

# 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**



Published by Calder Publications. To advertise please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com) - April 2024

## Your Community NEEDS you too: Community League Volunteer Awareness

Hello southeast Edmonton citizens! As we gear up for the busy summer season, your local community leagues are already springing to life with a variety of events and initiatives, all designed to foster a greater sense of community. There are drama performances, farmer's markets, art showcases, vibrant youth groups and more. I was privileged to attend a meeting of community leaders last month for a sit down with our councillor, and our mayor put on by EFCL. Your representatives advocated for your communities on a manner of topics, ranging from funding for community league amenities, to general community safety. As residents, you should know that you have tireless people working on your behalf to make this city, and your community, a place you can be proud to call home.

You should also know that your elected government officials heard what your advocates had to say, and reiterated a commitment to working with community leagues to work together to address these issues.

SECLA fits into this equation in its role as bringing the southeast communities together on common issues, and facilitating opportunities for further civic engagement. SECLA has plans to help community leagues help

each other. Some leagues within the southeast are very fortunate to have a strong force of volunteers and resources at their disposal, and others are less fortunate and have had to discontinue services as a result. As an organisation, SECLA hopes to facilitate the pooling of resources and knowledge to alleviate some of these gaps, but it takes a village.

SECLA is just one part of the solution, city administration and the EFCL another. What is really needed is community members to reach out to their community leagues to see how they can get involved. Getting involved does not have to mean you are dedicating hours a week to run programs at your league, and you do not necessarily have to attend meetings every month. It can be as simple as letting your community league know that you

are there and available to help in whatever limited capacity you can, however frequently this can be managed. This could be as little as helping out with setting up an event at your community hall, or helping with admin work. We have a rich array of residents in our communities with all manner of life experience that could be pooled for the greater community good. Besides, this is a great way to get to know your neighbours, and we could all use a little more community in our life.

EFCL has a great website that makes getting in touch with your league very easy. Navigate to the EFCL home page and click For the Public then click What's My league and then use the search tool to get contact information for your league, it's that easy! Easier still is using this link: <https://efcl.org/league-search/>

So if you don't know, now you know

One final thing, we still have prizes to give away from our summer skatepark event, give us a follow and comment prizes on our most recent post for your chance to win! Follow by scanning the QR code below.



*Sincerely,  
-Marshall, SECLA president*

## Volunteers needed for SECLA casino August 2 & 3, 2024 - Grand Villa Casino, Edmonton

Do you like reading this paper? It's paid for in large part from funding the South East Community Leagues Association (SECLA) receives from a volunteer-run casino once every two years. The next SECLA casino is scheduled for August 2 & 3, 2024 (Friday, Saturday) at Grand Villa Casino Edmonton so we're starting the search for volunteers. If you'd like to share a few



hours of your time please connect with our Casino Director, Connie McKenna at [cmck@forestterrace.org](mailto:cmck@forestterrace.org). Online sign-up link coming soon. Calling all SECLA communities!!



You are hereby entitled to receive one  
**free**  
market evaluation

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

Now is a great time to sell!



**Andy Verhagen**  
780.907.8202  
email [andyv@telus.net](mailto:andyv@telus.net)

I love referrals they make  
my world go round!

**RE/MAX** Elite

to view my properties, visit [www.andyv.ca](http://www.andyv.ca)



## Earth Day Scavenger Hunt

On April 22, you and your preschooler can join thousands of other parents and children around the world in celebrating Earth Day, a special time to raise awareness of the need to protect nature — the animals, plants, air, and water of our planet.

Go on an Earth Day Scavenger Hunt with your child. Make a list of what you might find — for example, swelling buds on bushes or unfolding green leaves; a robin singing in a tree; a buzzing bee, water flowing in a stream.

Then, walk through a nearby park or ravine and check off each item as you encounter it. Back home, draw the ani-

mals and plants you saw and try to imitate the sounds you heard. Talk about how we can all help protect the animals and plants by not littering, which can make them sick.

On April 23, between 11 am and 1 pm, the Strathcona Branch of the Edmonton Public Library will host drop-in, outdoor, free Earth Day activities beside the library in McIntyre Park. Consider stopping by. No registration is required.

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

## Court Shuffleboard in here in Edmonton!

Pickle Ball and Shuffleboard are two fast growing adult sports. Shuffleboard is more mentally challenging and easier on the body. It's a game of skill and strategy and one can play the entire summer for the price of 1 or 2 games of golf.

The Greater Edmonton Shuffleboard Association plays at the Ottewell Curling Club located at 4205 – 102 Avenue. This is one of Canada's premier facilities with 24 courts, free lessons and all equipment is supplied. Unlimited play membership is just \$100 or you can choose a daily drop in fee of \$7.00

It's a great way to have fun, enjoy some competition and meet new people. Check our website at [www.shuffle-withgesa.ca](http://www.shuffle-withgesa.ca) or call 780-690-5004 for more information.

Come shuffle with us!

**at SEESA**

**Saturday April 20**  
10AM - 3PM

**Sunday April 21**  
11AM - 3PM

Donations accepted at SEESA's South Door starting April 2 (8:30am - 3:00pm) until Noon April 18th.  
9350 - 82 ST N.W.

*Please ensure that all your items are clean and in good working condition.*

**BAKE SALE Items accepted on April 19th**

**Do Not Donate/Drop-off:**  
Upholstered furniture, large furniture & TVs, baby furniture & supplies, mattresses & pillows, computer software, hardware & out of date technology, VHS tapes, cassettes, magazines, encyclopedias, soft toys, clothing, shoes, suitcases, plastic food containers.

**Please consider donating these items to:**

- Edmonton Reuse Centre
- FIND
- AB Recycling Management (ARMA)
- Goodwill / Value Village

**Donations accepted for:**

South East Edmonton Seniors Association  
9350 82 Street NW, Edmonton Alberta Canada T6C 2B8  
780-468-1981 • [info@seesa.ca](mailto:info@seesa.ca) • [www.seesa.ca](http://www.seesa.ca)



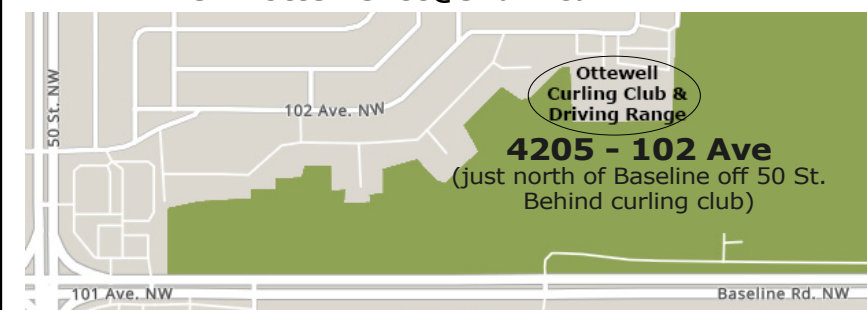
- **New Hours of Operation**
- **New Director of Golf**

- *Grass boxes*
- *New upgraded golf balls*
- *Discounts on volume*

## CPGA Lessons Available Golf 101 Group Clinics or Individual Lessons

Keep in touch for the latest news

- **website - [ottewellcurlingclub.com](http://ottewellcurlingclub.com)**
- **Facebook, Instagram and X**
- **tel: (780) 469-8404**
- **em: [ottewellcc@shaw.ca](mailto:ottewellcc@shaw.ca)**







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

## Big Bin Event - Saturday, May 25

Save your bulky trash appliances, freezers, fridges, or air conditioners. These need to go to the Ecostation. Volunteers will be needed! We could use a few with a truck or trailer. Email treasurer@avonmore.org

## Leagues on the Line

Save the date! Saturday, June 1, 2024, join us for an exciting community event as Avonmore teams up with neighboring leagues, including Coverdale, Strathearn, Holyrood, Bonnie Doon, and Idylwyld for Leagues on the Line!

Get ready for a day filled with music, food, and fun activities for all ages. From live performances to delicious treats, there's something for everyone to enjoy. Stay tuned for more details on the lineup and activities. Don't miss out on this fantastic opportunity to come together and celebrate our vibrant communities!

## Garden Club Plant Exchange - Sat. May 25

Watch for details on the Avonmore Garden Club Facebook page

## Community Coffee 1st/3rd Weds

Fight the winter blues and come out for coffee with your neighbours. Community Coffee Mornings . Community Coffee is on the 1st and 3rd Wednesdays of every month 10:00 a.m. to noon. 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 pastpresident@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 Con-

## 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. Anybody can join.

cert 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: @Avonmore-League

Instagram: avonmore-league

## 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.

## 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 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 to 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]) offers 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.

## Shinny Ice Hockey

Spring/summer hockey ice times are Thursdays 9:45 pm @ Argyll arena. We will play from April to August 2024.

Shinny hockey is a group of players getting together to play hockey. Players aged 16+ are welcome to participate. Our players vary in age from high school age to seniors and the range of abilities are beginners to professionals. We choose different teams each session while still keeping the teams balanced.

We play for 1.5 hours with \$400 for all 20 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

## Hall Rental

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



## Yoga Classes - Spring 2024

There will be yoga at the hall every Tuesday evening in April, May and June. Classes at 6:45 p.m. \$16 for drop ins. Instructor is Shannon Shea.

Shannon has her 200 and 500 hr yoga teacher training certificates. She

actively teaches both Pilates and yoga and guest teaches on several yoga teacher training sessions. She loves all things health and well being. For more information contact Anita [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org)

## Avonmore Community League Merchandise

We have Avonmore merchandise available by emailing the Membership Director at [membership@avonmore.org](mailto: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 color to your wardrobe and stay warm? Our colorful 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.

## Avonmore Community Playschool Open House 2024/25 school year

This year we are trying something new. The Avonmore Community Playschool welcomes you and your family to come visit us for a private open house on a day that works for you; to meet with our teacher, view our space and discover more about our learning through play programming. We often do this for families who miss our open house, and discovered it is much easier to answer questions and interact with the parents/children without any added stress associated with large groups of people.

Open House viewings will begin to be booked starting on March 1st. We look forward to meeting you!

