

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 - Dec 2024/Jan 2025

Big congratulations to Emily Chu!



We're thrilled to see the talented mural artist behind the beautiful artwork on the shed next to the Forest Terrace Heights Community Hall featured in Edify's 2024 Top 40 Under 40 list! Well-deserved recognition for an incredible artist.

King Edward Park Casino

We have a casino scheduled for January 7th & 8th at Pure Casino (7055 Argyll Road). We are looking for volunteers for various positions and times. If you are interested and can spare a few hours, please contact Sylvia Shank (780) 918 9703 or sacul@telus.net for shifts and times.

Ottewell Casino

We have been slotted with our Casino - February 18 & 19, 2025 at the Yellowhead Casino. We have the volunteer sign up sheets can be found on our website - Ottewell.ca

Holyrood - COMMUNITY AFTER INCIDENT RESPONSE (CAIR) MEETING



The Edmonton Police Service and the Edmonton Fire Department joined concerned neighbours at Tillie's Café located inside SEESA, on Monday, November 25th. Topics covered included community response to the recent fires, the ransoms, as well as information delivered by both EPS and EFS. Thank you for the show of solidarity among the community. Below are some reminders of action you can take when you see something wrong. If you 'See something, Say something!' You never know when you may be saving someone's home, property, or even their life.

-Remember, if you see a crime in prog-

ress, always call 911!

-To report an emergency regarding arson or other fire-related situations in your community, contact ERS. Emergency: 780-425-1231

-To report suspicious activities, contact E-PS at 780-423-4567.

If you have information about a crime and want to remain anonymous, contact Crime Stoppers - 1-800-222-8477 or send a text to Edmonton Crime Stoppers - to CRIMES (274637) with the message "TIP250" and detail your tip

-Call 211 if you're in need of community or social service support but are unsure who to call.



Andy Verhagen
780.907.8202

*From our house to yours,
To Family & Friends, Near & Far*

Merry Christmas & Happy New Year!



CLIMBING TO NEW LEVELS OF FUN!!

HEARTFELT THANKS

to those who invested their time, talent and treasure
to make our inclusive playground expansion possible!!



On September 12th, Hardisty School celebrated a new inclusive playground expansion. From sensory play areas, swings, a barrier-free merry-go-round and rubber surfacing, these exciting upgrades will help all of the children in our community experience the joy of play.

Amazing work by the Playground Expansion Parent Committee (PEP-C) members: Jason Dolezal, Jon Tomalty, Kerry McKinstry, Laura Mercier, Marzena McKenzie, Matt Sloan, and Tina Trigg. They spent the last five years fundraising, securing donations and applying for grants to ensure that the playground would be welcoming for all.

The playground expansion, valued at \$450,000, would not have been possible without the generous support of our community partners especially Capilano, Fulton and Gold Bar Community Leagues. Marzena McKenzie shared that "They went above and beyond to provide the funds needed to build an inclusive playground that we can be really proud of. We hope that our story will inspire other communities to work together to build more inclusive playgrounds in the future." Matt Sloan encourages everyone to visit and see the impact of their support. "Our community's dedication to bringing good into our small space in this world is reflected in every child's smile as they swing, spin and climb on Hardisty's playground." Thank you Hardisty - you are a community with amazing heart!!



Special Thanks to the sponsors of our
Playground Expansion Opening Celebration



Southeast Edmonton Seniors Association

2025 Memberships are now on sale - fees and information on our website.

Exciting Upcoming Events:

Dec 8 - Melody Singers Presents
"A Very Merry Christmas Concert"
Tickets \$15.00

Dec 13 - Festive Holiday Luncheon. Ticket \$25.00.

Dec 16 - Ukulele Christmas/Holiday Sing-a-Long - 1:30pm in Tillie's Café Tickets \$10.00

Fundraising

Winter Quilt Raffle - Beautiful quilt handcrafted by SEESA's Quilters & Crafters Club and generously donated by a SEESA member. Tickets \$5.00 ea.



Winter Solstice 50/50 Raffle - Tickets \$5.00 ea.

Anyone over the age of 18 can purchase tickets at our Front Desk or by calling 780-468-1985. Thanks for your support!!

Holiday Closures:

Dec 23 - 27 CLOSED; Dec 30 OPEN; Dec 31: OPEN 8:30am - 12:00pm; Jan 1st - CLOSED.

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



Ottewell Curling Club

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www.ottewellcurlingclub.com

Holiday Activities

December and January fill with gatherings of friends and family, happy celebrations that warm our hearts. But here in Edmonton, at quieter times, stretches of piercing cold days may keep you and your pre-schooler indoors, playing and reading (consider public library book “Lemonade in Winter”). As temperatures rise, you venture outside for a short while to enjoy the crisp fresh air and you can both have fun and try science activities about water and ice.

Put a few drops of food colouring in each compartment of an ice tray, add water and mix. Place it outside overnight. Next day, check the tray. Coloured ice blocks! Line them up in patterns or stack them to build a house,

Make your own bubble blowing solution. Together, pour   cup dish soap into a shallow bowl, add 1   cup warm water, mix in 2 tsp of sugar. Bundle up and go



outside. Dip the end of a straw or round cookie cutter in the mixture and gently blow through the other end. As the bubbles emerge into the cold air, they become ice orbs!

Great opportunities to talk about turning a liquid into a solid.

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.



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POLITICS MATTER

An evening of conversation on simple ways to make a difference in politics and how local people are key to unity and prosperity for all Canadians

JAN 21, 2025 | 7:00 PM

Royal Canadian Legion - Branch 150, 9020 51 Ave NW, Edmonton, AB



Scan to get your tickets
or visit politicsmatter.eventbrite.com

For more information, email
edmontonstrathconacpc@gmail.com

Hosted by the Edmonton-Strathcona Federal
Conservative Electoral District Association



James Cumming,
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Eva Chipiuk,
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Community League Board

President	Leigh	president@avonmore.org
Vice President	Hannah	vicepresident@avonmore.org
Secretary	Christy	secretary@avonmore.org
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Assistant Treasurer	Ken	bookkeeper@avonmore.org
Communications	Lindsay	communications@avonmore.org
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Grants and Funds Raising	Adele	grants@avonmore.org
Soccer/Sports	Vacant	sports@avonmore.org
Civics	Brandi	civics@avonmore.org
Programs	Wendy-Rae	programs@avonmore.org
Playschool	Elly	director2@avonmore.org

Board Members and Volunteers Needed!

The wonderful programs in our community unfortunately do not run by themselves! We need your help to keep the events in our community alive and vibrant. Whether you have lots of energy or time to give, or simply have some inter-

esting ideas of new programs or events you'd like to see in Avonmore, we want to hear from you. Please reach out to any member of the board if you, or anyone you know, are able to step up and help your community.

Avonmore Community Playschool Holiday Bags

With the holidays fast approaching, the Avonmore Community Playschool children are doing lots of planning on what to put in our special holiday bag that we give out to the residents of Avonmore this time of year. We do this on the third week in December and we have been doing this for 2 years now with the help of Avonmore Community League, the wonderful playschool parents and our dedicated teachers.

We would like to deliver even more holiday bags this year with the help of others in the community by way of donations. The bag usually consists of chocolate/

candies, bookmarks/winter activity pages, hot chocolate/teas with cups, homemade hot packs, a special homemade ornament and other holiday items that are donated to us. So if you have any of these items or other items you would like to donate, please drop them by the playschool week days between 9am-11:30am or set up a time for us to pick it up by emailing playschool@avonmore.org.

Here at the playschool we look forward to delivering a little bit of holiday cheer this season and wish everyone a super happy new year!

