

SOUTHEAST VOICE

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King Edward Park, Ottewell, & Strathearn*



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Avonmore Soccer



Congratulations to the U13 boys Avonmore A's for winning the Tier 5 Provincial championship this summer!

THANK YOU!

THANK YOU TO OUR AMAZING VOLUNTEERS WHO MADE OUR CASINO A HUGE SUCCESS!

John, Gord, Lynn, Shelley, Jocelyn, Mathew, Tracy, Jenn, Heather, Allan, Laura, Katie, Bob, Janis, Josie, Marg, Kris, Jim, Ron, Anna, Jerry, Jim, Bernadette, Lori, Kenneth, Eileen, Donna, Darlene, Brandi

We would also like to thank the casino advisors and a special thank you to Marzena and Jean who were the casino coordinators for Capilano Community.

THANK YOU FOR DEDICATING YOUR TIME ON BEHALF OF OUR COMMUNITY!

Cloverdale welcomes Ukrainian families to Canada

Thousands of Ukrainian families were forced to flee their homeland during the war.

Some have been welcomed with open arms into the Cloverdale community by residents providing new, temporary homes and much more.

Pam (who only wants her first name used) is one of several residents to open her doors. She has hosted six refugees from Ukraine, giving them shelter and helping with the basics of arriving in a new country.

"Some of the services we have helped with include medical appointments, rental property assistance, grocery shopping, trips to St. Brendan's, banking, service set up like internet, utilities, and cell phones, driving to job fairs, rewriting resumes, and even attendance during interviews," says Pam.

She admits the experi-

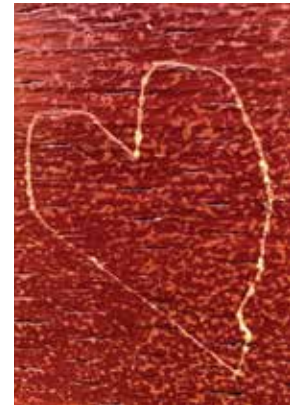
ence of hosting has been profound in many ways and she says she will fondly remember some small, moving details.

"One family was upset that their young son drew pictures on our deck. We thought it was wonderful and asked him to sign his art." For Pam, the new relationships and friendships are the most meaningful part of the experience and it's bittersweet to see each new Canadian move on.

"As important as it is for them to move forward in their lives, it is also very hard to see them leave."

Marilyn Mucha is another Cloverdale host. She helped four Ukrainian mothers and their children between July 2022 and April of this year.

"They were picked up from the airport, given shelter and help with resumes," says Mucha, who also assisted with housing searches, finding schools



for the children, and numerous details such as social insurance numbers, Alberta Health Care cards, bank accounts, even leisure centre passes and bus tickets to get there. She says the newcomers "love Cloverdale and amenities".

Mucha wants to thank all the local families that showed their generosity.

"Their resettlement in our community is a difficult one and you helped immensely in making it a little easier."

Andy Verhagen
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Southeast Edmonton Seniors Association (SEESA)

Fall Rummage Sale - October 21-22.

SEESA's Fall Rummage Sale returns October 21-22. Donations can be dropped off at our south doors 8:30am-3:00pm (Monday to Friday) from October 10-19.

Membership Fees

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

Nov - Dec 2023 Classes & Clubs

Registration for classes & clubs running October 3-December 22 begins on October 10th @ 9:15am. Program Guide is available on our website.

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.



Hours of operation: Monday to Friday, 9:00am-4:00pm. Breakfast served 9:00-10:30am; Lunch served 11:30am-1:00pm. Beverages and snacks served throughout the day.

Tillie's is open to the general public, not just SEESA

members - please stop by for a visit!

Upcoming Events

October 10-22: SEESA Book Sale

October 18: Town Hall with Board of Directors & Executive Director (1:30pm-3:30pm) in Tillie's Cafee

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

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

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Community League Board

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Grants and Funds Raising	Adele	grants@avonmore.org
Soccer/Sports	Connor	sports@avonmore.org
Civics	Bryan	civics@avonmore.org
Programs	Marissa	programs@avonmore.org
Playschool	Ashley and Tracy	director2@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

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

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.

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.

Avonmore Welcoming Committee - Consider Volunteering!

We have finally finalised our welcoming booklet and we're ready to hit the streets handing them out to new residents. If

you'd like to volunteer to help on the welcoming committee, email president@avonmore.org

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 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 past-president@avonmore.org if you have questions.

Avonmore Community League 50/50 Draw Winner

Congratulation to Erika Wedman with ticket #D1924 for winning the Community League 50/50 draw!

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. Contact Anita 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 this QR Code.

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

Avonmore Parent, Baby and Tot Playgroup

The playgroup is located at the Avonmore Community Hall, and runs every Monday from 9:30 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 oppor-

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

Hall Rental

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

Crochet Club

Crochet club is off for the summer, and will resume in October 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.

Yoga Classes

Yoga classes with Shannon Shea will start again on Tuesday, October 3 at 6:30 at the hall. There will be 12 classes in the session ending on December 19th. Cost

for the session is \$140.00 for members of any community league. For more information or to register contact Anita past-president@avonmore.org

Community League Day

There are 162 Community Leagues in Edmonton. Wherever you live, there's one volunteering time to build a better city. Community League Day – September 16 – is your day to meet your League, discover its priorities, hear about discounts and

other perks League membership offers and, if you're keen, help it build a better Edmonton. Stay tuned to the Avonmore website and Social Media channels for upcoming news on what will be happening in Avonmore!