For more information or to set up a visit, please contact our playschool teacher Jamie at [playschool@avonmore.org](mailto:playschool@avonmore.org) and check out our video on the Avonmore Community League website.

The 2024/2025 school year begins on September 11th and finishes on June 18th, with summer classes beginning July 8th and ending August 28th (Tuesday and Thursday mornings only)

## Community Swim

Free to Avonmore Community League Members with a valid 2023/24 membership card! Phone 311 or check [www.edmonton.ca](http://www.edmonton.ca) for updates on closures before you go.

Commonwealth Community Recreation Centre

11000 Stadium Road; Saturdays, 3:00 - 5:00 pm, except for planned closures May 25, June 8 and June 22. Bonnie Doon Leisure Centre 8648 81 Street; Sundays, 4:15 - 5:45 pm

Visit [www.edmonton.ca](http://www.edmonton.ca) for more info.

## 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](mailto:membership@avonmore.org).

## Community Music Classes

Our music classes are free for children ages 1-5 and are facilitated by our wonderful music teacher Dawn Bissett at the Avonmore community hall.

Come join us at the Avonmore Community Hall for an hour of music, dancing and discovering new instruments. Doors will be open 10 minutes prior to

start. The dates for 2024 classes are February 8th, March 7th, April 4th, and May 30th. Classes are from 10:45am - 11:15am. Hope to see you there.



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

Contact my constituency office for assistance with:

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

780-495-8404

[heather.mcpherson@parl.gc.ca](mailto:heather.mcpherson@parl.gc.ca)  
10045 81 Avenue T6E 1W7



[www.heathermcpherson.ndp.ca](http://www.heathermcpherson.ndp.ca)

Follow on



# TLC Health and Wellness Fair



Age Well, Live Fully!

**May 3, 2024**  
9 AM - 3 PM

Choose From 3 Panels and  
12 Workshops to Attend!

Topics Include:

- Housing • Wellness
- Health • Arts & Culture

**Register Today!**

- [CentralLions.org](http://CentralLions.org)
- 780-496-7369
- In Person
- Email [info@centrallions.org](mailto:info@centrallions.org)

★ Tradeshaw Featuring Local Vendors

★ Coffee Breaks Provided

★ Goodie Bags and Prizes

★ Perogy Lunch Available for Purchase \$12

**CentralLions.org | 780-496-7369 | 11113 113 Street NW**

## COMMUNITY LEAGUE BOARD

President	Kris (vacant)	780 720-9003
Past President	Bill	780 934-1558
Vice President	Shelley (vacant)	780 497-0395
Treasurer	Jocelyn	treasurer@capilanocl.ca
Secretary	Laura (vacant)	780 982-9876
Hall Rental	Marzena	780 909-5886
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jean	memberships@capilanocl.ca
		780 863-0914
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather New	new_heather@hotmail.com
Volunteer Director	VACANT	
Neighborhood Watch	Jeff	780 469-0026
Southeast Voice	Jill	780-718-7270
Webmaster	Breanne	webmaster@capilanocl.ca
Social Media	Serena	serenasvidal@gmail.com
Sign Rental	Karen	780-977-5252
Facilities Director	VACANT	
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 & Civics Director	VACANT	
City – NRC	Tyler	780 690-8613

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

## Capilano Community League Memberships

To PURCHASE memberships:  
 -Contact Jean (memberships) at 780-863-0914  
 -Go to All Care Pharmacy 5016 - 106 Avenue (Store hours only/cash)  
 -Edmonton Federation of Community Leagues (online only). Please note that through EFCL, only family memberships are available,  
 and a \$5.00 admin fee is added. <https://capilano.getcommunal.com/memberships>  
 Membership FEE: \$20 for family, \$10 for Single, \$10 for Senior  
 BENEFITS include:  
 Discounted membership at Hardisty Leisure Centre  
 - Free indoor community

swimming at Hardisty pool (at designated times) - Free indoor skating at various arenas (at designated times)  
 - Use of Capilano Community League skating facilities  
 - Access to community programs and courses - Opportunity to enroll children in area sports and recreational programs (Membership is

## 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.

mandatory to join) - Capilano Tennis Club eligibility - Capilano Community Hall rental discount - Capilano Community Big Bin Event access - City of Edmonton Community League Wellness Program (Community League Members receive discounts on City of Edmonton passes).

Did you know  
 Capilano Playschool  
 is located inside  
 Hardisty School?



Registration is now  
 open for 2024!

## Capilano Preschool (non-parented) Soccer Registration

This thriving program has been a staple to families in the Greater Hardisty Area for 19 years! Instructors, using a play-based model of learning, lead kiddos (3-5 years-old) through 45 minutes of skills and games. And our coaches get what it means to play preschool soccer as most of them started their sporting careers in this very program! Soccer is held every Tuesday OR Thursday for 6 weeks at Fulton Community Rink (6115 Fulton Rd NW). New Early Time Slot on Thursdays!

**Start:** Tuesday April 30 or Thursday May 2, 2024

**End:** Tuesday June 4 or Thursday June 6, 2024

**Cost:** \$85/child (cash or cheque payable to Gymfit)

**Group A:** Tuesdays 5:30-6:15 p.m.; Group B: Tuesdays 6:15-7 p.m.

**Group C:** Thursdays 4:45-5:30 pm; Group D: Thursdays 5:30-6:15 p.m.; Group E: Thursdays 6:15-7 p.m.

**REGISTRATION:** Registration opened Mar 1, 2024 online at Capilano Community League website ([www.capilanocl.ca](http://www.capilanocl.ca)). Look for online registration form under Preschool Soccer. Registration is limited and first come first serve.





## Capilano Playschool

### Open House

May 30 6pm - 7:30 pm

# HAPPY HOUR

**CAPILANO COMMUNITY LEAGUE**

## MAY 3 7:30PM - 11:30PM

**cash bar**

music & friends  
drinks & neighbours

UPCOMING DATES JUNE 7 - JULY/AUG TBA

Small text at the bottom: avoid the responsibility of driving... don't drink and drive... have to meet tonight members and guests... contact our Treasurer (780) 818-1456

# CALL FOR VOLUNTEERS

Want to add your touch to our vibrant community? Volunteer to be a part of our amazing board. Available positions include:

- President
- Vice President
- Secretary
- SECLA/ Civics Director
- Facilities Coordinator
- Volunteer Coordinator

Please email: [president@capilanoocl.ca](mailto:president@capilanoocl.ca) for more information.

Capilano Community Neighborhood Garage Sale!!

## We are planning a Capilano Community-Wide GARAGE sale

Saturday, June 1, 2024  
9AM- 3PM

Would you like to sign up and participate on the day of our event? Register by May 25, 2024

For More Information call/ email Marzena 780-909-5886 zena823@shaw.ca

To have your garage sale/ address advertised as part of our event you need to be a resident of Capilano & have a current Capilano Community League membership.

For memberships: call Jean 780-863-0914

**CAPILANO COMMUNITY LEAGUE**

## Capilano Ball Hockey (non-parented) Registration

Kids will learn to stick handle, pass, shoot, protect the ball, keep their heads up, and read the plays. Along with the basic rules, your child will learn offense and defensive strategies and tactics. Hockey skills will be improved through fun, game-based teaching methods. Each class is a mixture of learning skills and playing ball hockey. Kids will im-

prove their playing and become more proficient and skilled hockey players. Equipment needed: shin guards; helmets/full cage; hockey stick. Hockey gloves are recommended.

**Dates:** Saturday April 27– June 8, 2024

**Group 1:** 4–6-year-olds, Time: 9 – 10 a.m.

**Group 2:** 7–12-year-olds,

Time: 10 – 11 a.m.

**Cost:** \$85/child (cash or cheque payable to Gymfit)

**Where:** Capilano Community League Rink (10810-54 Street)

**REGISTRATION:** Registration opened online Mar 1, 2024 at Capilano Community League website ([www.capilanoocl.ca](http://www.capilanoocl.ca)). Look for the online form under Ball Hockey.

## One-time Community Volunteer Auditor Needed!

Capilano Community League is looking for 1 or 2 volunteers to review our 2023 finances! One of the requirements for our funding is to have someone outside of the board look through our annual financial report and

ask questions about it. This can be a full audit done by an accountant, or just a review done by a curious community member. This is a one-time volunteer opportunity that needs to be completed before our annual

general meeting in May 2024. The time commitment is flexible but likely a minimum of 2-4 hours. If you are interested in being our community financial reviewer, please email Jocelyn at [treasurer@capilanoocl.ca](mailto:treasurer@capilanoocl.ca).

## SENIORS' Trade Show – May 5

Save the Date!

Capilano Community League is excited to bring a seniors' information trade show and two wonderful guest speakers – Bob Layton and Shane Blakley – to our community hall (10810 - 54 Street)!

When: Sunday May 5, 2024

Times: Trade show will run from 12:00 p.m. to 1:45 p.m. and speakers from 2:00 to 3:00 p.m.

The Trade show is free for all to attend, but we do have limited space for the speakers, so pre-registration is required for

the speakers. Please watch our webpage ([capilanoocl.ca](http://capilanoocl.ca)) and our social media (Facebook/Instagram) for updates. Light refreshments will be available.

Contact: Jean at 780-863-0914 or Heather at 780 818-1456.

## Karate at Capilano Hall

Looking for something new? Try Okinawan martial arts, offered at Capilano Hall.

Classes are held every Wednesday; separate karate classes for adults and youth (parents can join the youth class and work with their kids). Kids will learn the fundamentals of classical Goju-ryu karate, including functional strength training. Karate helps with focus, flexibility, discipline and so much more.

Adult classes rely heavily on function strength training as well training that focuses on the practical aspects of

karate training – awareness, confidence, conflict avoidance and self defence.

We also practice Ryukyu Kobudo for those who have experience in martial arts and want something different – or for the new student who wants to expand their martial experience. It's a workout for the mind and body.

Students of the Capilano classes are also eligible to attend training nights at all other halls at no extra cost – four nights a week!