Community Coffee - Wednesday, December 18th

Community Coffee is back! First and third Wednesday mornings. Same time 10:00 a.m. to noon. Future dates of January 1st, January 15th and February 5th. Everyone is welcome. Please come and join us. Contact pastpresident@avonmore.org for more information.

Dog Owners of Avonmore

We would like to start a group of local dog owners in the neighbourhood to have a way to easily chat with each other, along with bring up concerns or questions the group has to the board. If

you are interested in either being a part of the group or helping lead it, please reach out to Lindsay at communications@avonmore.org and we will be in touch.

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 the Avonmore Community League* 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. In need of concrete edging, stamped or broom-finish sidewalks, and concrete sealing services? Castle Custom Curbing is offering a 10% discount for Avonmore's residents. Keep your gutters in top shape with Free Flow Eaves. From gutter cleaning to leak repairs, gutter guard installations, and snow removal. Avonmore residents receive a 10% discount on all their services.

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

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



Avonmore Community League Merchandise

We have Avonmore merchandise available at community league events. Should you need to keep your beverage warm or chilled, the 17oz. Tumbler (\$25) will satisfy your needs. Or want to add colour to your wardrobe and stay warm? Our colourful Toques (\$15) have

you covered. Do you require a reusable bag? We have various coloured Totes (\$5) to choose from! All the proceeds go towards the community league. If you have any questions, please email the Membership Director at membership@avonmore.org.

Works of Yarn club

Crochet, knitting and other fun projects welcome! Just a group of neighbours getting together to work on their creations!

Learning from each other is fun! Every 3rd Thursday of the month, 6 pm to 9 pm! Email grants@avonmore.org with questions!

Music classes for children 1-5 years of age

These are free drop-in music classes that are held at the Avonmore Community Hall, one Thursday a month led by our wonderful Music Teacher Dawn. The classes run from

10:45-11:15 with lots of dancing, singing and learning new instruments. The list of dates are January 9, February 6, March 6, April 3, May 1, and June 12.

Shinny Ice Hockey

Shinny Ice Hockey brings together a group of players to enjoy the game in a laid-back and fun setting. Each session features balanced teams, with players ranging in skill levels. We welcome participants aged 15 and up. There is a cost to this activity and payment can be made for the whole year or a drop in fee. Payment for all sessions

will guarantee you a spot every week as space is limited. It runs at Kenilworth Arena (10:45pm) from October to March.

Space is limited, if you are interested and would like to attend or would like more information, like what to bring, please contact Boris at sports@avonmore.org



AVONMORE
Community League

**HOLIDAY
DROP-IN**
at the Hall

Please join us for
an afternoon of Holiday Cheer

DECEMBER 14

Avonmore Hall - 7902 73 Ave
1:00pm - 4:00pm

Crafts Festive Snacks
Community

New Programs

Do you have an idea for an event or program you'd like to see in Avonmore? Do you want to start a crafternoon? A walking club? A safety committee? Our Programs Director, Wendy-Rae would love to hear your ideas! Email programs@avonmore.org and share your thoughts.

Hall Rental

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

Avonmore Parent, Baby and Tot Playgroup

The Avonmore Parent and Tot Playgroup is in need of a volunteer, or group of volunteers, to help keep this incredible program running. Please reach out to any member of the board if you or anyone you know might be interested in supporting this program.

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.

Online Community

Are you on Facebook? 'Like' the Avonmore Community League page for regular updates on events going on in our community, and 'Join' the Avonmore Community League Chat group to see what your neighbours are talking about. Please answer membership questions to

join the group. We do this to protect the page from spam. Other facebook groups include the "Avonmore Parent & Tot" and "Avonmore Garden Club".

We also have an instagram page that we will be updating more regularly. @avonmoreleague

www.communityleagueneews.com



Heather McPherson

Member of Parliament
Edmonton Strathcona

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And "Happy New Year"!

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COMMUNITY LEAGUE BOARD

President	Sarah	president@capilanoocl.ca
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Secretary	VACANT	
Hall Rental	Marzena	780 909-5886
Facilities Director	VACANT	
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jamie	memberships@capilanoocl.ca
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather N.	780 485-7918
Volunteer Director	Michelle	volunteer@capilanoocl.ca
Southeast Voice	Melissa	SEV@capilanoocl.ca
Webmaster	Breanne	webmaster@capilanoocl.ca
Social Media	Jean	socialmedia@capilanoocl.ca
Sign Rental	Karen	780 977-5252
SECLA & Civics Director	John	seclacivics@capilanoocl.ca
Ice Allocation	Sam	rink@capilanoocl.ca
Neighborhood Watch	Jeff	780 469-0026
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Ball Hockey/Preschool Soccer	Shauna D.	780 966-3205
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook - "Like Us"

Check us out on Instagram @capilanooclcommunity

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, modern flooring, and all amenities are available to make any event special. Hall capacity is 80. Third party/liability insurance is required for ALL hall rentals.

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

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

FREE swim for Capilano community members on Sundays

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

--Hardisty Leisure Centre from 1:15 to

2:45 p.m. on Sundays

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



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

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

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

Capilano Community League Memberships

Did you know that now you can purchase your community league membership online?

Purchasing online will allow you to receive an electronic membership card that you can keep

in your Apple or Google Wallet. You can also sign up to auto-renew or receive a reminder to renew next year!

PURCHASE OPTIONS:

1) Online memberships can be purchased through the Capilano Community League web page under

'Memberships' or directly from the following link: <https://capilano.getcommu->

[nal.com/memberships](http://capilanoocl.com/memberships)

2) Online memberships can also be purchased through the Edmonton Federations of Community Leagues (there is an additional \$5 fee).

3) Go to our amazing local pharmacy: 'All Care Pharmacy' located at 5016 - 106 Avenue (Store hours only/cash)

4) Contact Jamie at memberships@capilanoocl.ca

Membership Fee: \$20 family | \$10 single person | \$10 senior

Further inquiries or questions can be made to Jamie at memberships@capilanoocl.ca



Call for Volunteers!

Want to add your touch to our vibrant community? Volunteer to be part of our amazing board, meet new people, and be part of a great team!

Available positions include:

-Vice President – support our President.

-Secretary – take meeting minutes at board meetings.

-Facilities Director – Oversee the maintenance of the community league facilities and grounds and the work of our facilities contractor, who carries out the required maintenance activities.

Please email: president@capilanocl.ca for more information.

A BIG thank you to those who recently stepped up to fill a community board role!



BIG Change is needed at City Hall!

Concerned Edmonton voters are joining the movement to bring about much-needed change at City Hall. Principled Accountable Coalition for Edmonton and partners are supporting and electing candidates who are responsible, practical, budget realists.

We continue to make the case for a sensible City Council. By joining together, our call for change will be stronger; the campaign to elect new councillors more vigorous; the effort to make a real difference at City Hall much broader.

Join us! Visit us as pacenow.ca

Hatha Yoga at Capilano Hall

Increase energy, strength, and mobility. Improve posture, memory, and overall wellness. Themes change each week working different areas of the body and relate to the seasons.

Day: Wednesday mornings

Christmas seasons schedule: Classes will run until Dec. 11 and resume again

on Jan. 8, 2025

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

Cost: \$10.00 drop in per class

Drop in or register in advance, payments by cash, e transfer or cheque

Contact: Nancy_conlin@hotmail.com

Note: See Gold Bar Community League for more yoga classes by Nancy

Tuesday/Thursday Bootcamp - Capilano

This is a strength and cardio focused workout, everything can be adapted and modified and so every fitness level is welcome! Classes are held on Tuesdays at 6:45pm and Thursdays at 6:45pm

This session runs November 5/7 to December 17/19

Tuesdays \$68, Thursdays \$68 (drop in is \$13)

Come try your first class for free

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

Tuesday/Thursday Strong - Capilano

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

Classes are held on Tuesdays & Thursdays at 8:00pm

This session runs November 5/7 to De-

cember 17/19

Tuesdays \$68, Thursdays \$68 (drop in is \$13)

Come try your first class for free

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

Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

Do you have a message for the community, a birthday, anniversary, graduation, or special event that you would like advertised? Advertise it on our changeable sign located at the intersection of 65 Street and 108 Avenue.