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.

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.

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.

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.

www.communityleagueneews.com



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Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanocl.ca
		780 863-0914
City Programs	Kristin	780 238-7795
CCL Programs	VACANT	
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Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill S.	780 718-7270
Webmaster	Katie	webmaster@capilanocl.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@capilanocl.ca
Hardisty Gym/Preschool Soccer	Shauna D	780 966-3205
SECLA	Jill H.	jkhest@gmail.com
City – NRC	Tyler	780 690-8613

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

Choose Capilano Hall for your Event!

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

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

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

ing, 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 or 780-720-9003.

Wanted – CCL Webmaster

This volunteer position is responsible for managing the Capilano Community League website. This includes working with community members to highlight programming and events important to Capilano and keeping the website pages and links current. This position works closely with the Southeast Voice and Social Media coordinators.

Web experience is not required, and training will be provided. The time com-

mitment is approximately 2-4 hours per month, including the monthly community league meeting; less time commitment in the summer!

This is a great position for someone curious about the Capilano Community League but who doesn't have lots of time to volunteer. If interested or have questions, please contact Kris at K_cramer@telus.net or 780-720-9003.

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

The Capilano Community League wants to hold more events for community residents. What event, for kids or adults, do you want to see in our community? What are you passionate about? You can make

it happen with community league support. "Adopt an Event" and mentoring will be provided. Please reach out to Heather with your idea – she can be reached at 780-818-1456.

Hatha Yoga at Capilano Hall

Day: Wednesday mornings

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

Cost: \$10.00 drop in per class

Karma yoga – free class October 4

Suitable for beginner or experienced.

More information on CCL website (also see Gold Bar CL).

Contact: Nancy_conlin@hotmail.com



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.

Tuesday Kettlebells/ Thursday Strong

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

Tuesday class at 8 p.m.

Thursday class at 8 p.m.

Current session runs Sept. 5/7 – October 24/26, 2023.

\$93 one day a week

7 classes - Tuesday, 7 classes - Thursdays

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

Total Body Fitness

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

Tuesday class at 6:45 p.m.

Thursday class at 6:45 p.m.

Current session runs Sept. 5/7 – October 24/26, 2023.

\$93 one day a week

8 classes - Tuesday, 8 classes - Thursdays

Drop-in rate is \$13.

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

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 or call 780-619-3136 for details.



CAPILANO
COMMUNITY LEAGUE

**Capilano Community League's
7th Annual
Chili Cook-Off**

Saturday November 4th 2023

Tickets \$20 (tickets sold in advance)
includes chili tasting & sides

Location: Capilano Community Hall
10810-54 St

Cash Bar: (Adults only event)
Doors Open at 6PM
Tasting starts at 6:30PM

Chef's needed!
Start testing your recipes,
get creative and
sign up to be a chef!
Chef's tickets are complimentary

**Get your tickets now and
to sign up to be a chef contact:**
Heather 7808181456
Jean 7808630914
Laura 7809829876

Capilano Babysitting Registry

Babysitters needed! The Capilano Babysitting registry is looking to add babysitters to our registry. Please email babysittingregistry@capilanocl.ca for more details. Parents looking for a sitter can also email this address to get connected to a sitter in our area.

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 Playschool has spots available with flexible programming options!




Visit our website for more info and to register



Capilano Community 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!

CCL Program Director Needed!

This volunteer position is responsible for visioning and coordinating non-city community program offerings for Capilano Community League (CCL). This includes our fitness programming, seniors programming, children's programming and whatever you dream up that aligns with our league! Don't worry - while you are overseeing the programs you will work with other volunteers to implement the programs. In this volunteer position for the league, you have the opportunity to shape the role and to have a significant voice in the programming that makes our community vibrant, active, and fun. As a bonus, you get to work with our existing and amazing community volunteers. If interested or have questions, please contact Kris at K_cramer@telus.net or 780-720-9003.

Capilano Community League has been fortunate to have a great ice maker for the past 9 years...but the time has finally arrived for the best to retire. So, it is with sad hearts we have to say good-bye to Jeff White and his legendary ice making skills. Capilano has been blessed with a great rink facility, yet it is the quality of fresh ice on a cold winter day that makes it truly special. The ice maker always has a challenge mostly due to Mother Nature not always cooperating when it is time for a flood. However even with perfect weather, great ice needs experience, technique, and tons of hard work in the cold and wind to create the perfect surface. So Capilano Community League would like to recognize Jeff White and his son Trevor with a heartfelt THANK YOU for all their late nights on the ice, and their long-standing commitment to the community. Thank-you Jeff for the care that you took with the rink that has made all those skating,



So, with that being said...the Capilano Community League now has some big shoes to fill. We are seeking a new ice maker for the 2023-2024 season. This paid position will begin in late November, weather permitting.

Applicants must be able to safely handle the physical aspects of snow removal and ice making equipment as well as be flexible with work hours to remove snow before the rink is open. Most important is a desire to see the result of your work put smiles on the faces of our community! Interested applicants, should forward your resume to Sam at rink@capitanocl.ca.

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A portrait of Ashley Salvador, a woman with long brown hair, wearing glasses and a yellow top, smiling. The background is a blurred cityscape.

