.

For more information on hall capacity and availability, please visit our website. To book a hall, contact Christopher at 780-469-2468 or [king.ed.hall@gmail.com](mailto:king.ed.hall@gmail.com).

## Call for KEP Programing Input

Do you have a great idea for your community? Are you a skilled instructor that wants to start a program? We want to hear all about it and help to get it off the ground! The King Edward Park Community league invites you to contribute your ideas for programing.

Contact us by joining us at a meeting to share what kind of programming you would like to see

Or let us know via email what type of programing you would like to see, [president@kingedwardpark.org](mailto:president@kingedwardpark.org).

## King Edward Park Tennis Club

Come join our tennis club. We are proud to have a fantastic set of tennis courts located at Duncan Innes Park, 8008 - 81 Street NW.

The King Edward Park Tennis Club welcomes players of all levels and offers private and group lessons. Please note that

a valid community league membership is required to join.

KEP resident annual membership: \$50 family, 25 single. Non King Edward park resident annual membership: \$75 family, \$50 single. Contact Wayne for more information! [walexander@shaw.ca](mailto:walexander@shaw.ca)

## Volunteer With Us

If you're interested in helping our community league out, drop by one of our board meetings and see what we're all about or contact us at <https://www.kingedwardpark.org/contact>.

## Community League Membership

For just \$20 you can become a Community League Member. Your membership gets you:

Free access to select pools during Community Swim times.

Complimentary Edmonton Tool Library Membership (with proof of KEP League membership).

Free skating at our outdoor rink on the corner of 81 Street and 81 Avenue. As well as many additional City of Edmonton indoor arenas.

Free or discounted rates for community recreation (Tennis, Yoga, Parent & Tot etc.)

10% off new annual, multi-admission, and continuous monthly passes at any City of Edmonton sports and fitness facility.

Additional Benefits can be found at the Edmonton Community Leagues website.

Memberships are available at our Board meetings. Otherwise, feel free to give our Membership Director, Wayne, for more information! [walexander@shaw.ca](mailto:walexander@shaw.ca)

## Family Movie Night

Don't miss out on King Edward Park's family movie nights! Stay updated on our social media or website (<https://www.kingedwardpark.org/events>) to find out about the next event. We show older and

newer movies: September's movie was new release Spiderman: Across the Spider-Verse!!!

Admission is \$5 per family and includes popcorn at the concession.

## Contact us

We would love to hear from you! Whether you're a long-time resident or new to King Edward Park, we welcome all community members to attend these meetings and ac-

tively participate in shaping the future of our neighborhood. You can get in touch by coming to one of our monthly meetings or online at <https://www.kingedwardpark.org/contact>

HONOURABLE

## MARLIN SCHMIDT

MLA EDMONTON-GOLD BAR

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

- provide information about provincial government programs and services
- assist you with questions or difficulties with provincial government services
- share ideas
- participate in local events

[edmonton.goldbar@assembly.ab.ca](mailto:edmonton.goldbar@assembly.ab.ca)  
 #100 8925 82 Avenue  
 780-414-1015

## Ottewell Community League Contacts

President: Corinne	<a href="mailto:ottewell2212@gmail.com">ottewell2212@gmail.com</a>
Vice President: Tom	<a href="mailto:oclrink2021@gmail.com">oclrink2021@gmail.com</a>
Secretary: Monica	<a href="mailto:ottewellsecretary1@gmail.com">ottewellsecretary1@gmail.com</a>
Treasurer: Jamie	<a href="mailto:ottewell.finance@gmail.com">ottewell.finance@gmail.com</a>
Farmers Market Manager	<a href="mailto:oclfarmersmarket@gmail.com">oclfarmersmarket@gmail.com</a>
Social Media: Hailie	<a href="mailto:ottewellmedia@gmail.com">ottewellmedia@gmail.com</a>
Engagement : Julie	<a href="mailto:ocleverage@gmail.com">ocleverage@gmail.com</a>
SEV Liaison: Bri	<a href="mailto:sevliasion@gmail.com">sevliasion@gmail.com</a>
Big Bin: Andrew	<a href="mailto:oclbigin@gmail.com">oclbigin@gmail.com</a>
Bingo Director: Tyler	<a href="mailto:oclbigo@gmail.com">oclbigo@gmail.com</a>
Grants: Chelsea	<a href="mailto:oclgrants@gmail.com">oclgrants@gmail.com</a>
Membership Director: Sandra	<a href="mailto:oclconcerns@gmail.com">oclconcerns@gmail.com</a>
Playschool Director: Jason	<a href="mailto:jjmclean@hotmail.com">jjmclean@hotmail.com</a>
SECLA Rep	Oclconcerns@gmail.com
Website Editor	Open