Sign rental fees: Community League Members - \$10 (\$15 for non-members).

Small business/commercial advertising

- \$25. Guaranteed 3 days.

Please note: small business announcements/advertising are also accepted at our discretion. Some restrictions apply and we reserve the right of refusal. Community announcements take precedence over small commercial business announcements.

Please call as far in advance as possible to avoid disappointment!

Karate at Capilano Hall

Kick fall into high gear!

Starting Wednesday nights in September, kids 7-12 can build their inner champion in our youth and family class! Our youth curriculum will help them get fit and develop skills to help them excel in the world of sport karate. Train to compete or train to get stronger - by yourself or with a parent.

The adult class dives into the world of classical Okinawan karate. Think turbocharged "Miyagi-do" - exploring the old school karate -kicks, punches, locks,

strikes, throws. Join for fitness, self-defence or both- women and men are welcome. Ages 13 and up.

For more of a mind-body workout, try Ryukyu kobudo. This ancient art helps refine technique, challenges you to expand range of motion and develop a deeper body awareness. For ages 13 and up.

For more information, text/ call 7806193136 or email kaizen.dojo@shaw.ca. Our dojo is a proud member Karate Alberta!

Capilano Babysitting Registry

Parents! Find a babysitter now so that you're all set for the winter season. Contact babysittingregistry@capilanocl.ca for more information. Interested sitters can also contact this email to be added to the registry.

CLOVERDALE Community League

9411-97 Avenue
(780) 465-0306
cloverdalecommunity.com

CCL Position	Name	Contact
President	Leigh	president@cloverdalecommunity.com
Vice-President	Jenna	vicepresident@cloverdalecommunity.com
Treasurer	Nidhi	treasurer@cloverdalecommunity.com
Secretary	-	secretary@cloverdalecommunity.com
Civics Director	Carly	civicsdirector@cloverdalecommunity.com
Folk Festival Liaison	Jayne	folkfest@cloverdalecommunity.com
Communication Director	Gerardo	communications@cloverdalecommunity.com
Social Director	Bob	socialdirector@cloverdalecommunity.com
Memberships	Marilyn	membership@cloverdalecommunity.com
Program Director	Joe	programdirector@cloverdalecommunity.com
Community Garden	Heidi	communitygarden_chair@cloverdalecommunity.com
Casino Coordinator	Braden	casino@cloverdalecommunity.com
Rink	Travis	rink@cloverdalecommunity.com

We are on instagram, follow us.

Discover what's happening in our neighborhood by joining our Instagram community!

Moreover, we have significant interaction with other community leagues.

Scan the QR code to stay up-to-date with the latest activities, news, and events that make our are unique.



Board Vacancies

The CCL board currently has one vacancy and we are looking for interested volunteers to fill the role of Secretary. This position is a voting member of the CCL board of directors. A secretary should be well-informed on league matters and can participate in policy and other league decisions. For more information contact Leigh, the Cloverdale President at president@cloverdalecommunity.com.



Classes and Programs

Stay healthy, stay happy. Embrace the season with our engaging fall classes and programs. From Yoga to book clubs, our programs and clubs offer something for everyone. Our Programs for the fall are as follows, check the website for detailed information and schedule.

-Book Club - Last Wednesday of the month at 7:00 PM.

-Walking Club - Tuesdays at 9:30 AM.

-Bring Your Own Instrument - Third

Wednesday of the Month at 7:00 PM

-Ladies of Cloverdale - First Wednesday of the Month

Some classes continue with Drop-ins

Gentle Yoga - Thursdays at 11 AM

Barre - Thursdays at 7:00 PM

Hatha Yoga - Fridays at 10 AM

For more information on any programs, contact Joe, the Cloverdale Program Director at programdirector@cloverdalecommunity.com

Events

-CCL Christmas Party is December 15th—details to come! Check the website and social media for more information! This festive gathering is a wonderful opportunity for community members to come together and celebrate the joyous season. Join us for a magical evening

filled with cheerful activities, a visit from Santa, and an array of festive foods to enjoy. Stay tuned for updates. Volunteers will be needed.

For more information, contact Bob, the Cloverdale Social Director at socialdirector@cloverdalecommunity.com

Rink Volunteers Needed

Another season is approaching at the Cloverdale Community League (CCL) outdoor rink!

As we reach the planning stages, we look to build on the momentum created last year with our new rink and that includes the call for volunteers.

Volunteers will sign up for a one-week commitment which includes nightly lock up and ice scraping, snow removal and light maintenance of the facilities to ensure the continued success of our 100% volunteer-based rink.

Volunteers will be rewarded with private ice time during their week which can be used for family events, shinny games etc.



No experience is necessary and training on the process and equipment will be provided. If you have any questions, please get in touch with Travis at rink@cloverdalecommunity.com

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Together in Faith and Advocacy: A Trustee Update for December

Looking Ahead to Advent and the New Year with Gratitude

As we enter December, the season of Advent invites us to reflect on the important work the Edmonton Catholic Schools' Board of Trustees has done and the opportunities ahead. We remain dedicated to advocating for policies and initiatives that promote student success and well-being, always working to create an inclusive, supportive, and faith-filled learning community.

A vital part of our work involves collaborating with School Councils. Recently, the Board had the privilege of gathering with School Council and Society Chairs to discuss the important work they do in our schools. The evening was filled with dialogue, learning, and a shared commitment to helping our schools thrive. These partnerships strengthen our community and provide lasting benefits to our students.

Another key advocacy focus is amplifying student voices. Our first Student Voice meeting of the year was a valuable opportunity for Board members to hear directly from students across our high schools, making student perspectives central to our decision-making. By prioritizing these conversations, we keep our governance grounded in the lived experiences of our

students.

This fall, Trustees have been actively engaging with provincial partners to ensure our schools have the resources and support they need. We're pleased to see the Government of Alberta's continued commitment to the School Construction Accelerator program, which will help us meet the needs of our growing student population. With over 50,000 students across 94 schools, Edmonton Catholic Schools continues to nurture a rich, faith-filled environment where learning and spiritual growth flourish together. We remain dedicated to championing the priorities of our division, from improved infrastructure to enhanced learning supports, and we will continue these efforts into the New Year.

The Advent season in our schools provides a special time for students and staff to engage in prayer, reflection, and acts of kindness. It is inspiring to witness our students coming together to spread joy and embody the values of hope, love, and peace. We are also deeply appreciative of the ways our staff nurtures the spirit of



Trustee Laura Thibert, Trustee Alene Mutala, Board Chair Sandra Palazzo, Vice-chair Lisa Turchansky, Trustee Debbie Engel, Trustee Terry Harris

This wouldn't be possible without the dedication of our teachers, support staff, and administrators, whose hard work and commitment ensure our students receive a high-quality, faith-based education every day. We are grateful for all they do to make our schools places of learning and growth.

The Board of Trustees wishes you all a blessed Advent and a joyful Christmas season. Should you have any questions, please contact us at boardoffice@ecsd.net.