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The Rummage Sale

Bake Sale

Book Sale
During the Event

SATURDAY Oct 21
10AM-3 PM
SUNDAY Oct 22
11AM-3 PM

Donations accepted at the South Door
starting Oct 10, 9-3
Please ensure that all your
items are clean
Donations will be accepted
until Noon Oct 19
Bake Sale items accepted October 20



DO NOT BRING: Furniture. (upholstered, baby, large, TV's.) **Books** (encyclopedias, religious, Reader's Digest, text & magazines), **Tech** (software, hardware and out of date technology, VHS tapes, cassettes), **Office Supplies** (binders, folders, photo albums, paper etc.) **Household Items** (mattresses, pillows, baby supplies, soft toys, clothing, shoes, suitcases, plastic food containers, personal care items)

Save Christmas Items for our Dec 2nd Re-Use Sale. Donations accepted Nov 27

SEE-SA
Your helping hand

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



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Trick or treat! Halloween Spooktacular on October 29

It's scary to think that Winter will soon be here. The good news is: Halloween comes first! This year, Cloverdadians of all ages can show off their costumes and rehearse for the big night by taking in the Spooktacular Party on Sunday, October 29 at the Cloverdale Hall.

The frightening fun begins at 4:00PM with craft tables, storytelling, a balloon artist, and even a haunted room! At 4:30, the 3- to 9-year-old kids will take part in a costume parade. This will be followed by a potluck supper at 5:15 and the party will wrap up with a magic show at 6:15.

The main course for the potluck will be provided but guys and ghouls are asked to please bring an appetizer, salad, or dessert. If you'd like to help in any way, volunteers are always appreciated. Admission is just \$15 for adult community league members and \$20 for non-members. Kids are free!



Beer and wine will be sold, and non-alcoholic beverages are free.

Please RSVP by October 24 to socialdirector@cloverdalecommunity.com

Indicate how many kids and adults will attend and whether you will bring an appy, a salad, or a dessert.

New chapter begins for the Cloverdale Book Club

If you're into books, we have some good news!

It's time for another edition of the Cloverdale Book Club for 2023/24.

Once again, the Book Club will be meeting at the Cloverdale Hall on the last Monday of each month, for the most part.

New members are always welcome as the Club gathers around the cozy fire-

place at the hall and digs into the monthly read to discuss what they loved and what didn't quite do it for them.

The next meetings will be at 7:00PM on the following evenings:

Monday, October 30
 Monday, November 27.
 Monday, December 18
 Monday, January 29

WEAR & WARES

Clothing & Small Household Item Exchange

Capilano Christian Assembly
 9333 50 St. NW

Saturday, October 21

11:00 am - 1:00 pm



DONATION DROP OFF: Friday, October 20th 2pm - 8 pm
 Items donated must be in clean & good usable condition.

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

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



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hello@nestandrest.ca
www.nestandrest.ca

Forest Heights Annual Clothing Swap

As we bid welcome the cooler months ahead, it's the perfect time to refresh your wardrobe! On September 30 and October 1, we invite you to our much-anticipated Clothing Swap. This event lets you clean out your closet and discover new pieces. It's a win-win for your wardrobe AND your wallet! The process is simple: drop off your gently used clothes at the Forest Terrace Heights Community Hall on Sept 28 or 29 between 6-8 p.m. Then shop on Saturday and Sunday anytime between 10 a.m. - 3 p.m.! Please note that all clothing items should be clean, in good condition, and ready for their new owners. We kindly request no footwear or undergarments and that you bring only clothes suitable for swapping. Let's embrace sustainable fashion together. We encourage you to invite friends and family - the more, the merrier! If you'd like to volunteer, please e-mail events@forestterrace.org.

Hall Rentals

Do you need to rent a space for an upcoming event? The solution might be right in your backyard! The Forest Terrace Heights Community League Hall is an excellent location for children's birthday parties, family reunions, fundraisers,

meetings, fitness classes and more! The hall is at 10150-80 Street and seats up to 65 people. For more information or to make a booking, visit forestterrace.org/hall-rental or e-mail Connie at hall@forestterrace.org.

New News?

Do you have an upcoming event, exciting news, or a neighbour shout-out you want to share with your community? Then look no further—we love to share! Become a neighbourhood celebrity and e-mail your details to newsletter@forestterrace.org.

Celebrates Community League Day!



On Sunday, September 10, Forest Terrace Heights celebrated our fantastic community with activities, food, entertainment and other official opening of our brand-new playground! It was a perfect, sunny day and seeing so many neighbours

join us was terrific. Thank you to all the volunteers who graciously gave their time and energy to make this day special. Thanks also goes out to Remax for providing the tents and the bouncy castle and Fleisch for the coupons for free ice cream.

2023/2024 Memberships Now Available

What is the best way to stay connected to your community? Why, with a membership, of course!

You'll get free community swims, reduced hall rental rates, discounts on all programs/events, special rates from local businesses, and more! Enjoy everything our community offers—a family member-

ship is only \$30 bucks a year. Memberships can be purchased online at forestterrace.org or from Grower Direct flower shop on 101 Avenue.

Please contact Sonya at memberships@forestterrace.org with questions or Connie at hall@forestterrace.org for hall bookings.

Newborn Screening Awareness



September is Newborn Screening Awareness month in Alberta. If you are a new or expecting parent, newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about.

It's possible to have one of the screened conditions, such as cystic fibrosis, spinal muscular atrophy, or congenital hearing loss, even if there is no obvious family history. Finding these conditions early means babies get the treatment they need when it can help the most. The tests are quick and safe, and they can be done shortly after birth.

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies. You will be offered to have your baby screened in hospital before discharge or be given information on where to get screening done in the community.

AHS provides these services free of charge through two provincial newborn screening programs.