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

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

Have fun using the tracks and leave them in good condition for others to enjoy!

The ski tracks:

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

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

“Our family loves the fact that we can literally cross the street and go skiing in the park. It’s so convenient to not have to load everything in the van and drive somewhere, and I always feel happier and more energetic after a ski.

To learn more about the health benefits of cross-country skiing, visit <https://tinyurl.com/y2o4ffaz>

## Yoga Season has begun

Thankfully, there are still spaces left in this current series, and we would love for you to join us!

Yoga is an excellent tool for your well-being. It can help with stress reduction, increase strength, mindfulness and mobility, provide effective cross training for your other activities, and assists in supporting you to feel at home in your mind and body.

Join us at Ottewell Community Hall for weekly practices designed for all levels. No experience necessary. Just bring yourself, your yoga mat, a water bottle and some curiosity.

### CLASS SCHEDULE:

Tuesday 7:30-8:30PM, October 3-December 12 (no class Oct 17th).

For more information or to register, please message [willalee@hotmail.com](mailto:willalee@hotmail.com) or [@wanderingmapleyoga](https://www.instagram.com/wanderingmapleyoga) on instagram.

## Ottewell Rink

OCL Rinks will be going strong again this year. We will have benches outside to use and there will be a porta-potty on site as in previous seasons.

Weather permitting the Pond and Hockey rinks will be opening in late November or early December. The ice lights for both rinks will be on from 5pm to 9pm, 7 days a week. The rink shack at Ottewell will require volunteer supervisors in order for it to be open to skaters.

Ottewell rink is maintained and supervised by volunteers. If you would like to volunteer at the rink it is a great way to enjoy the outdoors and give back to your community. Volunteer positions include:

**Maintenance:** This position involves clearing the ice of snow using scrapers, shovels and a snowblower as well as flooding the ice as needed. These tasks are quite physical and are completed as needed. They don’t follow a regular

schedule.

**Supervision:** This position would involve opening and supervising the rink shack on a weeknight or a weekend afternoon for at least 3 hours (e.g. Mondays from 6-9 pm or Saturdays from 12-3 pm). This would be a weekly commitment for the skating season.

If you would like to volunteer at the OCL rink please email Tom at [oclrink2021@gmail.com](mailto:oclrink2021@gmail.com).

Thanks to our volunteers that are giving their time to ensure the kids of Ottewell have some outdoor fun!

-Skate at your own risk.

Wear your helmet.

--Share the space. We all want to enjoy the pond rink.

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

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

Ottewell Community League presents  
A very merry  
**HOLIDAY**  
Market

**SATURDAY, NOVEMBER 25TH | 10AM – 3PM**  
5920 93A AVENUE EDMONTON, ALBERTA

Showcasing local artisans & markets, poinsettia fundraiser, and a family photo booth!

## School Parking- A friendly reminder



Illegal parking around schools causes congestion and visual obstructions that make it hard for drivers to see pedestrians, especially children, crossing the street. Illegal parking around school areas can be a safety hazard and can create unreasonable disruption to the residents living in the area.

To help prevent problems around schools, the Edmonton Police Service and Parking Enforcement Officers work together to ensure students, parents and staff members of local schools know where to park safely and legally.