For more information, call/text 780-619-3136 or email kaizen.dojo@shaw.ca.

## May 15 Annual General Meeting

Join us for Capilano Community League's AGM!

**When:** May 15 at 7 p.m.

**Where:** Capilano Community League Hall (10810-54 Street)

**Agenda:**

--Annual president's report

port

--Treasurer's report

--Election of officers

All Capilano Community League members are welcome! All attendees will receive a free community league membership!

## "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 com-

munity, 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!

## Hatha Yoga at Capilano Hall

Increase energy, strength, and flexibility. Improve digestion, sleep, and overall wellness.

New to yoga? Come out and give it a try!

Day: Wednesday mornings

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

Cost: \$10.00 drop in per class

Join anytime – first class is free.

Contact: Nancy\_conlin@hotmail.com

Note: Also see Gold Bar Community League

## 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.

Session runs March 5/7

– April 30/May 2, 2024.

\$105 one day a week (9 classes)

Drop-in rate is \$13.

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

## Tuesday/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.

Session runs March 5/7 – April 30/May 2, 2024.

\$105 one day a week (9 classes)

For more information or to register email lisashort-enfitness@gmail.com

## Save the Date!

**June 8 Capilano Community BIG BIN Event**

**Date:** Saturday June 8, 2023.

**Time:** 10 a.m. – 1 p.m.

**Where:** Capilano Community League Parking Lot (10810 - 54 Street)

**Please note:** ITEMS

WILL ONLY BE ACCEPTED FROM CAPILANO COMMUNITY LEAGUE (CCL) MEMBERS-please bring your valid CCL membership card, or buy one on-site (cash only).

Stay tuned for more details!

## Tennis Club 2024 Season

Interested in learning and playing tennis in 2024?

Capilano Tennis Club has programs and affordable lessons for players of all skill levels, including beginners! Registration opened April 1 for adult group lessons and junior after school and summer camps.

Visit [www.capilanotennis.ca](http://www.capilanotennis.ca) for information on membership or lesson registration.

**IS YOUR EXERCISE EQUIPMENT COLLECTING DUST?!**

**TRY OUR IN-HOME KINESIOLOGY SERVICES!**

**AT SKIP THE GYM WE OFFER...**

- IN-HOME PERSONAL TRAINING
- MOBILITY WORK & MYOFASCIAL RELEASE
- INJURY REHABILITATION
- PRE-SURGERY STRENGTHENING PROGRAMS
- POST-SURGERY RECOVERY PROGRAMS

PHONE: 780 217 7420

EMAIL: [INFO@SKIPTHEGYM.CO](mailto:INFO@SKIPTHEGYM.CO)

WEB: [SKIPTHEGYM.CO](http://SKIPTHEGYM.CO)

INSTA: @SKIPTHEGYM.YEG

## FREE swim for 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.

NOTE: Hardisty Leisure Centre will be closed for maintenance March 4 – May 5, 2024. During that time, Capilano's community swim time will be at Commonwealth Community Recreation Centre on Sundays from 1 – 3 p.m.

## Thank you from Capilano Playschool!

Capilano Preschool would like to send out a huge thank you to Nunes Holdings and Ottwell NoFrills for supporting our yearly fundraiser. We would also like to thank all the community members that bought tickets for our raffle. You all have helped to make this year's fundraiser a success!

## Capilano Babysitting Registry

Parents! Happy Hour at Capilano is the perfect time to try out a new babysitter. Contact [babysittingregistry@capilanoocl.ca](mailto:babysittingregistry@capilanoocl.ca) for more information. Interested sitters can also contact this email to be added to the registry.

*For All Your Real Estate Needs...*



Associate, REALTOR®  
780.431.5600  
[Frank@royallepage.ca](mailto:Frank@royallepage.ca)  
FranklyTheBest.ca



FRANK VANDERBLEEK

Serving South Central Edmonton Since '92



ROYAL LEPAGE  
Noralta Real Estate

Not intended to solicit properties already under contract.



# CLOVERDALE Community League



## 2023-2024 Community League Memberships for Sale

Purchase your membership Membership Purchase - Edmonton Federation of Community Leagues (efcl.org) Valid until Aug 31/24 and payment ensures you received Folk Music Festival passes for this year's event Aug 8-11.

Family \$ 25 + processing fee for 2 adults and all household members <18

Individual \$ 12 + processing fee - includes adult children residing in a house-

hold  
Benefits include 10% at Cafe Bloom at Muttart and the City of Edmonton Rec Centres and wellness programs, and sports registrations.

Don't wait until it's too late - EFCL stops selling current-year memberships mid-May!

Questions? [membership@cloverdale-community.com](mailto:membership@cloverdale-community.com)

## Community Garden

It is now officially spring and although there is a bit of time before planting season begins, if you are interested in being part of the Community Garden let us know! Email Heidi at [communitygarden\\_chair@cloverdalecommunity.com](mailto:communitygarden_chair@cloverdalecommunity.com) for more information and to sign up for a plot or join!

The Community garden is located on the north side of the Bennet Centre. We broke ground on May 2, 2015. At least one-quarter of our garden space is used to grow food for the Edmonton Food Bank. The gar-



den has 24, 4' x 8' individual growing plots and 2 raised beds. There are several communal growing areas where the produce planted is shared by all members. Common growing areas produce rhubarb, tomatoes, potatoes, squash, zucchini, beans, peas, herbs and more.

## Hall Renovation

Thank you to all who attended the special meeting in early March to discuss the opportunity to refresh the interior of our hall. The motion passed and we have be-

gun renovations! Stay tuned for information on a hall open house in May where we can gather as a community and celebrate the completion of the renovations!

## Mark Your Calendars

Our annual River Valley Clean-Up event will be held on May 26, 2024! Please come out and join your neighbours in keeping our neighbourhood beautiful - stay tuned for more information!

**CITY TREE SERVICE**  
YOUR LOCAL EXPERTS

Free quotes

Stump removal

Tree pruning

Tree removal

Tree assessments

[citytreeYEG@gmail.com](mailto:citytreeYEG@gmail.com)  
**780-271-8733**

Certified and insured arborists

Edmonton owned and operated

[CITYTREEYEG.CA](http://CITYTREEYEG.CA)  
[@CITYTREEYEG](https://www.instagram.com/CITYTREEYEG)

## Be Ready For Whatever Mother Nature Sends Our Way This Spring!



Receive up to \$1,700 in rebates  
OR  
Make no payments for 6 months  
when you purchase the Lennox  
Ultimate Comfort System

\*Purchase before Jun 11, 2024 to qualify

**LENNOX** Air is life. Make it perfect.

[firstcallheating.ca](http://firstcallheating.ca) | 780.464.3337

**FIRST CALL**  
HEATING • AIR CONDITIONING • PLUMBING



# FOREST-TERRACE HEIGHTS Community League

## Neighbourhood Art Show

Join us in celebrating the vibrant creativity of our community at our inaugural Neighbourhood Art Show! Mark your calendars for **Saturday, May 11**, as we transform the Forest Terrace Heights Community League Hall (10150 80 St) into a gallery of local talent from **11:00 a.m. to 5:00 p.m.** This event will feature the captivating works of our talented local artists and in-

clude a delightful Mother's Day card-making activity for kids. What a fun pre-Mother's Day outing for the whole family! Volunteers are welcome to join in making the event a success. Interested artists and volunteers can contact Denver at [denver@forestterrace.org](mailto:denver@forestterrace.org) for more information. Come out to support our local artists! Anyone from any community is welcome.



## Casino Volunteer Opportunity

Feeling lucky? Channel that luck into supporting your community by volunteering at our upcoming casino event! From blackjack to roulette, you'll have a blast while helping to

fund vital community programs. Click the 'Volunteering' tab on our website to sign up for a fun-filled weekend on **June 29 and 30!**

## Membership Update

Unlock exclusive perks and benefits by joining the Forest Terrace Heights Community League! With access to digital memberships and a range of

community events, there's never been a better time to join.

Download your membership now and be part of something special!



Join forces with your fellow community members on Saturday, May 4, for camaraderie and environmental stewardship at our Annual Fulton Ravine Clean-Up! Let's roll up our sleeves and make our green spaces shine. Volunteer shifts are available between

9:00 a.m. and 1:30 p.m. Visit our website at [forestterrace.org](http://forestterrace.org) to register and be a neighbourhood hero today! Volunteer shifts are available between 9:00 a.m. and 1:30 p.m. Visit our website at [forestterrace.org](http://forestterrace.org) to register and be a neighbourhood hero today!



Did you know  
Capilano Playschool  
is located inside  
Hardisty School?

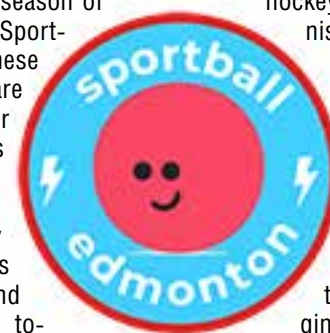


Registration is now  
open for 2024!



## Calling all little athletes!

Get ready to kick, sports like soccer, base-throw, and score your way ball, basketball, football, through a season of hockey, golf, tennis and more! Class groups are available for kids ages 2 - 8. Don't miss out—register now and let the games begin! Visit [forestterrace.org](http://forestterrace.org) to learn more and sign up.



## High Fitness Aerobics

Ready to sweat, smile, and shake it off? Join Layton for an exhilarating hour of High Fitness aerobics! With heart-pumping music and energetic moves, you'll leave feeling empowered and ready to conquer the world. Grab your friends and get ready to dance your way to fitness on March 26! Check out the Program/Events tab on our website to sign up.



## Clothing Swap was a huge success!

From February 22 to 25, we shopped, dropped and supported the community. Our neighbours brought 144 garbage bags (nearly 7200 lbs!) of clothes donated to the swap. Over 300 people popped by, and only four bags of clothes

were left at the end of the weekend! Thank you to all the volunteers who worked hard to sort and cycle clothing throughout the weekend. We had a community member take all remaining men's clothing to the Royal Alex Emergency room and

the remaining children's clothing to the Terra Centre. This event truly showcased the power of collective action and compassion, and we're immensely grateful to everyone who contributed to its success.