The Alberta Early Hearing Detection and Intervention (EHDI) Program identifies permanent hearing loss as early as possible in a baby's life. Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays.

It's best for your baby to be screened for permanent hearing loss by one month of age. Visit ahs.ca/ehdi to learn more.

The Alberta Newborn Screening Program (ANSP) uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can

begin sooner to help prevent irreversible problems, improve health and maybe even save your baby's life. It is best for your baby to have newborn blood spot screening between 24 and 72 hours after birth. Visit ahs.ca/ansp to learn more.

Learn more about newborn screening in Alberta at ahs.ca/newbornscreening.

FULTON PLACE Community League



Fulton Summer Concert Series Success Once Again

Our summer concert series was a great success once again! During July and August we hosted the following performers on the drive for our summer concerts:

-Grim Stone
-Braden Gates
-Megan Paige
Tea G
--Ann Vriend
-Ladies of Jazz
-Steven Sware
-Fulton Fest - David Unsworth, Kaeley Jade, Jenesia, Jed and the Valentine
We were so pleased to see our com-

munity members out enjoying the performances and spending time socializing with neighbors. The shows were sponsored by the community league, but we collected donations for the Hardisty Playground Expansion Committee at the concerts, and are pleased to report that we raised over \$4500 for the project this summer. We want to extend a special thanks to the organizers, Gavin and Eman, this event would not be possible without them.

Thanks to all who came out and enjoyed the concert series, see you next year!

Hall Rental

The Fulton Place hall is available for rent, and is a great place to hold family, social or business functions. The rental rate is competitive, with discounts for Fulton Place community league

members. Rental rates can be found on our website (www.fultonplace.org) under the 'Rent Our Hall' section. To book the hall please contact: hall@fultonplace.org

Fall Garden Swap

We were pleased to have another successful fall garden swap on Sept 9th. Produce, books, tools, lawn ornaments, perennials, native plants, and indoor plants arrived and were taken by many happy recipients.

Patrons had lots of time to chat about plants and share their knowledge with others - it was wonderful to see plant questions asked and answered immediately, we have so many knowledgeable



gardens in our community. We tried juicing apples this year, delicious fresh apple juice was pressed, and we learned some things for next year. Thanks to all who attended another great event.

AGM

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.

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 member-

ship 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.

FPCL Membership Benefits

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

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

Community swims do not take place on Statutory Holidays or days the facilities close early. Hardisty is scheduled for a maintenance shutdown (no swims) - March 3 - May 6, 2024.

Fulton Place Community League is looking for craft good vendors for our Holiday with Hardisty market on December 9th 5:00 p.m. - 8:00 p.m.

Tables are free for vendors. If interested, please email Lisa at programmer@fultonplace.org for more information.

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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

Gold Bar Executive

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

Goldbar Community Memberships Available Now!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82St). Come check out these wonderful business and pick up your community membership. Check your local pool for community swim times. **Please remember your card!**

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

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

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. This class is outdoors at the park. You can join at any time

but this session runs Sept 11- Oct 30 (no classes oct 9)

Mondays from 930-1030am
Contact Lisa to register or with any questions.

Mondays \$75 or \$12 drop in
Facebook.com/lisashortenfitness or email lisashortenfitness@gmail.com

Hatha Yoga at Gold Bar Community Hall

Monday's 11:00 am - 12:15 pm
Wednesday's 7:30 pm - 8:45 pm
Karma yoga free classes on Oct 2 and 4
8 class pass \$80
6 class pass \$65
\$12 drop in

Overview

Hatha style yoga includes: warm up begins seated on the floor, then moving through

several standing and balancing postures.

Followed by stretching working at your own pace to improve posture and range of mobility.

Lastly relaxing seated and laying down exercises.

Suitable for beginner and those with previous experience.

Contact: Nancy_conlin@hotmail.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. This class is outdoors next to the hall. You can join at any time but this session runs Sept 10- Oct 29 (no class Oct 8)

Sundays 6:45-7:55 (note this is a 70min class)

Contact Lisa to register or with any questions.

Sundays \$85 or \$12 drop in

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

BINGOS



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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GREATER HARDISTY AREA FAMILY FUN DAY

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

Sponsors: Strathcona Industrial Association, Imperial, EPCOR, ICANA BRADLEY, Celanese, Walmart, ALL CARE PHARMACY, H&W PRODUCE, ENBRIDGE, U Call Me! U Get Me!, ANDY, Action, Omega Commodities

Thank you to our sponsors and volunteers of the 11th Annual Greater Hardisty Area Family Fun Day. The Epcor water truck, Jons Funny farm petting zoo & pony rides, Pop Up Inflatables, dynamo dogs, and cadets.

See you next year on September 21, 2024!!!



*** PENDING to September 23rd:**
Beautiful and Affordable Top Floor Condo in Ramsay Hts. – Sussex House. Very good condition 1001 sq. ft. 2 BDRM, 1.5 BATH – many upgrades. Move-in Ready & immediate possession – only \$124,900!!



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- participate in local events

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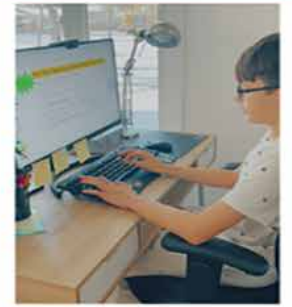
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Holyrood Community League Contacts

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 - VACANT	facilities@holyroodcommunity.org
Communications - Jana	communications@holyroodcommunity.org
Events - Elisa	social@holyroodcommunity.org
Civics - VACANT	civics@holyroodcommunity.org
Holyrood Development Committee - Carmen	hdc@holyroodcommunity.org
Community Garden - VACANT	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - VACANT	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org


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

YOGA WITH BARB

Join yoga instructor Barb on outdoors Tuesday Mornings from 9:30 - 10:45 am, for Gentle Yoga and Movement. The yoga poses are gentle and accessible for everyone. You should bring a blanket, yoga mat, block and strap, bug spray and a water bottle. The yoga sessions will take place in the pocket park on the North side of Holyrood. Email barbayogaguide@gmail.com for costs.