For more information visit: [edmonton.ca/schoolparking](https://edmonton.ca/schoolparking).

## Ottewell Community Memberships

You can purchase your Community Membership at:  
ANVIL Coffee House at Ottewell Plaza – 6148 90 Ave  
Ottewell Farmers Market – every Thursday 4 – 7pm 5920 – 93A Ave  
Online at [Ottewell.ca](http://Ottewell.ca); Print off your membership from the site  
Cost: \$25/ Family - \$10 single - \$5 Seniors  
If you are a local business and would like to provide Ottewell Community members with a discount please email: [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com)

## We have a COMMERCIAL Kitchen for Rent!

Commercial Kitchen Rentals: For start up businesses we have a certified kitchen we rent out to current businesses are The Herbal Mama, Maggie's Perigies, Super Amigos... we are looking for baker's hours during the week- availability from 10pm-6am.  
Some Saturdays and Sundays are available away from hall rentals. Female entrepreneurs are welcome!  
For more info contact: [oclhallrentals@gmail.com](mailto:oclhallrentals@gmail.com)

## OCL Farmers Market

The Ottewell Community hosts an Alberta Approved Farmers Market weekly on Thursdays from 4:00 - 7:00 PM in the hall. We have a variety of local vendors, come out and support local.

This market is 100% volunteer based,

therefore the revenue received from the vendors goes directly back into community sponsored programs.

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

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

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

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

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



## 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 Eastglen Leisure Centre and Sundays from 1:15 - 2:45 PM at Hardisty Leisure Centre.

Please Note: Commonwealth Community Recreation Centre is currently shut-down for maintenance.

## OCL Social Media



Stay inTouch with what's happening in your community !

Instagram: [@ottewellcommunityleague](https://www.instagram.com/ottewellcommunityleague)

Facebook: [Ottewell Community League](https://www.facebook.com/OttewellCommunityLeague)

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

## Leaves & Branches in Autumn

Now is the season of leaves and branches and with that comes the need to dispose of larger than usual amounts of yard waste. Here are some easy options that may help:

1. Let nature do the work. Leave some leaves around, leave the clippings on the lawn, mulch on top of your soil. Your soil will thank you!

2. Take it to the Eco Station for FREE. Grass, leaves, branches, plants, and local apples are FREE to drop off at the Eco Sta-

tion all year. There are 4 locations open 7 days/week, 9 am to 7 pm. For additional information, please visit: [edmonton.ca/EcoStations](http://edmonton.ca/EcoStations)

3. Set out bags of grass, leaves, and branches for waste pick-up. There are 2 pick-ups this fall in early October & early November. For additional information, please visit: [edmonton.ca/YardWaste](http://edmonton.ca/YardWaste)

4. Top up your Food Scraps Cart-but please make sure that your lid closes completely.

Did you have fun at the Spooky Trivia night? Mark your calendar & register your team for the Merry Trivia that will take place on December 8th. For registration, please contact: [trivia@strathearncl.org](mailto:trivia@strathearncl.org)



## SCL Leadership

Position	Name	Email
President	Chris	<a href="mailto:president@strathearncl.org">president@strathearncl.org</a>
Vice President	Marina	<a href="mailto:vicepresident@strathearncl.org">vicepresident@strathearncl.org</a>
Treasurer	Robert	<a href="mailto:treasurer@strathearncl.org">treasurer@strathearncl.org</a>
Secretary	Glynnis	<a href="mailto:secretary@strathearncl.org">secretary@strathearncl.org</a>
Membership	Jen	<a href="mailto:membership@strathearncl.org">membership@strathearncl.org</a>
Buildings Director	Evan	<a href="mailto:grounds@strathearncl.org">grounds@strathearncl.org</a>
Rink Manager	Vacant	<a href="mailto:rink@strathearncl.org">rink@strathearncl.org</a>
Social Director	Pam	<a href="mailto:events@strathearncl.org">events@strathearncl.org</a>
Communications Director	Jingjie	<a href="mailto:communications@strathearncl.org">communications@strathearncl.org</a>
Programs Director	Tessa	<a href="mailto:programs@strathearncl.org">programs@strathearncl.org</a>
Garden Director	Marina	<a href="mailto:strathearngarden@gmail.com">strathearngarden@gmail.com</a>
Members at Large	Anastasia & Vacant	n/a
Hall Rental Coordinator	Darrah	<a href="mailto:hall@strathearncl.org">hall@strathearncl.org</a>
Soccer Director	David	<a href="mailto:rec@strathearncl.org">rec@strathearncl.org</a>