## Hall Rentals

Need a venue for your next event? Check out our Hall. Its spacious accom-

modations and convenient location is perfect for parties, meetings, and every-

thing in between. Book today! Email [hall@forestterrace.org](mailto:hall@forestterrace.org).

## Garden Plots Now Available

Dive into the world of gardening and join our community garden project. From plot planting to educational sessions, there's something for everyone to dig into. The 2024 plot rentals are \$30 and \$20 for seniors. Our primary focus this year is enhancing accessibility. We're undertaking a project to raise four existing garden beds to accommodate seniors and those with mobility needs.

We're also planning educational sessions and pairing gardeners with experienced 'mentor' gardeners to foster skill-sharing and community bonds. **On May 7**, our registration meeting will be held at the community garden. It's an opportunity for new and returning gardeners to sign contracts, mingle, and discuss future plans! The Garden Committee always looks for volunteers, and helping hands



are always appreciated. Whether you're a seasoned gardener or a budding enthusiast, join us as we sow the seeds of community together! Visit [forestterrace.org](http://forestterrace.org) for more information.

## Renovation King Contractors

#400, 8170 - 50 STREET NW



Up to 70% off

WINDOW & DOOR CLEARANCE WAREHOUSE

### SERVICES

- KITCHEN RENOS
- BATHROOM RENOS
- HOME EXTENSIONS
- RE-MODELS
- LOFT CONVERSIONS
- GARAGE SUITES
- HOME RE-CLADDING
- OUTDOOR RENOS
- ENGINEERED PLANS
- CITY APPROVALS

### SUPPLY & INSTALL

- FLOORING
- TILES
- WINDOWS / DOORS
- BLINDS
- COUNTERTOPS
- CABINETS
- ROOFING
- SIDING

SHOWROOM - 780 652 1699

BARRY 825 474 3264 BRAD 780 271 0068 NICK 780 667 6789 GRAYSON 780 327 7777

SUPPLY & INSTALL PROFESSIONALS SERVING ALBERTA FOR OVER 14 YEARS

FREE Estimates

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

## 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](http://www.greenwayspodiatric.ca)

## Métis Bead Working Workshop

On **April 11 and 13**, embark on a journey of creativity and cultural exploration at our Mtis Bead Working Workshop! Learn the art of traditional beadwork while connecting with Indigenous heritage in a welcoming and supportive environment. Spaces are limited, so reserve your spot today and let your creativity flourish. RSVP [christine@holyroodcommunity.org](mailto:christine@holyroodcommunity.org).

MÉTIS BEADING WORKSHOP  
WITH  
KALYN KODIAK OF KODIAK HERBAL

APRIL 11, 6-8PM  
APRIL 13, 12-2PM

RSVP:  
[CHRISTINE@HOLYROODCOMMUNITY.ORG](mailto:CHRISTINE@HOLYROODCOMMUNITY.ORG)





## Fulton Board

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

**Miles**  
Vice President Civic Affairs  
vp-leagueaffairs@fultonplace.org  
7809515253

**Gavin**  
Vice President League Affairs  
vpcivicaaffairs@fultonplace.org  
7805041896

**Mike**  
Treasurer  
treasurer@fultonplace.org

**RaeAnne**  
Secretary  
secretary@fultonplace.org

**Justin**  
Programmer  
programmer@fultonplace.org

**Joshua**  
Communications  
communications@fultonplace.org

**Taryn**  
Hall Rental  
hall@fultonplace.org

**Shawn**  
Ice Rink  
rink@fultonplace.org

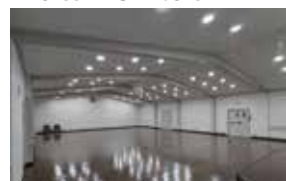
**Miles**  
Seniors Liaison  
info@fultonplace.org

**Esther**  
Community Garden  
esther@fultonplace.org

**Michelle**  
Director/Group Coordinator  
michelle@fultonplace.org

**Facilities**  
Nathan  
facilities@fultonplace.org

## Hall Rental



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

## Fulton Big Bin Event

Saturday June 8, 2024,  
9am - 2pm

Fulton Place Community Hall (6115 Fulton Road)

Waste disposal will only be accepted from Fulton Place Community League members - please bring your valid FPCL membership card, or you can buy one onsite during

the event (cash or check only).

Bring your household items that are too large for regular garbage collection. We will also have the **Take It Or Leave It space** if you want to take an item/leave an item.

This year we will be collecting e-waste for recycle

again, so bring in your old unwanted electronics. By bringing in your end-of-life TVs, monitors, computers, laptops, printers, and household electronics your community league will receive funding per unit to help support Community League activities.

## Fulton Place Members' Free Swim Schedule

• **ACT Leisure Centre,**  
**2909 113 Ave NW**  
Saturdays 2pm-4pm  
Until August 31, 2024

• **Hardisty Leisure Centre,**  
**10535 65 St NW**

Sundays 1:15pm-2:45pm  
Until August 25, 2024

*Hardisty is scheduled for a maintenance shutdown (no swims) - March 4 -*

*May 5, 2024.*  
*Community swims do not take place on Statutory Holidays or days the facilities close early.*

## Understanding Tuberculosis

Alberta Health Services is bringing awareness to World Tuberculosis Day on March 24. Learning about this contagious infection can support better health for all Albertans.

What is Tuberculosis? Tuberculosis (TB) is an infection caused by slow-growing bacteria. It commonly affects the lungs, but can also affect the kidneys, brain or spine. It is preventable and can be cured by treatment with antibiotics.

Like many airborne illnesses, TB is contagious and spreads when a person who has active TB breathes out air that has the TB bacteria in it. An infected person releases even more bacteria through laughing, coughing, or sneezing.

TB bacterium grows best in areas of the body that have lots of blood and oxygen. That's why it is most often found in the lungs.

## 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.



## Fulton Place Community Welcomes Summer

Saturday June 1 Save the Date  
Community Garage Sale 10am - 3pm  
Gardeners Swap & Sale 9am - 12pm  
Spring Greening Fair 1pm - 4pm

## Fulton Ravine Clean Up (this is our 36th year!)

Saturday, May 4, 10:00 - 12:00

Families welcome

Meet at 6336 Fulton Drive to pick up bags, get assigned location and instructions.

Wear heavy pants, a long sleeved shirt, sturdy footwear, work gloves, sunscreen and hat.

## Book and Hobby Swap

Our annual Book and Hobby Swap takes place Sunday April 21 from 1pm to 4pm at Fulton Place Community League Hall. Bring any books or hobby supplies/games and trade with others or choose from items in the Hall. Text Jessica at 7808038169 if you have questions.

## 2 Events !!

**Adults only 18+ \$25 per person**

Saturday May 18, 2024  
Doors open at 630pm  
Painting starts at 7pm  
\$25 per person\*. 18+ only.  
\*includes meal ( pop, pull pork sandwich, dessert).  
Concession for all alcohol beverages and additional snacks.  
<https://www.eventbrite.ca/e/gold-bar-community-paint-night-tickets-868531139017>

**Family Event- All ages \$10 per person**

Sunday May 19th, 2024 Doors open 12:30pm  
Painting starts at 1pm  
Fun for the whole family  
\$10 per person. Snacks & drinks are available for purchase!  
<https://www.eventbrite.ca/e/copy-of-gold-bar-community-paint-afternoon-tickets-869282967757>

## PAINT NIGHT

GOLDBAR COMMUNITY LEAGUE  
4620 105 AVE  
Max 50 people each event.  
Copy the link to buy or ticket from Eventbrite.  
Or email [goldbarmembership@outlook.com](mailto:goldbarmembership@outlook.com)

Party



**SOLD** Kelly Grant.ca The Zen: 11425-105 Avenue NW, Edmonton, AB (Queen Mary Park / Oliver)



**\* SOLD FIRST WEEK ON THE MARKET WITH MULTIPLE OFFERS: #306, 11425-105 Avenue NW in Central Edmonton Queen Mary Park, The Zen! 2 bedrooms, 2 full bathrooms, good condition, immediate possession. Visit KellyGrant.ca for my Cinematic Video, 3D Matterport Showcase!**

Visit my website [www.KellyGrant.ca](http://www.KellyGrant.ca) or Follow Me on Social Media to Download My Latest 2024-Q1 Quarterly Residential, Rural, & Commercial Real Estate Investment Guides for Greater Edmonton!!



©2024 KellyGrant.ca

**\* WHY CALL ANYONE ELSE? Obtain GREAT SELLING ADVANTAGES** with my leading edge Ultra 3D Matterport, Aerial Imaging, & Cinematic Videos marketing combo for new listings. Schedule private appointments anytime: Office: 780-414-6100; Text: 780-717-9290; or by Email: [SOLD@KellyGrant.ca](mailto:SOLD@KellyGrant.ca)