Yoga With Barb

in Holyrood at St. Luke's
Thursdays at 7:00 pm



FALL 2023 SESSION
 Thursday Evenings
 7:00 to 8:45 pm
 Starting September 21st
 Until December 14th
 \$30 for Punch Card of 3 Classes
 or
 \$15 drop-in

WHERE:
 St. Luke's Church (main hall)
 8424 - 95 Avenue

CONTACT:
barbayogaguide@gmail.com
<https://barbaralritter.ca>

LEARN: about feet, breathing into core, building stamina with ease
BRING: yoga mat, blocks, belt, blanket and water bottle

COMMUNITY NEWS

This past May and June, we held two indigenous learning sessions. The May session was at the Strathearn CL Hall and the June session was in the gym at Holyrood School. We learned so much including the importance of Indigenous allyship, reconciliation, protocol and land acknowledgments, the history and spirit of the pow wow and round dance. And in our last session we talked about Truth and Reconciliation (TRC) and shared ideas about what we can do as a community, as well as an individual, to continue our Indigenous learning and further our understanding of reconciliation. We hope everyone who attended will share their learning with others and continue to learn about Indigenous history and reconciliation.

On August 26th, we supported our neighbours at St Luke's Anglican with their Treaty 6 Recognition Day. Funding was provided for the elder and the drummer. There was a great turn out, and the community was taught a few different Indigenous games, like leg wrestling, Hand games, and double ball. Keep an eye on our social media for more opportunities to learn about reconciliation!

Finally, on September 16th, we held the Community League Day Event in Holyrood Park.

Over 250 neighbours attended. There was great music from Punch Buggy and Chubby Cree and many fun activities for the kids that included Holyrood Rocks (thank you Andrea!) bouncy castles, petting zoo, Edmonton Fire Rescue Services and their fire truck, face painting, hula hoop dancer, etc. A HUGE Thank you to Elisa Chee for leading the planning of the event! And thank you to Community League members Nor'Ali,



Wes, Christine, Pastor Janelle and her friends who helped out that day and many thanks to all the volunteers who were there to help set up and clean up after the event! We look forward to seeing you all next year!



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



We need your input! Scan the QR code to complete the Holyrood Community League Membership Survey!




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, Play-

group Coordinator and Community Garden Chairperson. If you are interested in any of the following positions, please email megan@holyroodcommunity.org

HOLYROOD SUPPORTIVE HOUSING DEVELOPMENT ANNOUNCED

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 and is slated for a supportive housing development. This land was purchased and successfully rezoned by the City to allow a supportive housing development in 2022. Construction is set to begin by 2024 and occupancy is slated for sometime in 2025.

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 Coun-

cillor, 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 an information session, to be held at SEESA, in the evening (5-7pm for instance) to 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.

-Request for Holyrood Community League Board or the HDC to be in-

volved 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 any other developments in Holyrood, please reach out to carmen@holyroodcommunity.org and let her know you would be interested in joining the Holyrood Development Committee.

**DO YOU HAVE AN HOUR A DAY?
WOULD YOU LIKE TO SPEND IT WITH
SOME INCREDIBLE STUDENTS?**

Holyrood School is seeking adult supervisors for their Lunchroom Program. Lunch break is from 11:35 a.m. to 12:25 p.m. each day. Supervisors are assigned to a classroom to watch the students and help open lunch containers, put lunch bags away, ensure they have coats and essentials and accompany them outside for recess.

.....

There are openings for Lunch Supervisors for various positions (full-time, part-time, casual or on-call). **NOTE:** This is a paid position (\$22/hour).

Please contact the school for an application at 780-466-2292 for more details.





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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
Social	Vacant	social@idylwylde.org
Publicity	Victoria	publicity@idylwylde.org
Grants	Vacant	grants@idylwylde.org
SECLA	Scott	seclarep@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org



Idylwylde.org



Idylwylde Community League

Community League Grants Chair

The Idylwylde Community League is looking for a new Grants Chair. Our league is a volunteer-run, not-for-profit organization. This means that in order to provide our community with programs and events, such as swims, pub night, and fitness classes, we rely on grants for funding. This position plays an important role in helping to make our Community League what it is!

Duties of the Grants Chair include ap-

plying for the Annual Community League Operating Grant (CLOG), City of Edmonton micro-grants, and seeking other suitable grants wherever possible. The Grants Chair also completes reports and detailing disbursement of grant monies as required.

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

Community Survey

Your voice matters. The Idylwylde Community League would like to discover which programs and projects are desired and needed in the neighborhood we serve. Idylwylde Community League serves the boundaries of 82- 90 avenue,

between 75-83 streets and we need to hear from you! Find a link for the survey on our Facebook page. The survey closes on September 30.

Fill out our survey and have a chance to win 1 of 5 \$25 gift certificates!