Paid Advertisement

Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program

Community Safety Data Portal

The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The Community Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>

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 Winter Community Fun Fest 2 - 7 pm 5 - Potluck supper Crafts, games, gym activities, music & more for all ages	 Caroling & Treats 7 - 8:30 pm Celebrate the holiday season with family & friends.	 Lessons & Carols 10:30 am Special service of Christmas readings and music	 Christmas Eve 4:30 pm All Ages Service 7:30 pm Candlelight Communion Service

Christmas Food Drive

Donation drop-off times:
 Tues - Fri 10 am - 2 pm Sun - 10:30 am - noon

780-468-1418
officeadmin.spiritofhope@shaw.ca
spiritofhope.ca
facebook.com/learnchangeandgrowtogether

Spirit of Hope is located on Treaty 6 Territory & the traditional homelands of the Métis. As an Affirming Ministry of the United Church of Canada, all events & services are fully inclusive of people of all sexual orientations & gender identities.



Winter Programs

Our fall programs are in full swing! Check out these exciting activities happening each week at the community hall:

Mondays—Zumba: Join us at 7:00 p.m. for a fun and energizing Zumba class, perfect for all levels!

Tuesdays—High Fitness: Get your heart pumping with High Fitness at 7:15 p.m. Registration details on Eventbrite.

Wednesdays—Sewing Club: Whether you're an expert or a beginner, drop by at 7:00 p.m. to work on your sewing projects and meet fellow enthusiasts.

Thursdays—Sportball: Perfect for little athletes, Sportball offers non-competitive



sports programs for kids. Check our website for registration info!

Community Hall Rentals

Looking for a space to host your next event? The Forest Heights Community Hall is perfect for birthday parties, family reunions, fundraisers, or fitness classes. It's a great place to gather, with room for up to 65 guests. Our hall is conveniently located at 10150-80 Street, ready to accommodate your event!



Escape the Cold this Winter with Community Swim Times

Warm up with family swim days at the Commonwealth or Hardisty Leisure Centre. Just bring your Forest Terrace Heights Community League Membership (or show the digital card on your phone) for entry. Everyone's welcome—enjoy a splash of fun and stay cozy indoors! **Commonwealth Leisure Centre** | Saturdays from 3:00 – 5:00 p.m.

Hardisty Leisure Centre | Sundays from 1:00 – 3:00 p.m.

Please check pool schedules for any



updates due to bookings. Call 311 or 780-422-5311 for the latest information.

Seeking New Board Members

An addition to an Events Director, we're always looking for passionate individuals to join our board.

Some of these roles include hall management, volunteer coordination, grant

writing, neighbourhood watch, and community building for seniors. If you're interested, we'd love to hear from you! Please email Jeffrey at president@forestterrace.org.

Community Sandbox Program

Your job come December? Keeping the paths on and around your house clear and safe throughout winter. To help, the City of Edmonton's Community Sandbox Program offers free sand at 100 design-

ated locations for use on icy sidewalks and walkways. Do your part to help keep those walkways and sidewalks safe! For more details and sandbox locations, visit edmonton.ca/CommunitySandboxes.

Join Our Team as Events Director!

Do you have a knack for throwing unforgettable events and bringing people together? Love a good BBQ, festival, or outdoor movie night? The Forest Terrace Heights Community League is looking for a creative, community-loving Events Director to make our neighbourhood the place to be! **What You'll Do:** Dream up and bring to life exciting events for our community—think socials, seasonal celebrations, and fun surprises! Collaborate with a fantastic team of board members who share your passion for community building. Connect with residents, bringing neighbours closer and creating memorable experiences. Have total creative freedom to put your stamp on each event—the sky's the limit! **What We're Looking For:** An energetic, creative soul with a love for



event planning. A people-person who can rally volunteers, work with vendors, and engage our community. Someone organized and detail-oriented, with a little bit of wild imagination! If you're ready to dive in and help make Forest Terrace Heights a lively, fun, and welcoming community, apply now and let's make amazing things happen together! Email Jeff at president@forestterrace.org to learn more!

Help Keep the Ice Nice

We're doing things a bit different this year with the Forest Terrace Heights community rink. Our goal? To make it one of the BEST in Edmonton. This winter, we're looking for some cool (pun intended) folks to help us keep the rink in tip-top shape. If you've ever dreamed of being an ice hero, now is your chance. **Things You'll Do:** Help on Flooding Day: Prep the surface to ensure smooth and shiny ice so everyone from hockey stars to first-time skaters can glide with pride. Shoveling Snow (or throwing snowballs at your kid – we don't judge): Clear the way for all the winter fun! Rink Rescuing: You'll be on hand to ensure the ice is safe, solid,



and skate-worthy all season long. Whether you're an ice pro or just love being outdoors, we'd love to have you on the team. Join us in making this the best rink season yet! Email mike@forestterrace.org today and let's make some magic on ice.

Preppin' for the Cold

Need help clearing snow this winter? The Assisted Snow Removal Pilot Program offers free snow removal for eligible seniors and residents with disabilities or mobility challenges. For more information, visit edmonton.ca/AssistedSnowRemoval.

Get Your Memberships

Support your community and enjoy great benefits by becoming a member! New memberships are available now and valid until August 31, 2025. Family memberships are \$30, individual memberships are \$15, and seniors memberships are \$10. Enjoy perks like free community swims and hall rental discounts. Purchase yours online at forestterrace.org or Grower's Direct (cash only). First-time memberships can be arranged through the Membership Director at

ships@forestterrace.org or by calling 780-720-7034.

Fulton Place Board

Esther
President
president@fultonplace.org
7802365457
Miles
Vice President Civic Affairs
vpleagueaffairs@fultonplace.org
7809515253
Gavin
Vice President League Affairs
vpcivicaaffairs@fultonplace.org
7805041896
Mike
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treasurer@fultonplace.org
RaeAnne
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Justin
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Facilities
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Jenn
Director
jenn@fultonplace.org
Dan
Director
dan@fultonplace.org
Amy
amy@fultonplace.org

Business Directory

Visit our Directory on our website featuring local businesses and neighbours with Edmonton-based businesses. To join the directory email info@fultonplace.org.



FULTON PLACE & CAPILANO
COMMUNITY LEAGUE PRESENT

HOLIDAYS WITH HARDISTY

SAT, DECEMBER 14
5PM-8PM

STOCKING STUFFER ARTISAN
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LIVE MUSIC

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COMMUNITY LEAGUE

6115 FULTON RD NW

Neighbourerly Help

Do you need help with anything during the winter months, or anytime throughout the year? Snow removal, lifting something, moving something? Email Miles, who volunteers on the Fulton Place Community League Board as Vice President Civic Affairs, at vpleagueaffairs@fultonplace.org and he can help connect you with your neighbours.

Members' Free Swim

ACT Leisure Centre, 2909 113 Avenue NW

Saturdays 2pm-4pm

Hardisty Leisure Centre, 10535 65 Street NW

Sundays 1pm-3pm

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

Hall Rental

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



CHILDREN'S CHRISTMAS PARTY

Presented by Fulton, Capilano
& Goldbar Community Leagues
FRIENDS, FAMILY AND NEIGHBORS OF CAPILANO,
FULTON & GOLDBAR COMMUNITY WELCOME

Santa,
Entertainment,
Balloon
Artists,
Glitter
Tattoos
&
Snacks

SATURDAY
NOVEMBER
30TH, 2024

1 to 4pm
Capilano
Community
League
10810 54 Street

MAGIC
SHOW 2PM

Traveling Kids Christmas Party
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ON THE MOVE!!

HOSTED BY...
GOLDBAR 2022
FULTON 2023
CAPILANO 2024

SAME PARTY, NEW
LOCATION!!

Fulton Place Babysitter Registry

Are you looking for a certified Red Cross babysitter? We maintain a list of certified babysitters in the Greater Hardisty area. Please email info@fultonplace.org and we'll help connect you with an amazing babysitter.