# GOLD BAR Community League



## Gold Bar Executive

*President	Adam Rompfer	<a href="mailto:adamrompfer@yahoo.ca">adamrompfer@yahoo.ca</a>
*Vice President	Jamie Melnyk	<a href="mailto:jamie21_twitcher@hotmail.com">jamie21_twitcher@hotmail.com</a>
*Secretary	Kacie Whiffen	<a href="mailto:goldbarsecretary1@gmail.com">goldbarsecretary1@gmail.com</a>
*Treasurer	Nicole Kraychy	<a href="mailto:nicolegoldbar@live.com">nicolegoldbar@live.com</a>
Bingo Director - Fort Road	Kerry Bravoisis	<a href="mailto:kerrybravoisis@hotmail.com">kerrybravoisis@hotmail.com</a>
Bingo Director - Parkway	Charlene Lazenby	<a href="mailto:charlenelazenby@gmail.com">charlenelazenby@gmail.com</a>
Bingo Worker Director	Lorie Smith	<a href="mailto:loriesmih@gmail.com">loriesmih@gmail.com</a>
Casino Director	Isabella Pierce	<a href="mailto:bella.edm@shaw.ca">bella.edm@shaw.ca</a>
Communications Director	Dominique Kott	<a href="mailto:dq.kott@gmail.com">dq.kott@gmail.com</a>
Community Liaison	Rhae Hansen	<a href="mailto:gbcl.liaison@gmail.com">gbcl.liaison@gmail.com</a>
Director At Large	Pat Chmilar	<a href="mailto:p.chmilar@icloud.com">p.chmilar@icloud.com</a>
Social Director	Ronda Lisowski	<a href="mailto:magicianronda@gmail.com">magicianronda@gmail.com</a>
Financial Director	Andrew Mason	<a href="mailto:andrewroycemason@gmail.com">andrewroycemason@gmail.com</a>
Green Shack Program Director	Jess Strashok	<a href="mailto:jessgrace88@gmail.com">jessgrace88@gmail.com</a>
Hall Manager	Liisa Armstrong	<a href="mailto:goldbarhallrentals@gmail.com">goldbarhallrentals@gmail.com</a>
Membership Director	Amy Cooper	<a href="mailto:Amycooper88@outlook.com">Amycooper88@outlook.com</a>
Programming Director	Joshua Kott	<a href="mailto:joshkott@gmail.com">joshkott@gmail.com</a>
Sign Director	Joshua Kott	<a href="mailto:joshkott@gmail.com">joshkott@gmail.com</a>

## Goldbar's AGM - Save the Date May 6, 6:00 PM

### Mom and Me Fitness

This class is a mix of cardio and strength with focus on pelvic floor health. Kids babies welcome to come play,

be in the stroller or be worn. Mondays 930-1030 Contact Lisa to register/questions. Mondays \$60 or \$12 drop in

[Facebook.com/lisashortenfittness](https://www.facebook.com/lisashortenfittness) or email [lisashortenfittness@gmail.com](mailto:lisashortenfittness@gmail.com)

### Goldbar Community Memberships Available Now!

You can buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82 ST) Check your local pool for community swim times. Please Remember Your Card.

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.

### CASINO WORKERS NEEDED

Gold Bar Community League is seeking workers for their upcoming Casino being held Thursday, April 18 & Friday, April 19, 2024. Our casino will be held at Pure Casino Edmonton, 7055 Argyll Rd NW. This is a great way to get involved with your community and meet your neighbors.

TO SIGN UP please go to:

<https://signup.com/go/BLu-Zhep>  
-click on the date you want to work  
-click on the position, then look to see if spots are still available.  
-click on the job title, a full description for the position is listed.  
Please do not alter any positions that are already filled.

Priority for positions will be given to Gold Bar Community League members. If you have any questions or need assistance, please feel free to contact the Casino Director at 780-905-8025 or email: [bella.edm@shaw.ca](mailto:bella.edm@shaw.ca). In your email, please put GBCL Casino 2024 in the Subject line.



Sundays \$77  
[Facebook.com/lisashortenfittness](https://www.facebook.com/lisashortenfittness) or email [lisashortenfittness@gmail.com](mailto:lisashortenfittness@gmail.com)

### Yoga at Gold Bar Hall

Hatha Yoga at Gold Bar Community Hall, increase 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 \$10 per class Drop in or register in advance, payments by cash, e transfer or cheque  
Contact: Nancy\_Conlin@hotmail.com (see Capilano Community League)

**Spring Fling Family dance**  
**SATURDAY MAY 4, 2024**  
**6 TO 9PM**



SNACKS AND DRINKS PROVIDED

**GOLDBAR COMMUNITY HALL**  
**4620 105 AVE**

SINGLE \$5  
FAMILY \$20

### Sunday Strong

If you are looking for a class that focuses on getting your whole body stronger this is it. We'll mostly use umbrellas, 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 March 3- April 28 with an outdoor session starting in May  
Sundays 6:45-7:55 (note this is a 70min class)  
Contact Lisa to register or with any questions.



# HOLYROOD Community League



## 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	elisa@holyroodcommunity.org
Civics - Carmen	civics@holyroodcommunity.org
Holyrood Development Committee - <b>VACANT</b>	hdc@holyroodcommunity.org
Community Garden - <b>VACANT</b>	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - Hailey	playgroup@holyroodcommunity.org
Casino - <b>VACANT</b>	casino@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org

 [holyroodcommunity.org](https://holyroodcommunity.org)  @HolyroodCL  Holyrood Community League  
Purchase memberships through [efcl.org/membership/](https://efcl.org/membership/)

**Complimentary Memberships are available for newcomers to Holyrood!** Contact our Membership Director Nor'Ali at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org).

## Subscribe to the Newsletter

Learn about fun community league events and programs, get rink and community swim schedules, and become informed and involved with community issues through our 2-3 emails per month. Scan the QR code to subscribe, or go to <https://tinyletter.com/holyroodcl>



## Several Board Positions Available For Holyrood

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.

We are currently seeking to fill these positions:

- League Treasurer
- Facilities Director
- Holyrood Development Committee Director

-Casino Director and Community Garden Chairperson

-Communications Director

Please email **chris@holyroodcommunity.org** for more details on each position.

## Holyrood School Fundraisers

Help Holyrood School raise funds for their classroom cooling initiative! Proceeds will be used to purchase portable air conditioners for classrooms to keep student and staff breezy.

**Now to April 14: Salisbury Gift Card Sale**

Purchase a Salisbury

Greenhouse gift card in support of Holyrood School's fundraising efforts. See the ad for instructions on how to purchase or contact Kelley at [artcards@holyrood-parents.ca](mailto:artcards@holyrood-parents.ca)

**May 25: Bottle Drive at Holyrood School**

Drop off your bottles



at Holyrood School (east side layby near the courtyard space) from 10am-3pm to help the school keep classrooms cool!

## Community Reconciliation Initiative

We are in the midst of planning our next year of reconciliation focused activities through the support of our Community Safety and Wellbeing Funding - we would love some com-

munity support! If you are interested in contributing, or have an idea you would like to see in the community, please connect with coordinators Christine ([\[norali@holyroodcommunity.org\]\(mailto:norali@holyroodcommunity.org\)\) or Nor'Ali \(\[norali@holyroodcommunity.org\]\(mailto:norali@holyroodcommunity.org\)\). Be sure to keep an eye on our social media channels for upcoming events and workshops centred on reconciliation.](mailto:christine@holyroodcom-</a></p></div><div data-bbox=)

## Rink Season Officially Over

Thank you to all who helped out and for participating in an awesome season! Please contact Sports Director Wes at **sports@holyroodcommunity.org** by mid-November if you're interested in returning next year as an attendant.

## Holyrood Community Playgroup

Join the Holyrood Community League Playgroup for weekly drop-in play for caregivers of preschool aged kids. 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

## New To Holyrood? Sign Up For League Membership Online

Scan the QR code to sign up for a new resident membership and our membership coordinator will drop off your card for you. If you have any questions about the benefits of being a league member, email [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org)



**Holyrood**  
ECLIF # SCHOOL

## Save your bottles!

In support of our Classroom Cooling Initiative Holyrood Parent Association is holding a community bottle drive.

**Drop-off Date & Location:**  
**Sat. May 25**  
Holyrood Elementary School  
East side layby near the courtyard space.

Donations accepted  
between 10 am - 3pm

For more information & other school programs, please visit:  
[holyrood.eclsb.ca](https://holyrood.eclsb.ca)

Thank you for  
supporting us with  
your donation!

**salisbury**  
GREENHOUSE  
Gift Card Fundraiser

Holyrood Parent Association is coordinating a Salisbury Greenhouse Gift Card fundraiser. Proceeds from this fundraiser will be designated for our **CLASSROOM COOLING Initiative**.

**A note about the Gift Cards:**

- Can be purchased in \$25, \$50, \$100 and \$250 denominations.
- Salisbury gives the school 20% of all purchases.
- They never expire!
- Valid at both Sherwood Park Salisbury Greenhouse and St. Albert Salisbury at Enjoy locations.

If you are interested in ordering gift cards please follow these two steps:

**STEP ONE: COMPLETE IN FULL** the online order form by scanning the QR code. Or find it here [Salisbury Greenhouse Gift Card Order Form](#). The deadline to submit your order is **Wednesday, April 17, 2024**.

**STEP TWO: PAY ONLINE** by e-transfer to [payments@holyrood-parents.ca](mailto:payments@holyrood-parents.ca). Be sure to include the following in your e-transfer message:

- **Elder's Child's** last name and room # (Some emails associated with online banking will not match the order form name making it difficult to reconcile)
- If you are a community member with no children at the school please enter your first and last name and enter a room # of 0.

Without this message your payment will not be linked to your order and gift cards will not be ordered.

If you have any questions, please feel free to contact Kelley at [artcards@holyrood-parents.ca](mailto:artcards@holyrood-parents.ca) or Rilev Lyseng (Assistant Principal) at [rvlysen@eclsb.ca](mailto:rvlysen@eclsb.ca)

Kelley Wray  
On behalf of Holyrood Parent Association  
780-466-2292





**THIS JOURNEY WILL  
CHANGE YOUR LIFE**

- > LAKE AND WHITEWATER CANOEING
- > ROCK CLIMBING AND RAPPELLING
- > BACK COUNTRY BIKING
- > HIKING AND WILDERNESS LIVING
- > RIVER EXPEDITIONS
- > EARN HIGH SCHOOL CREDITS

## HIGH SCHOOL SUMMER CAMP

Start earning credits  
right after Grade 9!

Sessions starting in July and August  
**SIGN UP TODAY!**

TO REGISTER NOW OR FOR MORE  
INFORMATION CONTACT US:  
Progressive Academy  
mountainadventure.school  
780-455-8344



**Greater Edmonton  
SHUFFLEBOARD**

Association

[shufflewithgesa.ca](http://shufflewithgesa.ca)

**PLAY COURT SHUFFLEBOARD ALL SUMMER  
LONG AT THE OTTEWELL CURLING CLUB**

4205 - 102 Avenue



Unlimited Play Membership Only \$100  
Drop-Ins Welcome At \$7 Per Day  
Requires No Great Physical Strength  
Yet Is A Game of Fun, Skill And Strategy!  
Free Lessons, Improvement Clinics,  
And Everything You Will Need To Play!  
**ALL WE NEED IS YOU!**

[www.shufflewithgesa.ca](http://www.shufflewithgesa.ca)  
or Call 780 690-5004 For Information!