Pub Nights

Join your neighbors at the Idylwylde Community League Hall for a pub night on the first Thursday of every month at 7 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!

eNewsletter

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

Fall Programs at Idylwylde Community Hall

As the weather turns cooler this Fall, there are lots of ways to stay active! Hosted at the Idylwylde Community Hall, joining 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. from Sept 25 - Dec 4 (excluding Oct 9).

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. from Sept 26 - Dec 5.

Family Yoga is a great opportunity to get active with the whole family. Saturday, October 22 and Saturday, November 26 at 11:00 a.m.

All ages and abilities welcome. Please bring water and a yoga mat. Free to community league members.

2023 Community League Day

Thank you to everyone who came out to our "Wylde and Free" Community League Day on September 9. We had amazing attendance and were able to spend the af-

ternoon with both new and familiar faces of our community. Our members are what make our community the wonderful place to live that it is - Thank you!

Free Memberships

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

memberships (if you don't live in Idylwylde) will still cost the regular amount. Please contact our Membership Chair with proof of residency in Idylwylde to get your membership today!

Edmonton Tool Library

Are you doing some home renovations or a new DIY project? Idylwylde League members have access to the Edmonton tool library. To set up your account:

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

your the Idylwylde Community League

-Start borrowing tools for free!

Regular opening hours are:

Wednesdays 6:00 - 8:00 pm

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

Bellevue Community Hall (North Entrance) 7308 112 Avenue

Community League Swim

Show your community league membership card for a free swim.

To get a free community league membership contact membership@idylwylde.org. Please note that the Bonnie Doon Leisure Centre swim times do not begin until late October due to pool closure for maintenance.

Bonnie Doon Leisure Centre
8648 81 Street NW

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

Start Date: October 22, 2023

Commonwealth Rec Centre 1100 Stadium Road

Saturdays, 3:00pm - 5:00pm

Monthly Community Meetings

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

General inquiries & Publicity Requests

(SEV & Website): publicity@kenilworthcommunity.com

Hall Rental requests: rentals@kenilworthcommunity.com

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

What has Been Happening at KCL?

Sharing with you what the KCL Executive has been up to in the last couple of months. Our summer concert series was a huge success with great attendance. Special thanks to all the volunteers that helped with this event. The 50/50 raised just over \$1500 which helped with the artist costs.

Our 75 gallon water tank sprung a leak and had to be replaced.

Our floors were waxed and are now so SHINY!!

Dish sanitizer also decided to have a

leak and needed some costly valve replacements.

The KCL kitchen and bathrooms have a fabulous new look as the counters were replaced.

Come to our KCL Membership event and check this out. Special thanks to all the volunteers that helped empty the kitchen cupboards, wash the cupboards after the construction, and then helped with putting all the items back.

Watch for solar panel installation in September.

KCL Annual Golf Tournament

Another fun Kenilworth Golf Tournament and BBQ was held on Saturday, August 26, 2023 at the Triple Creek Golf Course and the Kenilworth Community Hall.

Thank you to our sponsors: Loida Lumanlan - ReMax River City, Pinnacle Business Services Ltd., River Cree Resort and Casino and Devon Energy. A big thank you to the volunteers who make this event possible! Special thanks to Ken Balcom

who has organized the golf tournament for many years. Warm welcome to Ivan Jerrett who has stepped up to volunteer to help organize next year's tournament.

Congratulations to this year's winners:
1st - Seamus Ruddy, Trish Ruddy, Sue Jerrett and Ivan Jerrett.

2nd - Jeric Amyotte, Olivier Vailancourt, Kaitlyn Bytechuk and Kristian Schneider.

KCL Youth

Next Event: Monday, October 16th: Halloween Scavenger Hunt Installation Looking to get involved in the community? Looking for fun activities nearby? Follow us on Facebook or Instagram @kcl.youth

for updates! All get togethers and events are free for Kenilworth youth and youth from surrounding neighbourhoods. Come join us! If you're looking to volunteer, email: youth@kenilworthcommunity.com

Scrapbooking/ Cardmaking Sale

Scrapbooking/Cardmaking Sale will be held at the Kenilworth Community Hall, 7104 87 Avenue, on Saturday, October 21, 2023; 9:30 AM to 1:00 PM.

Designer paper, cardstock, stamps, stamp pads, dies, kits, ribbon, embellishments, and more... Everything you need to make your own cards and scrapbooks.

Great bargains for all your next projects! Concession on site. For more information email: scrapbooking@kenilworthcommunity.com



Scrapbooking /Card Making

Scrapbooking/ Card Making Sale will be held at
Kenilworth Community Hall

7104-87 Avenue

Saturday, October 21, 2023 at 9:30 to 1:00 p.m.
Designer paper, cardstock, stamps, stamp pads, dies, kits, ribbon, embellishments, and more...
Everything you need to make your own cards and scrapbooks.

Great bargains for your next projects!

Concession on site.

For info email:

scrapbooking@kenilworthcommunity.com



Classy Crafty Creations Market

If you are a crafter/artist, etc. and would like to sell your beautiful creations, this market is for you. The tables are limited so reserve early. The cost per table is \$20.00 and there will be a concession on site. This year the market will be held on

November 4, 2023, 9:30 AM – 3:30 PM at the Kenilworth Community Hall. A perfect time for everyone to start their Christmas shopping. Email: classyccm@kenilworthcommunity.com

Phone: 780 469-1711

Hall Rental Rates

Kenilworth has a beautiful hall. We hope you will consider Kenilworth Hall for your special events. Photos are available, www.kenilworthcommunity.com.

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

****Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email rentals@kenilworthcommunity.com.**

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

Kenilworth 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 for more information!