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 membership benefits on www.fultonplace.org, under the 'Become a Member' dropdown.



6 MONTHS FREE

AT

Little Lions Daycare

7407 98 ave NW
Located In Braemar Baptist Church

587-708-0134 littlelionsdaycare.ca
info@littlelionsdaycare.ca

Gold Bar Executive

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

Goldbar Community Memberships Available Now!

You can NOW buy your memberships at ALL CARE PHARMACY (5016-106Ave) and at SEESA (9350-82 ST) come check out these wonderful business' and pick up your community membership. Check your local pool for community swim times. Please Remember Your Card.

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

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

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

You can purchase memberships at any of the above places or Call Amy Cooper 780- 668-6836.

Adults/Family \$20 and seniors \$5.

Sunday Strong

This class is outside next to the hall until it's too dark and cold then we will move inside the hall. If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish.

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

Contact Lisa to register or with any questions.

Sundays \$80

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



Hatha Yoga

Gold Bar Community Hall, increase energy, strength and mobility. Improve posture, memory and overall wellness. **New start time Mondays 10:00 am - 11:15 am**

\$10 per class

Drop in or register in advance, payments by cash, e transfer or cheque

Classes run to Dec 9 break for Christmas, resume again Jan 6/2025.



feedyourmind

Mind-boggling non-credit classes for people 50+

Registration opens Dec. 5, 2024.

Online classes January 13 to March 7, 2025 • my-ella.com



ELLA - Feed Your Mind

The love of learning recognizes no age barriers. Just ask Wendy Davis, who is turning 96 this year.

She comes out each spring to take ELLA's non-credit classes at the University of Alberta. ELLA also offers online courses in winter.

"I have many senior friends who invariably gripe about the vagaries of aging. I love ELLA as our discussions are inspired by the content of our classes – be it bugs or glaciers or politics – which I find stimulating and invigorating," says Wendy.

A class on writing Wendy took early in her ELLA experience inspired her to write a memoir about her childhood in India. Her

book, Dal and Rice, was eventually published by McGill-Queens University Press.

Born in London, England, Wendy spent part of her childhood and teen years in India, before returning to the UK and training as an occupational therapist. In 1974 she moved to Edmonton for a job as a teaching assistant in rehab medicine at U of A.

She discovered ELLA when she retired at 65. The encouragement of her writing class colleagues and instructor was instrumental in her becoming a published creative writer at age 80, she says.

Registration for the Online Winter Session is Dec. 5. Classes starting Jan. 13. For more information, visit my-ella.com.

Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass* - 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass* - 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program. Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

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Wishing all my past & future clients Season's Greetings and a very Happy New Year 2025!

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Strathearn PSYCHOLOGY

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Hours of Operation: Monday to Saturday: 10 AM - 6 PM. Explore various plants, from popular favorites to rare and hard-to-find tropical varieties! Whether you're looking for everyday greenery or something unique, we have you covered. 9363 50th Street Unit 2, Edmonton. Visit us for all your plant needs! We offer local pick-up, instore shopping, and online shopping at www.rootsandshootscanada.com

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

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



Holyrood Community League Contacts

President - Chris	president@holyroodcommunity.org
Vice President - Nor'Ali	vicepresident@holyroodcommunity.org
Treasurer - Andrew	treasurer@holyroodcommunity.org
Secretary - VACANT	secretary@holyroodcommunity.org
Programs - VACANT	programs@holyroodcommunity.org
Sports & Fitness - VACANT	sports@holyroodcommunity.org
Memberships - VACANT	memberships@holyroodcommunity.org
Facilities & Grounds - Jeff	facilities@holyroodcommunity.org
Communications - Megan	communications@holyroodcommunity.org
Events - Elisa	elisa@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org
Civics - Carmen	civics@holyroodcommunity.org
Holyrood Development Committee - Petro	hdc@holyroodcommunity.org
Community Garden - Aurelia	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - Hailey	playgroup@holyroodcommunity.org
Casino - VACANT	casino@holyroodcommunity.org

holyroodcommunity.org
 @HolyroodCL
 Holyrood Community League

Purchase memberships through efcl.org/membership/
NEW TO HOLYROOD? SIGN UP FOR LEAGUE MEMBERSHIP ON-LINE! Complimentary memberships are available for newcomers to Holyrood! Contact our Membership Director Lisa at memberships@holyroodcommunity.org, or scan the QR code to sign up for a new resident membership and our membership coordinator will drop off your card for you.



Looking for a New EN Watch Coordinator

In 2019 we launched the EN Watch Holyrood Group. We had a volunteer who put in the time to get the process started, but we need to log a certain number of time spent on walking the neighbourhood, as a community, in order to continue with the program and get the street signs that indicate this is an EN Watch Community. It is very easy to do, you download an app and then just log whenever you go for a walk. This is great for all of our commu-

nity dog owners who are taking frequent walks! Not only that, but we have a Facebook group already created for this with lots of tips on how to keep your home and property safe.

We need someone to spearhead and coordinate, as well as being a contact with the EN Watch Program for this effort. If you are interested in being part of a Neighbourhood watch, please reach out to chris@holyroodcommunity.org



HOLYROOD COMMUNITY LEAGUE IS LOOKING FOR VOLUNTEERS JUST LIKE YOU!

JOIN US ON THE COMMUNITY LEAGUE BOARD! WE WORK TOGETHER TO MAKE HOLYROOD A GREAT PLACE TO LIVE, AND YOU COULD BE A BIG PART OF THAT!

JOIN OUR TEAM AS:

- MEMBERSHIPS DIRECTOR
- SECRETARY
- PROGRAMS DIRECTOR
- SPORT AND FITNESS DIRECTOR

YOGA with BARB

Thursdays 7 - 8:15 PM

September 18th to December 12th, 2024

St. Luke's Church
8424 95 Ave NW

barbaralritter.ca/classes/
barbayogaguide@gmail.com

Join Our Holyrood Community League Board

The board would not be what it is without the collective help of dedicated neighbours volunteering their time. Want to join our board? We're looking for someone just like you! Commitments include attending monthly meetings, which are an hour long, in addition to a small monthly time commitment. Workload is dependent on the role and could be anywhere from 1-4 hours a week. Please email chris@holyroodcommunity.org for more details on each position. We are also interested if you want to volunteer to help out at one of our events - just shoot us an email and let us know!

We are currently still looking to fill the following positions:

Secretary - This position is vital to the operations of the board, and needs to be filled immediately. The Secretary prepares and distributes agendas, coordinates board meetings, records and distributes minutes. In addition, they maintain and files records and bylaws with registries, and compiles AGM reports. Finally, they assist with onboarding new board members.

Sports and Fitness Director - Establishes all sport programming, except for soccer when there is a Soccer Coordinator. Applies for related sport programming grants where applicable with the approval of the board. Recruits coaches for upcoming sports programming and delegates coaching responsibilities. Sets and collects sports programs fees with approval of the community league board.

Programs Director - Works with the City Community Recreation Coordinators (CRCs) and interested community members. Prepares and reviews policy and procedures related to programs. With board approval, determines which programs will be offered to the community and arranges for instructors. Acts as a point person for those interested in bringing programming to the community. Arranges for presentation of proposed programming to board for board approval. Supplies or arranges for promotional information to publicize programming. Applies for grants for programs (if required) with authorization of board.

Memberships Director - Prepares and maintains the membership database; relays information found on membership card (eg. email address, "willing to volunteer") to the appropriate Director. Reports all membership sales to treasurer, and remits membership sales income to treasurer regularly. Orders membership supplies from the EFCL. Sells and distributes memberships, as needed, throughout the year (in response to phone and email requests from families and individuals). Checks online membership sales at efcl.org and distributes cards and skate tags. Attend events to sell memberships as required.

save the date

Holyrood Winter Fest

February 9th | 1-3pm | Holyrood Park

EVERYONE IS WELCOME!