## Things To Do In Our Community

-COMMUNITY SWIM is FREE with a valid community league membership (don't forget to bring it with you!) With Bonnie Doon pool now open again, Sunday swim has been changed from Hardisty back to Bonnie Doon.

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

Commonwealth Community Recreation Centre

**SUNDAYS** 4:15 p.m. to 5:45 p.m.

Bonnie Doon Leisure Centre



## DID YOU KNOW?

The average happy adult smiles **18,250** times a year?

**Put Your Best Tooth Forward**  
*Let Us Give You A Great Smile!*



9939 75 St

- Family dentistry
- Oral surgery
- Implants
- Extractions
- Cosmetic dentistry
- Child development program

New Patients Welcome



Lina & Dr. Peter Yoo



Dr. Jaclyn Huynh



Dr. Priscilla Wong

**Book Your Appointment Today**  
**780.75.tooth (86684)**

## Babysitters Wanted For Babysitters Registry

Certified babysitters are still needed in the community! 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.

**Yoga With Barb**  
in Holyrood at St. Luke's  
Thursdays at 7:00 pm



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

Winter to Spring 2024

Jan 11 to Jun 13\*

\*no classes: Feb 15, Feb 22 & Apr 4

Thursday Evenings  
7:00 to 8:15 pm

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

**\$30 for a 3 Class Punch Pass or  
\$15 drop-in**

[barbayogaguide@gmail.com](mailto:barbayogaguide@gmail.com)  
<https://barbarakrimer.ca>

# IDYLWYLDE Community League



## 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	Christine	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
Social	VACANT	social@idylwylde.org
Publicity	Victoria	publicity@idylwylde.org
Grants	Scott	grants@idylwylde.org
SECLA	VACANT	seclarep@idylwylde.org
Website	Royden	web@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org



Idylwylde Community League

## Community League Positions

The Board of Directors is looking for volunteers for several positions within the community league. 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).

The **Publicity Chair** manages the community league's social media and communications, including submissions to the South East Voice Newspaper and the monthly e-Newsletter. The publicity chair creates flyers and notices to help advertise community events and programs and attends Board meetings when possible.

The role of the **Social Chair** is to help generate ideas for social events that will bring together members of our community, look after details necessary to run an event, recruit volunteers to assist with events, attend Board meetings when possible, and manage community notifications and signage.

The **Civics Chair** is the liaison between the league, the EFCL, and the City of Edmonton to provide updates about our

community's needs. The Civics Chair is often invited to attend inter-league and City-led events to share community concerns and ideas about how we can make our neighbourhood and Edmonton an even better place to live.

SECLA is a group that consists of one member from each community league in South East Edmonton. Once a month **SECLA representatives** meet in person and work together to share ideas, pool resources, and connect our large network of community leagues to enhance services to South East communities. This position requires approx 2 hours a month, and has very little email communication between meetings.

We are also looking for a volunteer to help manage our community league website, including updating it to reflect current programs and messaging for the community. The hosting platform is very user friendly and our website has been newly rebuilt in order to make management easier.

## Casino Volunteers Wanted

The Idylwylde Community League will be hosting their next Casino fundraising event on September 7 and 8, 2024 at Pure Casino. This event is a major fundraising opportunity for the league and the proceeds make the many activities that are hosted

by the league possible. We are looking for community members who would be interested in volunteering for this event. Many different roles are available. For more information please contact Michelle at [casino@idylwylde.org](mailto:casino@idylwylde.org)

## Spring Big Bin Event

We will be hosting our annual Big Bin Event on Saturday, May 25 from 9:00am-1:00pm. This event allows Idylwylde residents a chance to dispose of items that are too large for standard collection, free of charge. Residents must be able to un-

load their items themselves. There will be volunteers present to help coordinate the event. Please note: Volunteers must be present for item drop-off, no early disposal will be allowed. If you're interested in volunteering for this event.

## Increasing Security at the Community Hall

The Idylwylde Community Hall has installed several cameras around the exterior of the building to help bring peace of mind to community members and users of

the hall and its grounds. If you have any questions or concerns about the cameras, please contact [league@idylwylde.org](mailto:league@idylwylde.org)

## Cheery Tomato Community Garden News

Hey gardeners - it's time to think green! Garden meetings have been planned for the first Saturday monthly. Join us from 10-11:30am at the Hall (starting April 6) and we will get things growing! Our garden is organic and free of charge. If you are looking for gardening space, please get in touch

at [garden@idylwylde.org](mailto:garden@idylwylde.org). It is a welcoming space that aims to bring Eden to Idylwylde. Please help us make it a success!

PS. We could really use a new leaf rake (or two), if someone would like to kindly donate a slightly used model we would be most appreciative!

## YMCA Summer Camps are Coming to Idylwylde!

The days are getting longer and it's time to start thinking about Summer! This summer, the YMCA of Northern Alberta - Edmonton chapter will be running camps out of the Idylwylde Community Hall for children aged 6 - 12. Registration is now open.

There will be three, week-long camps held:  
Art-Rageous Camp: July 2 - 5 and Aug. 19 - 23.

Y-Sci Camp: July 8 - July 12.

To learn more and to register go to: <https://ymcanab.ca/programs/camps>

## Pub Nights

Our Pub Night continues to grow in popularity - our March Pub Night was our most attended to date! The next Community Pub Night will be on Thursday, May 2 from 7:00 - 10:00 p.m. There will be snacks as well as alcoholic and non-

alcoholic drinks for purchase. This is a fantastic way to meet your neighbours and engage with our community.

Pub Nights are the first Thursday of every month. We look forward to seeing you there!

## Monthly Community Meetings

Join us for our next meeting. Our meetings are held the second Wednesday of the month at 7 p.m. at the Community League hall. Next meeting will be May 8, 2024.

## eNewsletter

Stay up to date with what's going on in the community by signing up for our email newsletter. Website [www.idylwylde.org](http://www.idylwylde.org) and enter your email in the 'Subscribe to our newsletter' box.



## Edmonton Tool Library

Idylwyld League members have access to the Edmonton tool library, which gives you free access to hundreds of tools available for loan! To set up your account:

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

the Idylwyld 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

## Free Memberships

Memberships are free for all community members that live in Idylwyld!

Donations are always accepted from anyone who can give and associate memberships (if you don't live in Idylwyld) will

still cost the regular amount of \$10/year. Please contact our Membership Chair (membership@idylwyld.org) with proof of residency in Idylwyld to get your membership today!



**ASHLEY SALVADOR**  
CITY COUNCILLOR FOR WARD MÉTIS

Connect with  
your City Councillor

780-496-8140  
ashley.salvador@edmonton.ca

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



**White Wolf Property Maintenance**  
Where Service is Always In Season

Now booking Spring Clean Up Packages & Lawn Maintenance Contracts for the 2024 Season!

780-231-3879  
whitewolfpm780@gmail.com  
whitewolfpropertymaintenance.com

Ask Us About Our  
Seniors Discount!

OWNER OPERATED • PROFESSIONAL & INSURED • SHSP/SEESA AFFILIATED

## Community League Swims

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.

**Bonnie Doon Leisure Centre**

8648 81 Street NW

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

**Commonwealth Recreation Centre**

1100 Stadium Road

Saturdays, 3:00pm - 5:00pm

Please note: There will be no community swim on May 25, June 8 and June 22

## Make "Fulton Court" your next home

Call Craig for Current Availability



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

**6220 Fulton Road**



Exercise Room



Library



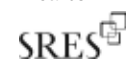
Workshop



Devonshire Realty



**Craig Stenersen**  
Realtor®



**780-233-9939**

[WWW.WORKING4U.CA](http://WWW.WORKING4U.CA)



[WWW.FULTONCONDOS.COM](http://WWW.FULTONCONDOS.COM)

"Seniors Real Estate Specialist"



Ackard Contractors is thrilled to share that we've been named:

**RENOVATOR  
OF THE YEAR**

780.414.0686 | [Ackard.com](http://Ackard.com)



Results You'll Love.

**ACKARD**  
contractors ltd.  
Exclusive Lifetime Warranty



## 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	Open	
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Neighborhood Watch	Luann	
Buildings/Grounds	Troy	grounds@kenilworthcommunity.com
Children's Programs	Open	childrensprogram@kenilworthcommunity.com
Membership	Rebecca	membership@kenilworthcommunity.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	please email President for direct information
Social	Janine	please email President for direct information

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

Hall Rental requests: [rentals@kenilworthcommunity.com](mailto:rentals@kenilworthcommunity.com)

Keep Current on our website, [www.kenilworthcommunity.com](http://www.kenilworthcommunity.com), on our Facebook and Instagram!

## 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 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.

## Hall Rental Rates

Kenilworth Community League has a beautiful facility. Please consider our Hall for your special events. Photos available at [www.kenilworthcommunity.com](http://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

Day rates \$250.00 \$550.00

Weekend rates \$450.00 \$550.00

**\*\*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](mailto:rentals@kenilworthcommunity.com). If email is unavailable, leave a message for Al @ 780-469-1711.**

## Kenilworth Rink-Closed for the Season

With the arrival of spring temperatures, the KCL rink is officially closed for the season. Thanks to the up and down temperatures, our rink was open for only 70 days

this winter and a total of 1640 skaters used the rink A huge thank you to Angela, our rink manager, for all her hard work throughout this very challenging skating season!



**Kenilworth Community Hall**  
**7104 87 Avenue**

**Saturday May 04, 2024**  
**9:30 A.M. – 3:30 P.M.**

**Many vendors selling their Treasures.**

**There will be great bargains to choose from!**

**Concession on site.**

## Upcoming Events

May 4 Community Garage Sale

May 11 Adult Steak BBQ

June 8 Big Bin

July 23 Christmas in July

August 24 Golf Tournament & Steak

Supper

## Men's Shed Upcoming Events

April 25th - Anne Naeth presentation Futures energies and Reclamation. More details to follow.