2023-2024 Membership Fees:

Family-\$20

Single Adult-\$10

Senior-\$5

2023-2024 Membership Purchase Options:

1) Online- Renew online to instantly 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.

Stay active and safe while heading back to school

Back-to-school is right around the corner for many families across the province. Parents and caregivers are encouraged to talk with their kids and teens about active and safe ways to travel to school. Active travel can boost physical health, build independence and encourage kids and teens to spend time outside.

Here are some practical ideas to get kids and teens safely active this school year.

Help your child plan for active travel.

- Talk with your child or teen about ways they can walk or wheel to school such as riding a bike, scooter or skateboard.

- For younger children, map out the route and practice it together.

- For older children and teens, help them think through the details, such as the route they'll use, and the time it will take to get there. They may need your advice to avoid busy, high-speed roads.

Keep safety top-of-mind.

- Talk with your child or teen about gear, such as bright reflective clothing, that will help them stay safe when they're wheeling to school.

- Help them make sure their helmet fits properly. For a how-to checklist, go to [MyHealth.Alberta.ca](https://myhealth.alberta.ca) and search "bike helmet yes test."

- Talk with your child or teen about staying alert when walking or wheeling to school. Remind them to put their phones and ear buds away so they can be aware of what is going on around them.

- Role model safe active

WORD SEARCH PUZZLE

WATER TRANSPORT

canoe

catamaran

dinghy

ferryboat

freighter

kayak

motorboat

raft

rowboat

sailboat

seaplane

ship

submarine

surfboard

yacht

travel. For example, if you are walking to school with your child, cross the road only at marked intersections or crossings. Explain traffic signs and lights. If you are biking to school together, be sure to wear your helmet too.

Support safe active travel in your community.

- Find out if there are active travel groups or events at your local school, such as clubs or walking school buses. Help your child connect with other kids who walk or wheel to school. It can be motivating, social and fun for them to travel together.

- Listen to your teen's



ideas about how to make active travel more appeal-

ing. For example, help them advocate for more

pathways or bike, scooter, or skateboard storage racks in public places, or take part in community clean-ups or outdoor art projects. For ideas, click on the "Healthy Places" tab at healthiertogether.ca and then find the "Alberta Healthy Communities Hub."

Fuelling young athletes

Nutrition is important for young athletes (ages 12 to 18) because it supports both healthy growth and sports performance. Young athletes who fuel their bodies with healthy choices will get more out of their training and perform better during competition.

Here are some tips for young athletes:

Before your activity

Drink 1.5 – 2.5 cups of water two to three hours before activity to hydrate your body.

Plan to eat a meal two to three hours before an activity to give your body time to digest and convert it to fuel for your muscles. If you only have one to two hours before an activity, eat a smaller snack instead. Choose foods that contain carbohydrate and protein, as well as foods that are lower in fat and fibre. For example, try a fruit smoothie, a chicken wrap or an egg and toast.

During an activity

Water is the best fluid to keep you hydrated when you are active for less than one hour. Bring a water bottle with you and drink every 15 to 20 minutes during activity. If you are active for more than one hour and sweating a lot, you may benefit from a sports drink. A sports drink provides carbohydrates (energy) and replaces the electrolytes you lose when you sweat. Avoid low carbohydrate sports drinks and drinks with caffeine or carbonation (fizz).

After activity

After an activity, drink fluids and eat food to help you refuel and recover. Drink one to two cups of fluid and eat foods with carbohydrate and protein. Choose foods such as cereal and milk, fruit and Greek yogurt or a nut butter sandwich.



Emergency
Medical
Services



**Halloween
Safety**



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

Trick-or-Treaters

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

Parents

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

Costumes

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

www.albertahealthservices.ca



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	
Connect with us online:		
Twitter	@KingEdwardPark	
Facebook	https://www.facebook.com/kingedwardparkYEG/	
Instagram	https://www.instagram.com/kingedwardpark/	
Website	https://www.kingedwardpark.org/	

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.



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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

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.

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-Versel!!

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

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

Contact us

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

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>.

Baby and Tot Play Group Update

Thank you to all the parents and kids who came out to the baby play group this summer!

However, due to volunteer constraints we will not be continuing the regularly timed play group through the fall.

As an alternative, if you would like to be added to a Play Group WhatsApp chat please email kaitlynmwall@gmail.com. The group chat will be used to coordinate more informal meetups during the week until more volunteers can be found.

OCL Farmers Market

The Ottewell Community hosts an Alberta Approved Farmers Market weekly on Thursdays from 4:00 - 7:00 pm in the parking lot of the hall. We have a variety of local vendors, food trucks and buskers.

This market is 100% volunteer based, therefore the revenue received from the vendors goes directly back into community sponsored programs. In 2022, the Farmers Market generated approx \$10,000. We look forward to exceeding this goal for 2023!



If you would like to volunteer please come see us at our community table/tent and gain some great experience and have fun!

Facebook page -Ottewellcommunity-farmersmarket

Instagram -oclfarmersmarket
Website -ottewell.ca

OCL Babysitter's Registry

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

Sign-up for parents: <https://forms.gle/uS55cy1DB4FnNAB58>

OCL Social Media

Instagram: @ottewellcommunityleague

Facebook: Ottewell Community League

Monthly Newsletter: Subscribe at Ottewell.ca

Ottewell Community Memberships

You can purchase your Community Membership at:

ANVIL Coffee House at Ottewell Plaza
- 6148 90 Ave

Ottewell Farmers Market – every Thurs-
day 4 – 7pm 5920 – 93A Ave

Online at Ottewell.ca; Print off your
membership from the site

Cost: \$25/ Family - \$10 single - \$5 Seniors
Benefits of a Community Membership:

Free community swims at Hardisty and
Eastglen pools

Edmonton Tool Library (Tool borrowing
Program)

Pickleball courts

Skating rink

Community soccer

Playschool

Ottewell's Big Bin Event

Including discounts for:

Community programs (yoga/Zumba/
crafts, etc.)