Join us for skating, hot chocolate, hot apple cider and wagon rides!

A valid community league membership is required for the horse drawn wagon rides.

Purchase memberships at SEESA or online with the EFCL.

More details to follow on social media!



Rink Attendants Wanted!



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

WE ARE SEEKING PAID HELPERS FOR 4-HOUR SHIFTS, ON WEEK NIGHTS & WEEKENDS. NO SPECIAL SKILLS ARE NEEDED. CAN YOU HELP US OUT?

HELP KEEP OUR RINK SHACK WARM & COZY, NEAT & TIDY! MUST BE ABLE TO PERFORM LIGHT MANUAL LABOUR SUCH AS SWEEPING.

Contact
jeff@holyroodcommunity.org
to apply

Thank You To Everyone Who Attended The Allyship Workshop!

Thank you to everyone who participated in our Indigenous allyship workshop a couple of weeks ago with Caleb with **Bent Arrow Traditional Healing Society**. It was wonderful to see so many members from Holyrood, neighbouring communities, and beyond come together for this important conversation. Your engagement is vital to fostering understanding and building stronger connections.

Being an ally means listening, learning, and taking action to dismantle systemic barriers, ultimately creating a more just and harmonious world for all. Your in-

volvement matters—it can inspire change and promote genuine relationships rooted in respect and empathy.

Engaging in reconciliation and allyship is crucial for healing our communities. It helps us acknowledge past injustices and uplift Indigenous voices in building a more equitable future. By participating, we honour Indigenous histories and contribute to a society that values diversity and inclusion.

We look forward to hosting more Indigenous learning workshops in 2025 as we continue with our Reconciliation Initiative in Holyrood.

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

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. If it's smokey or raining out, bring your little ones to the playgroup!

When: Thursday mornings, 9:00am – 11:00am
Where: Holyrood Community Church 9224 82 Street

Rink Shack Attendants Wanted

We are looking for rink attendants to work in the rink shack this winter. Please email facilities@holyroodcommunity.org if you are interested. Rink attendants receive a monthly honorarium for their work.



Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Curtis	
Treasurer	Pat	treasurer@idylwylde.org
Secretary	Mick	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Brent	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	Rachel	publicity@idylwylde.org
Grants	Scott	grants@idylwylde.org
SECLA	Chandler	seclarep@idylwylde.org
Website	Mick	web@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org



Idylwylde.org



Idylwylde Community League

Want to get involved in your neighbourhood?

We're looking to fill the following Idylwylde Community League Board positions. No experience is required. If you're not sure, come to one of our Board meetings (2nd Wednesday of the month) and meet your fellow community members.

The Social Chair helps generate ideas for social events that will bring together members of our community, looks after details necessary to run an event, recruits volunteers to assist with events, attends Board meetings when possible, and manages community notifications and signage.

The Secretary notifies board members of meetings and agenda, records all minutes during board and general meetings, and archives documents.

The Treasurer attends Board meetings, issues cheques, makes deposits, and prepares financial reports.

The Vice President presides at meetings and functions in the absence of the President, assists the President when needed, is responsible for the annual review of the League's Bylaws.

If one of these sounds like the position for you, contact us at league@idylwylde.org.

Cartoons and Cereal Party

Hey kids! Bring an adult and come down to the Community Hall on Saturday, December 14, from 9 to 11:30 a.m. for our Cartoon

Cereal party. It's free and fun for the whole family. Bring your own bowl for cereal, PJs optional, and enjoy some cartoons.

eNewsletter

Stay up to date with what's going on in the community by signing up for our email newsletter.

Visit our website at www.idylwylde.org and enter your email in the 'Subscribe to our newsletter' box.

Winter Fitness Programs

Join us for one of our weekly fitness programs. All abilities welcome. Free for Community League Members

Nia

Mondays, 7 - 8 p.m. | Jan. 13 - Mar. 17, no class on Family Day (Feb. 17)

Nia® is a fusion fitness program that combines dance, martial arts, and mindfulness practices to condition your whole body, clear your mind, and make you feel good. Movement options are given for three intensity levels, making Nia® suitable for all ages and fitness levels. Typically done barefoot, feel free to wear

thin-soled footwear. Bring a yoga mat for more comfortable stretching on the floor during cool-down. Find more information at fleurishmovement.com or nianow.com.

Introductory Tai Chi

Tuesdays, 7 to 8 p.m. | Jan. 14 - Mar. 18

Tai chi is a practice that involves a series of slow gentle movements and physical postures, a meditative state of mind, and controlled breathing. Tai chi originated as an ancient martial art in China. Please wear comfortable clothes and indoor shoes. All fitness levels are welcome.

Community League Memberships

Community League memberships are free for all community members that live in Idylwylde! Donations are always accepted from anyone who can give and associate memberships (if you don't

live in Idylwylde) will still cost the regular amount of \$20/year. Please contact our Membership Chair (membership@idylwylde.org) with proof of residency in Idylwylde to get your membership today!

Monthly Community Meetings

Want to get involved? Join us for our next meeting. Our meetings are usually held the second Wednesday of the month at 7 p.m.

at the Community League hall. Our next community meeting will be Wednesday, November 13, 2024, starting at 7:00 p.m.

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 Community Recreation Centre

1100 Stadium Road

Saturdays, 3:00pm - 5:00pm

Cheery Tomato Community Garden News

With winter fast approaching the garden is bedding down for the season. In the meantime, please take a moment to fill out our 2024 Garden Survey, which in-

cludes wind guard and fencing initiatives on our facebook page at www.facebook.com/IdylwyldeCL

Community Pub Nights

Come to Pub Night, make some new friends, and share time with your neighbours while enjoying some snacks and drinks. Pub Night takes place on the first

Thursday of every month.

We look forward to seeing everyone Thursday, December 5 from 7:00 - 10:00 p.m. at the Community Hall.

Community Movie Night

We're launching a movie night on the second Thursday of the month.

Doors at 6:30 pm, movie starts at 7:00 p.m. Bring your own snacks/comfy camp-

ing chairs (or make do with what we've got).

Bar will be open for drinks. The December 12 movie is The Fall Guy.

Preventing Tooth Decay in Children

Tooth decay is damage that occurs when bacteria in your mouth eats away at a tooth. This can cause a hole in the tooth called a cavity. If not treated, tooth decay and cavities can cause pain, infection and tooth loss.

Children, whose teeth are still growing, are more vulnerable than adults to tooth decay. This is because the minerals in baby teeth are not very strong and are easier for acids to eat away.

Bacteria from food are the main culprits of tooth decay. As the bacteria feed, they make acids. Without proper care, over time, these acids destroy tooth enamel (the hard outer layer of your tooth) causing tooth decay. Rest assured; tooth decay is highly preventable.

Caring for your child's teeth

You can start caring for your baby's gums a few days after birth by using a soft cloth to clean their gums. Do this until the first teeth come in.

As soon as you see the first baby (primary) tooth come in, start brushing your child's teeth twice a day using a small,

soft brush. For children younger than three years, ask your dentist if it's okay to use a rice-sized amount of fluoride toothpaste. For children ages three to six years, use a pea-sized amount of fluoride toothpaste. It's important to teach your child not to swallow the toothpaste.

Brushing and flossing

1. Kneel down or sit in a chair behind your child and have your child stand between your knees, facing away from you.

2. With one hand, gently press your child's head against your chest. You may also use that hand to push away the upper and lower lips to make it easier to get to the teeth.