## Bingo Volunteers Needed!

Revenues made through our gaming licenses are essential for KCL to operate effectively. Bingos fund monthly caretaking fees, hall repairs and maintenance, utilities, rink costs, capital purchases, hall improvements, and much more. KCL urgently

needs volunteers for its April 16th and May 19th bingos for the 4:30 to 11:30pm shifts.

For more information, please contact Irene, Kenilworth Community League President, at [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com)

## KCL Youth Group Events

KCL Youth was started near the end of Covid as a way to bring the youth of Kenilworth together, build friendships, have fun, give back to the community and let our community's youth know that YOU MATTER! Join us on Monday, April 16th

for a paint & plant night! All get togethers and events are free for Kenilworth and surrounding neighbourhood youth.

For more information, please contact the KCL Youth Group at [youth@kenilworthcommunity.com](mailto:youth@kenilworthcommunity.com)

## Kenilworth Casino

Kenilworth's casino is scheduled for June 9 and 10th, 2024 at Casino Edmonton (Argyll) and we are looking for volunteers for evening/nighttime shifts!

For more information, please contact Bonnie Goulet at: [bonnielg@telus.net](mailto:bonnielg@telus.net)

## Community Garage Sale

**Saturday May 04, 2024**

**9:30 A.M. – 3:30 P.M.**

All tables full! Street parking is available. Concession on site. A perfect time to de-clutter - empty closets, basements, storage areas, etc. Your clutter could be someone's treasure! **Email:** [garagesale@kenilworthcommunity.com](mailto:garagesale@kenilworthcommunity.com) **Phone:** 780-469-1711





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	—	king.ed.hall@gmail.com
Civic	Rahul Deol	
Volunteer	Tod Rudge	todrudge@gmail.com
SECLA Representative	Kaitlyn Wall	
Connect with us online:		
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>	

## Help Wanted! KEP Community League Maintenance Manager

**Position Type:** Permanent Part-Time Employee

**Hours:** Between 8 am and 4 pm (10 – 15 hours per week average)

**Rate:** \$25 - \$30 per hour based on experience.

### Position Overview:

We are seeking a dedicated Maintenance Manager to ensure the upkeep and functionality of our halls and recreation spaces. As our Maintenance Manager, you will play a crucial role in maintaining the buildings, ensuring they remain safe, welcoming, and a well-maintained space for our residents. This position combines hands-on maintenance tasks with managerial responsibilities to oversee the facility's day-to-day operations. There may be occurrences that you would work in the evening.

### Key Responsibilities:

**Maintenance and Repairs:** Perform regular maintenance reviews of plumbing, electrical, and building. This includes regular building checks of the roof for debris, cleaning eavestroughs, reporting graffiti and managing garbage pickups. Address any repairs promptly with the board to ensure the building's functionality. (Please refer to the maintenance schedule attached)

**Equipment and Systems:** Regularly inspect and maintain HVAC systems, lighting, security systems, and other equipment to ensure they are in good working condition. Coordinate with external contractors for scheduled maintenance and repairs as needed. Assist with subcontractor agreements. (HVAC maintenance etc.) 3 quotes

for subcontractor work.

**Budget Management:** Collaborate with KEP board to develop and manage the building maintenance schedules, projects, budgets, tracking expenses and proposing cost-effective solutions.

**Security:** Oversee building security measures, including alarms and access control. Report any security concerns to the board and if required to the appropriate authorities.

**Other:** Monthly reports to the board with consistent communication on requested issues. A float of \$250.00 would be issued for incidentals (fuel for equipment hardware etc). You will be required to sign a key log. Authorization from the board for purchases over \$250.00. Prepare an approved Vendor list for subcontractors. This list will be used by the board and hall coordinator(s) when calling vendors for plumbing, furnaces & AC, electricians, fire extinguishers etc. Evaluate tools/equipment at each hall to ensure we have shovels, first aid, ladders, extension cords etc.

### Qualifications:

5 years previous experience in building maintenance or a related field.

Basic knowledge of plumbing, electrical systems, and general repair work.

Strong organizational skills and the ability to manage inventory and budgets.

Effective communication skills and a friendly demeanor.

Police clearance letter.

Ability to work independently and as part of a team.

## KEP 23rd Annual ReUse Fair

**June 8, 2024 10am – 3 pm** at KEP Large Hall – 7708 – 85 Street

A Reuse Fair is a one-day event to bring together non-profit community groups and artisans with donated household items. Donated items are used to enhance the programs provided by these organizations.

**Please collect and bring these clean items to our Reuse Fair:** Art supplies: paint brushes, crayons (wax/pencil), paints, sponges, craft stamps, ink pads, canvases, markers, string, chalk, etc. Bags: plastic, gift, paper, cloth. Baskets. Books: hardcover or paperback – no textbooks. Calendars & Cards – new or used. CDs & DVDs. Records. Clay Pots. Craft supplies: beads, feathers, corks, clothes pins, glitter, googly eyes, magnets, pipe cleaners, popsicle sticks, pom poms, ribbon, stick-

ers, scissors, bells, stencils, craft kits, etc. Egg cartons. Fabric: scraps, pieces for sewing, leather, faux fur, burlap, felt, etc. Glue: white, sticks, craft, glue guns (working). Jewelry – incl broken. Keys and key chains. Lego. Magazines. Men's ties. Pails: ice cream, 5 gal. Pie/tart shells. Prize ribbons. Pull tabs. Scrapbooking supplies. Seashells. Sewing Notions: lace, buttons, ribbon, elastic, batting, zippers, thread, Velcro, fasteners, pins, etc. Needles: knitting, sewing, crochet, etc. Shoe boxes with lids. Stained glass. Tins: cookie, altoid/mint, coffee – with lids. Wrapping/Tissue Paper. Yarn – any type/size.

For a full list, please go to our website ([www.kingedwardpark.org](http://www.kingedwardpark.org)) or contact Renee (780-462-7001) for more information. HOPE TO SEE YOU THERE!

## 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)

## 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 [king.ed.hall@gmail.com](mailto:king.ed.hall@gmail.com).

## 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)



# 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.kingedward-

park.org/events) to find out about the next event! 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 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.

# WEISS-JOHNSON

## HEATING, AIR CONDITIONING & PLUMBING SERVICES

OUR FAMILY HELPING YOUR FAMILY SINCE 1977 • 780-463-3096 • WEISS-JOHNSON.COM

# GET A NEW FURNACE, AIR CONDITIONER OR HEAT PUMP FROM DAIKIN!

# NO PAYMENTS, NO INTEREST FOR ONE FULL YEAR!



## INDUSTRY LEADING 12 YEAR PARTS LIMITED WARRANTY



# the Gutter Doctor

- Gutter Services
- Roofing
- Soffit
- Siding
- Leaf Screens
- Fascia
- Cladding
- Heat Cables

780-709-6825 • gutterdoctor.ca



# feedyour mind

Mind-boggling non-credit classes for people 50+

In-person classes April 29 to May 17, 2024  
University of Alberta Campus

EDMONTON

## lifelong learners

ASSOCIATION

For info, scan the QR code or visit my-ella.com





# Strathearn PSYCHOLOGY

Helping you grow towards wellness.

In-person & online sessions available. Low-cost options.

You don't need to struggle on your own. At Strathearn Psychology, we are passionate about joining with you to help you turn those struggles into growth.

780-757-9536 STRATHEARNPSYCHOLOGY.COM



## Ottewell Community League Contacts

President:	ottewell2212@gmail.com
Vice President:	oclcrink2021@gmail.com
Secretary:	oclsecretary1@gmail.com
Treasurer:	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
OCL Social Media	ottewellmedia@gmail.com
OCL Engagement	oclengage@gmail.com
SEV Liaison	sevliaison@gmail.com
Big Bin:	oclbigin@gmail.com
Bingo Director:	oclbigo@gmail.com
Grants:	oclgrants@gmail.com
Membership Director:	oclconcerns@gmail.com
Playschool Director:	jimclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor:	oclwebpage@gmail.com

## School Parking - A friendly reminder

Illegal parking around schools in our neighborhoods 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](http://edmonton.ca/schoolparking).

## Pickleball at OCL Rink

### WATCH FOR OPENING DATES

Fun, social and friendly. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

If you play pickleball or would like to try it out for the first time you may be interested to know that our hockey rink at Ottewell has five pickleball courts painted on the it's concrete surface.

Starting in May we will have scheduled time slots for drop-in pickleball. Volunteers will open the shack and help set up nets. Paddles and balls will be available for use.

Drop-in pickleball will be free for Ottewell Community members who present their membership card. There will be



a \$5 drop in fee for those who do not live in Ottewell.

Visit our website at [www.ottewell.ca](http://www.ottewell.ca) or social media for up to date schedules. Please note that all time slots are dependent on the availability of our amazing volunteers so the schedule may vary from week to week.

If you're interested in getting involved or have any questions about pickleball at Ottewell, please contact Tom at [oclcrink2021@gmail.com](mailto:oclcrink2021@gmail.com).

## Ottewell Community Memberships

You can purchase your community league membership at:

ANVIL Coffee House at Ottewell Plaza – 6148 90 Ave

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

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 League members with a discount please email [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com).

Holding a current membership card has its perks:

Access to the Edmonton Tool Library which provides affordable access to hand, power and garden tools. Located: Bellevue Community Hall (north Entrance) 7308 - 112 Ave. Summer hours: Wednesdays 6- 8pm and Saturdays 11am - 3pm. (Check their website for more info)

<https://edmontontoollibrary.weebly.com/>

## Bliss Yoga Ottewell Hall

Join us Saturday April 13, 2024 for a very special wellness event. No experience necessary.

From 7:30pm to 9:00pm at Ottewell Hall, we will meet for 90 minutes of gentle movement and mindfulness. All levels and bodies are welcome to come join us as we work with ease to find more comfort in our physical selves, and calm our nervous systems.