Anvil Coffee House

Red Swan Pizza

Ottewell Eye Care

Piano lessons with Diane (dianecrobi@
aol.com)

Photography at Lightwork Consulting

Pop Kids Marketplace & Shy

Mama Designs

If you are a local business and would
like to provide Ottewell Community

members with a discount please email:

oclconcerns@gmail.com

PLANNING SOME RENOVATIONS?

Tool Library

The Ottewell Community League has
a membership with the Edmonton Tool
Library. With your Community League
Membership card or number, you get
year-round access to their inventory of
tools and you can borrow up to 8 tools

at a

time for a one-week rental period. Lo-
cated at Bellevue Community Hall, 7308
112

Avenue NW. The tool library inventory
can be browsed at

<http://www.edmontontoollibrary.ca>



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency
office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship and Immigration
- Canada Student Loans
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780-495-8404

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SCL Leadership

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

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

Since September, we have been hosting semi-regular Friday night gatherings at the Hall. The next social Friday Series on the horizon is Trivia nights! Bring your friends, family, neighbors for some fun games, music, drinks, and Ralph's chicken! Please mark your calendars & follow us on social media and website.

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.

Call for a Rink Manager

Although it's still the heat of the summer we are looking ahead to the winter skating season. The Strathearn Community League is looking for volunteers for a Rink Manager and anyone that is willing to help out with rink creation and maintenance over the winter.

The Rink Manager would help out with creating and maintaining the ice, working with volunteers to clear the rink and conduct 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!



Annual Sale

November 4, 10 am-3 pm

Free admission and parking.
Shop for unique fibre and textile gift items handmade by our members.

Learn Weaving

Current Classes
 Spindle Spinning: Oct 21 (3 hours)
 Preparing Chiengora for Spinning: Nov 12, 26, Dec 3
 Contact: classes@edmontonweavers.org

Edmonton Weavers Guild 10139 - 87 Ave
 Strathcona Community League



Trivia
 Strathearn Pub Night Series

FEATURING RALPH'S CHICKEN & WEDGES
 (REALLY! Trucked in from their new location back to the Strathearn Hall for 3 nights only!)

FRIDAY OCT 20, 2023 - SPOOKY TRIVIA!
FRIDAY DEC 8, 2023 - MERRY TRIVIA!
FRIDAY MAR 15, 2024 - LUCKY TRIVIA!

Each Trivia Night starts promptly at 7pm

ADULTS ONLY. REGISTER EARLY IN TEAMS OF 4-6 PLAYERS BY CONTACTING
trivia@strathearncl.org



THE STRATHEARN GARDEN'S HARVEST SUPPER

Come celebrate the changing of the seasons with your neighbours!

OCT 14 6 PM

BRING YOUR FAVOURITE DISH & JUST YOURSELF

ALL WELCOME

FREE FOOD

THE STRATHEARN COMMUNITY LEAGUE
 9511 90 STREET EDMONTON ALBERTA

Waste Less: Strathearn's Waste Reduction Discussion

When food scraps end up in a landfill, they create methane, a powerful greenhouse gas. Putting your food scraps in your green cart keeps them out of the landfill and allows us to turn them into compost and energy. This helps prevent greenhouse gas emissions that contribute to climate change.

Food scraps carts are for food scraps, like peels, meat, and spoiled food. Residents can also put grass, leaves, or plant trimmings in the food scraps cart. However, your best options for grass, leaves, and plant trimmings remains is leaving it on your lawn, or alternatively putting it out for yard waste collection days or bringing it to an Eco



Station.

Single-unit addresses like houses and duplexes use a food scraps cart and a garbage cart. Food scraps carts are collected weekly from spring to fall and every 2 weeks in winter. All food scraps carts are 120L. Soon, all residents in apartments, condos, row houses and other multi-unit buildings will sort food scraps and recycling from their garbage. The rollout will happen in 4 phases, starting in Southeast Edmonton.

Greg Dunham

780-964-1469 (cell)

gdunham@telus.net

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

- **FREE**
Market evaluation
- Specializing in
South East
Edmonton
- Investment
Properties



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.



Ottewell: Facing Green Space, 4 level split, 4 bedrooms, 3 bathrooms, modern open concept, kitchen/dining area, RV parking, double garage.



Laurel: 2 Storey, 4 bedrooms, 3 bathrooms, finished basement, fully fenced yard, double garage.



Sherwood Park: Aspen Trails, 2 storey, 3 + 1 bedrooms, 4 bathrooms, generous lot, double attached garage.



Fulton Place: Dream double garage, updated top to bottom, roof to sewer-line, basement with second kitchen.



Parkallen: Prime cul-de-sac, massive 1026 M² lot, facing island park, redevelopment potential or renovation opportunity.



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



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



Sherwood Park: 2 bedroom unit in Festival Estates, 1100 sq ft unit, spacious kitchen, extra storage, titled underground parking.



Ottewell: Bi-level 3 bedrooms plus den, 2 full bathrooms, single attached garage, RV parking, full fenced south yard, SUPER CUTE with numerous improvements over the years.