Please contact [president@strathearncl.org](mailto:president@strathearncl.org) if interested in filling any of our current vacancies!

## Strathearn Community Hall welcomes Learn Through Play Montessori Daycare

As you may be aware, the Learn Through Play Montessori Daycare (LTPM) was formerly housed in the basement of the Rutherford Elementary School. Due to necessary remediation of that space, the LTPM Daycare had to urgently relocate. In the interim, the Daycare will use the entire Strathearn Community Hall during the current school year. The LTPM Daycare is registered as a private, for-profit corporation. The use will be primarily indoors, with some outdoor play time. The Community League believes that the agreement of renting the Community



Hall to the Daycare fulfills our mandate of providing recreation. The agreement between the Daycare and the Community League allows us to maintain our evening programming, such as fitness classes, Community League Events, social and other events. It also allows the Community League to continue operating the Hall as a rental venue on the weekends, further enabling and advancing recreation in the community.

We expect the daycare will return to the Rutherford space when it is ready.

## New 2023-24 SCL membership cards now available!

Looking for a Community League membership?

The fastest way to get your number and start accessing membership benefits is through online purchase via Edmonton

Federation of Community Leagues!

Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.

## ROCK'N'ROLL BOOKCLUB

MONDAY, JANUARY 29TH 8PM

STRATHEARN COMMUNITY HALL

- RAE SPOON - FIRST SPRING GRASS FIRE
- MATTHEW HORTON - GEORGE MICHAEL'S FAITH (FROM THE 33 1/3 SERIES)



## Call for a Rink Director

The Strathearn Community League is looking for volunteers for a Rink Director and anyone that is willing to help out with rink creation and maintenance over the winter.

The Rink Director would help out with creating and maintaining the ice, working with volunteers to clear the rink and con-

duct periodic floods of the ice as needed, and general oversight of the rink over the winter.

Rink volunteers would assist with snow clearing and rink clearing and flooding over the winter season.

If you are interested, please contact [grounds@strathearncl.org](mailto:grounds@strathearncl.org)!

Since September, we have been hosting semi-regular Friday night gatherings at the Hall. The next social Friday Series on the horizon is Karaoke night on November 10th! Please also stay tuned for the Fun Friday on November 24th and our first filmmaking workshop on December 9th. Come with your friends, family, neighbors for some fun music, food, drinks and new connections! Please mark your calendars & follow us on social media and website.



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**Fulton Place:** Spotless 1118 sq ft Bungalow, 3 bedrooms upstairs with the possibility of one down, 2 bathrooms, beautiful lot with 15.2 meters frontage.



**Parkallen:** Prime cul-de-sac, massive 1026 M<sup>2</sup> lot, facing island park, redevelopment potential or renovation opportunity.



**Garneau:** Spectacular City View, 3 bedrooms, 2 bathrooms, ensuite off primary bedroom, ensuite laundry, underground parking.



**Holyrood:** 2 + 2 bedrooms, newer kitchen, bathroom, flooring and roof. Basement has second kitchen (self contained living space)



**Dunluce:** North Park Village. 3 Bedrooms, 3 Bathrooms, fenced yard, separate party room. Close to trails, reccentre, schools, playgrounds and splash park.



**Baldwin:** Character starter home, 3 bedrooms, 2 full bathrooms, original hardwood floors, quiet street, fully fenced yard, newer roof, furnace & hot water tank.