We will use many props to support ourselves in a yin inspired yoga practice, with opportunities to relax and breathe in between. We will finish with a guided mindfulness practice called Yoga Nidra that can reduce stress, ease anxiety and

Carol's NO-FRILLS Grocery



Store in Ottewell will be giving away a \$25 gift every month until July 2024. A random draw of the current members will be held every 2nd Thursday of the month.

Red Swan Pizza Capilano 4964 98 Ave NW in Ed-

monton AB 780-250-7926 is offering 5% discount for current Ottewell Community League card holding members.

Planet Fitness Bonnie Doon 82 Ave and 83 St in Edmonton has an offer for current Ottewell Community League card holding members, call 780-809-7858 for details.



Anvil Coffee House - Located in Ottewell Plaza 6148 - 90 Ave in Edmonton is offering a 5% discount for current Ottewell Community League card holding members.



improve sleep. This is a lovely gift to give yourself, or a fun and healthy way to spend a date night or friends night!

Investment: \$30/person

To register or inquire about this practice, please email [willalee@hotmail.com](mailto:willalee@hotmail.com) or message @wanderingmapleyoga on instagram.

## Annual OCL Hello Spring Artisan Market, April 20

Come to the OCL Hall for our annual Hello Spring artisan market on Saturday, April 20, 2024 from 10am to 3pm. Shop from over 20 local artisans, makers, and shakers.

Family friendly, free admission and parking!

Enter to win \$25 OCL Farmers Market bucks to use towards purchases from vendors at our weekly farmers market on Thursdays from 4 to 7pm. **Mexican Fiesta Saturday, May 4 - Adult Only Event**

Come on down for a Mexican fiesta with your neighbors and friends! At this 18+

event there will be a cash bar (with sangria & buckets of beer), a taco bar, and fun activities throughout the evening.


With your ticket purchase you will get a signature Ottewell sangria as well as your name entered for a door prize.

We look forward to seeing you! OCL Community Members \$45 a couple - Non Community Members \$55. or single tickets \$25 - to reserve your place at this event. Please email [Ottewell2212@gmail.com](mailto:Ottewell2212@gmail.com), you will be given instructions for payment and answer any questions you may have.



## OCL Social Media

Stay inTouch with what's happening in your community !  
Instagram: @ottewellcommunityleague  
Facebook: Ottewell Community League  
Monthly Newsletter: Subscribe at Ottewell.ca



**CHARGERS FOOTBALL 2024**  
The Fall Tackle Season Runs From August to October  
Teams Are As Follows:  
Atom 2014-2016 | Bantam 2009-2011  
Peewee 2012-2013  
**EQUIPMENT IS PROVIDED**  
(all you need is cleats)  
FOR REGISTRATION INFORMATION VISIT  
**EDMONTONCHARGERS.COM**  
OR CALL 780-462-5738

## OTTEWELL FARMERS' MARKET

Thursday  
4pm - 7pm

5920 93A Ave



**OCL**  
OTTEWELL  
COMMUNITY LEAGUE

## Free Swim Times with OCL Membership

Hardisty Changed Community Swim times:  
SUNDAYS from 1pm - 3pm this will be a year round program for our community members!

## Ottewell Playschool

Now taking new registrations for Fall 2024!

OCLP has operated within the community for over 50 years. Our program runs Monday, Wednesday mornings with an optional Thursday morning, from September to June.

Due to high demand we have added an afternoon class on Mondays and

Wednesdays.

The program offers play time, stories, crafts, songs, field trips, visitors, and so much more. Please go to our website <https://www.ottewell.ca/community/oclplayschool> for more information or talk to our director Jason at 780-993-5118 or email him at [jjmclean@hotmail.com](mailto:jjmclean@hotmail.com).

## Community Clean Up - Big BIN

Clean Up Ottewell will be taking place SATURDAY JUNE 8th Located in the Ottewell Community parking lot.

\*\* We are looking for volunteers to assist with this event, please reach out to [OCLbigbin@gmail.com](mailto:OCLbigbin@gmail.com) \*\* to offer a small amount of time.

In order to participate in this Big Bin Event you must show your valid Ottewell Community Membership Card.

Memberships will be on sale on site - Family \$25, Associate \$10 and Seniors \$5.

This is a spring time event to help our community clean up and shine.

**Accepted Materials** at



this Big Bin Event include:

-Couches, chairs, mattresses, and other household furniture items too large for curbside pickup  
-Fridges, freezers, washers, dryers and other large household appliances (will be recycled)

Computers, televisions and other household electronics (will be recycled)

**Non-Accepted Materials** - Commercial Waste

- Household Hazardous Waste - please take to an Eco Station. They will be accepted there at no cost.

## WE ARE indoors Ottewell Community Hall

OCL hosts an Alberta Approved Farmers Market weekly on Thursdays from 4:00 - 7:00 PM in the hall until the first Thursday in May then we move outdoors to host special events with food trucks and live entertainment. Every week we have a variety of local vendors, so come out and support the locals..

Look for our local veggie farmer, BC fruit, fermented foods, and local chefs to fill your freezer. Local take and bake, local honey. Hand baked goods and more...

**Facebook page** - @ottewellcommunityfarmersmarket

**Instagram** - @oclfarmersmarket

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

## Canada Day Event

•July 1 - Family Event - Volunteers Needed.  
email [ottewell2212@gmail.com](mailto:ottewell2212@gmail.com) to be a part of this great group.

•Sep - Harvest Fest - OCL Farmers Market will host a Saturday with activities for all to enjoy. From tug-a-rope contests, best pie bake off and much more. Don't miss out, watch for more details.

•Oktoberfest - Sat Oct 19 - Adult-only event sure to be a lot of fun, mark your calendar.

•October - Halloween Information will be updated on our social media and website.

•November Holiday Market - November 23 - Sat 10-3pm, our annual holiday market showcasing local makers and creators!

## Events Happening at Hall

Join us Tuesdays at Ottewell Hall for ALL LEVELS yoga. Together we will loosen the body, increase strength, reduce tension and take a few deeper breaths. No experience necessary. 8 sessions, April 9-May 28, 2024

Tuesdays from 7:30-

8:30PM.

Investment: \$100 for current Ottewell Community League Members & \$120 for non-members.

To register or for more info, email [willalee@hotmail.com](mailto:willalee@hotmail.com) or message @wanderingmapeyoga on instagram.



**HELLO SPRING MARKET**  
PRESENTED BY OTTEWELL COMMUNITY LEAGUE HALL  
5920 93A AVENUE NW  
APRIL 20TH 2024 10AM - 3PM  
SHOP AND SUPPORT YOUR LOCAL VENDORS!



Upcoming Art Show & Sale  
@ the Ottewell Community Hall  
**Muse**  
an inspired exhibition  
May 24th, 25th & 26th

**Art Show - May 24 to 26** - Ottewell Community is very excited to have such a great event in our community building



# STRATHEARN Community League



## 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 & Grounds Director	Evan	<a href="mailto:grounds@strathearncl.org">grounds@strathearncl.org</a>
Rink Manager	Shawn	<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!

## New SCL membership cards now available!

Looking for a Community League membership?

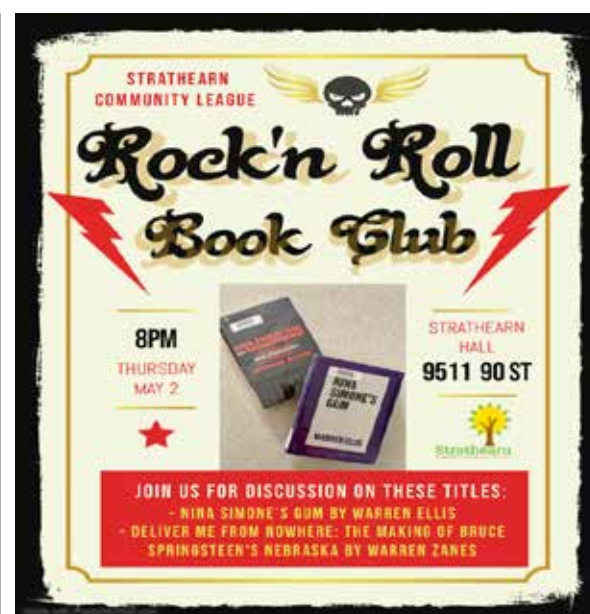
The fastest way to get your number and start accessing membership benefits is through online purchase via Edmonton Federation of Community Leagues! Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.

## Tell One Friend: What to do with styrofoam



Styrofoam that could be reused or upcycled (balls, cubes, and flat sheets) can be brought to the Reuse Centre. Large pieces of styrofoam (like packaging and coolers) can be brought to an EscoStation to be recycled for free!

Smaller styrofoam items (take out containers coffee cups, meat trays etc) should be put in the garbage. Encourage friends to avoid purchasing/using these items!





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

**Greg  
Dunham**

**780-964-1469** (cell)

**gdunham@telus.net**

• **FREE**

Market evaluation

- Specializing in South East Edmonton
- Investment Properties



**Fulton Drive:** 1640 sq ft bungalow. Grand living room/ dining room area, massive eat- in kitchen, 3 bdrms, potential 3 bdrms down, ensuite bathroom, 2 fireplaces, 855 m<sup>2</sup> lot, fully fenced yard.  
***This property checks all the boxes!***



**Saskatchewan Drive Condo:** CITY VIEW, top floor, 2 bdrms, 2 bathrms, insuite laundry, extra storage, underground parking.



**Saskatchewan Drive Condo:** CITY VIEW, new kitchen, new main bathroom, new ensuite bathroom, new paint, insuite laundry, underground parking and storage, condo fee \$444.17/month.



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



**Ottewell:** Bungalow 1000 sq ft. Legal suite, nice yard, double garage.



**Garneau:** Spectacular City View, 3 bdrms, 2 bath-rooms, ensuite off primary bedroom, insuite laundry, underground parking.



**Holyrood:** Starter home with redevelopment potential, 16.5 meters frontage, 822 sq m, west yard, newer kitchen, newer appliances and 100 amp shut-off.



**Holyrood:** Quiet street, 16.4 meters frontage, with spacious sunny west backyard, newer 24'x24' with spacious parking pad.