3. With the other hand, brush your child's teeth using the proper technique. Place the toothbrush at a 45-degree angle where the teeth meet the gums. Press firmly, and gently rock the brush back and forth using small circular movements. Do not scrub.

4. Start flossing your child's teeth as soon as they touch each other. You may find plastic flossing tools helpful. Talk with your dentist about the right timing and technique to floss your child's teeth and how to teach your child to floss.

If your child is age six or older and has cavities, ask your dentist about fluoride mouthwash. Do not give your child a mouthwash that contains alcohol. The al-




cohol can be harmful if swallowed. From time to time, you may want to use disclosing tablets – chewable tablets that colour any plaque that remains after brushing. You can get these tablets at most drugstores.

Continue to help your child with brushing and check for proper cleaning until about age eight or older.

Tips for getting kids to brush

Although some children quickly learn to brush their teeth, others do not. If you are having trouble getting your child to brush, try some of these:

- Use a favourite toy to explain why it's important to brush. You can encourage your child to brush the toy's teeth after brushing their own teeth.
- Use rewards such as stickers every time they brush.
- Let your child pick out a special toothbrush and toothpaste.



Yielding to Emergency Vehicles

For everyone's safety, it is important for motorists to understand how to correctly yield right-of-way to emergency vehicles with their lights & sirens activated. You can help EMS, police & fire get to the scene quickly & safely by following these rules of the road.

When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop, remaining parallel with the road. Remember to signal;
- Move right or left to the nearest curb on one-way streets;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.

When operating a vehicle:

- Reduce speed to 60 km/h or the posted speed, whichever is lower, when passing any stopped roadside vehicle with flashing lights activated (emergency vehicles, tow trucks, maintenance trucks, etc.). This law applies to the lane immediately next to the stopped vehicles. If you're not in the lane next to the stopped vehicles, it's recommended to reduce speed and leave lots of space between yourself and emergency personnel.
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$300.00 and three demerit points;
- Do not drive within 150 meters of an emergency vehicle with its siren and/or flashing lights on. For reference, 150 m is nearly 1.5 times the length of a football field.

Helping your child manage stress

Children and teens notice and react to stress in their family and feel their own stress. It is important to recognize stress in children and teens and help them with healthy coping strategies. The strategies they learn often stay with them into adulthood.


In general, anything that may cause children fear and anxiety can cause stress. This can include being away from home, starting a new school or moving to a new location, being separated from parents or caregivers, worrying about school and getting along with others, worrying about their changing bodies, and worrying about the future.

Watching for signs of stress in children and teens

There are many ways children and teens experience stress and it can often look different than it does in adults.

Preschool and toddlers:

- Anger
- Anxiety
- Problems with eating and sleeping, including nightmares
- Fear of being alone
- Irritability
- Regressing to infant behaviours
- Trembling with fright



CONTACT US

Co-President	Michaela	president@kenilworthcommunity.com
Co-President	Ryan	president@kenilworthcommunity.com
Vice President	Jon	vicepresident@kenilworthcommunity.com
Treasurer	Don	treasurer@kenilworthcommunity.com
Secretary	Dianne	secretary@kenilworthcommunity.com
Seniors Programs	Maren	connect@kenilworthcommunity.com
Bingo	Julia	please email President for direct information
Casino	Bonnie	please email President for direct information
Buildings/Grounds	Troy	grounds@kenilworthcommunity.com
Membership	Stephanie	membership@kenilworthcommunity.com
Men's Shed	Morris	mreid2057@gmail.com
Publicity	Rebecca	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	SECLA@kenilworthcommunity.com
Social	Janine	social@kenilworthcommunity.com
Youth Group	Elizabeth	youth@kenilworthcommunity.com

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

Hall Rental requests: rentals@kenilworthcommunity.com

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

KCL YOUTH

FOLLOW Us on Instagram @KCL.YOUTH

December - February Youth Events MONDAYS 6-8PM at Kenilworth Community League

Dec 2nd ORNAMENT PAINT NIGHT

Dec 16th WINTER SCAVENGER HUNT

Jan 6th MOVIE & PIZZA NIGHT

Jan 20th BRACELET MAKING & CRAFTING

FEB 3rd VALENTINES CARD MAKING FOR SENIORS - COMMUNITY SERVICE NIGHT

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

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

Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

Members Non-Members

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

****Third party insurance is now required for ALL hall rentals. Please ask the Rental Manager for more details. To book the hall, email rentals@kenilworthcommunity.com. If email is unavailable, leave a message for Al @ 780-469-1711.**

Kenilworth Community Memberships

2024-2025 memberships will be on sale soon! Please contact Stephanie at membership@kenilworthcommunity.com for more information!

Online Renewal Link: <https://kenilworthcommunity.getcommunal.com/memberships>

December - February Youth Events

MONDAYS 6-8PM at Kenilworth Community League

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Jan 6th MOVIE & PIZZA NIGHT

Jan 20th BRACELET MAKING & CRAFTING

FEB 3rd VALENTINES CARD MAKING FOR SENIORS - COMMUNITY SERVICE NIGHT

City of Edmonton Community Sandboxes - Important Update!

The City of Edmonton has made some changes to the Community Sandbox program. Kenilworth Community no longer has its community sandbox. For the 2024-25 season, there will be 100 public sandbox locations across the City of Edmonton. Large, centralized sand bins will be available at Eco Centres and Maintenance Yards.

nance Yards.

The closest community sandboxes are located at Ottewell Community League, Idylwyld Community League, and Avonmore Community League. The closest Maintenance Yard sand bin is at 5404 59 Ave NW. Questions or comments? Please contact the City of Edmonton through 311.

KCL Crib Club

KCL Crib Club is officially underway and meets every Wednesday evening from 6:45 to 9:30 PM until the end of April 2025.

To become a member, have a community league membership from any com-

munity league and the cost to join the club is \$5.00 for the whole season.

If you are a crib player and want to join as a fulltime player or a sub, and require more information please call Liz @ 780-465-5188 or Lucy @780-466-9149.

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!

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

Please follow [kcl.youth](https://www.instagram.com/kcl.youth) on Instagram to keep up with the latest events!

Kenilworth President Update!

Kenilworth Community League is happy to announce that we officially have two Co-Presidents! Welcome to the KCL Board, Michaela and Ryan!

president@kenilworthcommunity.com

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 needs


2024	2025	
September 6	January 12	May 16
October 20	February 13	June 1
November 27	March 27	July 25
December 14	April 8	


volunteers for its upcoming bingos, located at Parkway Bingo Hall. For more information, please email president@ke-nilworthcommunity.com

Swim Times

Your KCL Membership gives you access to community league swim times at: Bonnie Doon (Saturdays 5 to 7pm), Commonwealth (Sunday 1 to 3pm), Hardisty Pools (Sunday 1:15 to 2:45pm)

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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
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780-414-1015

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- Pound of wings
- 12oz mug of beer

Restaurant Hours
Sun - Fri 8am - 3pm
Saturdays 7:30am - 3pm

Bud's Lounge & VLT Room
Open daily at 9:30 am
Happy Hour 3pm - 9pm

Albert's Family Restaurant & Bud's Lounge
in the Capilano Mall
5615-101 Ave 780-469-5588



KEP Board Members:		
President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michaudr@gmail.com
Treasurer/Casino Coordinator	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	Nella Ferguson	king.ed.hall@gmail.com
Civic	-	
Volunteer	Tod Rudge	todrudge@gmail.com
SECLA Representative	Kaitlyn Wall	
Connect with us online:		
Twitter	@KingEdwardPark	
Facebook	https://www.facebook.com/kingedwardparkYEG/	
Instagram	https://www.instagram.com/kingedwardpark/	
Website	https://www.kingedwardpark.org/	

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

King Edward Park Tennis Club is up and running!

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 or home phone 780 466 9265.

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.

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.

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.

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

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780.761.7200 jeffbender.ca myaccountant@jeffbender.ca

Ottewell Community League Contacts

President	ottewell2212@gmail.com
Vice President	oclrink2021@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	oclbigbin@gmail.com
Bingo Director	oclbingo@gmail.com
Grants	oclgrants@gmail.com
Membership Director	oclmembership@gmail.com
Playschool Director	jjmclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor	oclwebpage@gmail.com

OCL Membership - Renew today for 2024/2025

You can purchase the 2024/2025 membership term directly online, at the OCL Farmers Market, or at Anvil Coffee. Costs: Family \$25, Single \$10, Seniors \$5. Check these benefits! Download your new membership card online, go to Communal at <https://ocl.getcommunal.com> and then go LOGIN, and then print/save your card. Find out more details about membership at ottewell.ca

If you are a local business and would like to provide Ottewell Community League members with a discount please email 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: Wednes-

days 6- 8pm and Saturdays 11am - 3pm. (Check their website for more info) <https://edmontontoollibrary.weebly.com/>

Red Swan Pizza Cap-ilano 4964 98 Ave NW in Edmonton 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.

2025 Cookie Decorating Event

On Thursday, February 6, 2025 Ottewell Community League will be hosting a cookie decorating event for all ages. Gluten-free cookies will be available, however, baked in our hall (AHS inspected facility) where the

following allergens such as gluten, nuts and dairy etc. are present; therefore this facility is NOT gluten-free. More details and tickets about the event coming in early January 2025 through our social media accounts.

Protect your knees: Top Strategies for Preventing Knee Injuries

Knee injuries can happen to anyone.

Sometimes issues develop from everyday wear and tear from jobs, sports, physical activities, having a disease such as osteoporosis or arthritis, or simply aging can increase your chances of having problems with your knees.

There are many ways to help reduce the risk of knee injuries – here are a few strategies to consider:



Top tips for preventing knee injuries

- Stay at a healthy weight.
- Wear kneepads when kneeling on hard surfaces. Avoid prolonged kneeling.
- Avoid deep knee bends.
- Avoid running downhill unless you are fully conditioned.
- Wear shoes with good arch supports.
- Always do a warm-up before physical activities such as five to 10 minutes of light jogging or riding a stationary bicycle.
- Make stretching part of your warm-up before the activity and your cool-down after the activity. Stretching can help you keep and improve your range of motion and reduce stiffness in your joints.

WHAT'S HAPPENING AT OTTEWELL HALL!

OCL Farmers Market - Changes to the 2024 Fall/Winter Season

The market moved INDOORS, and the frequency will change to the 2nd Thursday of every month from 4pm to 7:30pm and be hosted on these dates

-December 12, 2024: Holiday Fun Market

-January 9, 2025: Winter Wonderland Market

-February 13, 2025: Love Day Market

-March 13, 2025: Around the World Market

-April 10, 2025: Spring Fling Market

OCL Annual Holiday Market - Saturday November 23 - Join us from 10 am - 3pm at 5920 - 93A Ave Ottewell Community League and shop at our annual holiday market which showcases over 20+ local makers and creators! Mark your calendars!

Check out and follow us on Facebook and Instagram to learn more.

Facebook page - @ottewellcommunity-farmersmarket

Instagram - @oclfarmersmarket
Website - ottewell.ca

Gazebo and Park at OCL

When playing at the park remember to take all your belongings home with you. If you are planning a special event at the park, please take your garbage home with you.

Call 311 if you see overflowing garbage cans or graffiti. Our volunteers are maintaining the park area, the city doesn't attend the site weekly. Thank you for helping our park stay clean for all to enjoy!

Neighbourhood Renewal in Ottewell Community

The second year of the Ottewell Neighbourhood Renewal construction project is underway. If you have any inquiries or concerns, please contact the Building Great Neighbourhoods team at 780-496-4055, 311 (online), or buildingGreatNeighbourhoods@edmonton.ca.

Ottewell Playschool

Now taking new registrations!
Mornings are full - waitlist available;
limited spots in the afternoon!

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

OCLP is also piloting a new extended play program on Monday and Wednesday afternoons for older preschool and kindergarten kids (4.5 - 6 yrs).



For more information on what we have to offer please go to our website www.ottewell.ca/community/oclplayschool or email oclp.school@gmail.com

Free Swim with OCL Membership

Additional Location for Sept 2024 to Aug 2025

Bring your current OCL membership to get in for free during these specific swim times!

Commonwealth Recreation Centre swim times (11000 Stadium Rd NW):

Select SATURDAYS from 3 pm to 5pm (Sept 2024 - Aug 2025)

2024 ~ Dec 7, 14, 21, 28;

2025 ~ Jan 4, 11, 18; Feb 1, 8, 15, 22;

Mar 1, 8, 15, 22, 29; Apr 5, 12, 19, 26;

May 3, 10, 17, 24, 31; Jun 7, 28; Jul 5,

12, 19, 26; and Aug 2, 9, 16, 23.

Hardisty Changed Community Swim times (located at 10535 65 Street):

Every SUNDAY from 1pm - 3pm (No swim April 20th)

Successful beeswax workshop!

Fantastic turn out to our beeswax candle workshop in conjunction with Stefan from Alvéole to learn about bees, how they produce wax, honey and the candle making! Thank you for sharing this with the community and for everyone coming out!

November is Housing Month

(housingmonth.ca)

find your unwanted furnishings a new home.

Help Edmontonians transitioning out of homelessness by bringing your gently used furniture and household goods to FIND (5120 122 St.) 10am-6pm Mon.-Sat. or 12pm-5pm Sun., or call for a pick up of furniture at 780-988-1717.

Every donation makes it HOME!



find.

findedmonton.com

Tickets available in January 2025!

Valentine's Day Decorating Event

Thursday Feb 6, 2025
6pm to 8:30pm
OCL Hall 5920 93a Avenue

Gluten-free cookies will be available. All cookies (regular and gluten-free) will be baked in our hall kitchen (AHS inspected facility). please note that this facility does handle food products with allergens such as gluten, nuts and dairy etc.

Ottewell Rink

The OCL hockey and pond rinks look the same as last year. We will have benches outside to use and there is a porta-potty on site. Hand sanitizer will be provided.

Rink lights will be on every night.. Please note that there will be no attendant or staff member on-site.

In order to have the Rink Shack open we will require a Volunteer Coordinator to oversee the scheduling of volunteer supervisors. If you are interested in volunteering at the rink in any capacity, please email Tom at oclrink2021@gmail.com.

Our ice maintenance volunteers are giving their time to flood and maintain the ice to ensure the Ottewell community members have some outdoor fun!

- Skate at your own risk.
- Wear your helmet.
- Share the space. We all want to enjoy the pond rink.
- Play safe, and if you don't feel well, stay home.

OCL Social Media

Stay inTouch with what's happening in your community!

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

Facebook: Ottewell Community League
Monthly Newsletter: Subscribe at

www.ottewell.ca/newsletter

Bingo Volunteers Needed!!

Are you interested in meeting some of your neighbours, getting your steps in and helping fundraise for the Community League?

We are looking for volunteers for upcoming bingos in the 2024/2025 season at Parkway Bingo Hall on 51 ave.

Upcoming bingos for 2024/25 season:
Fall 2024

December 15

Spring/Summer 2025

March 3

May 11

June 7

Vouchers are offered which can go towards various extracurricular activities.

Contact oclbingo@gmail.com for more information.

Got a Talent/Craft to Share With Your Community?

OCL is seeking to host a session during fall/winter season where you share/ demonstrate your skills with the greater community like a collective kitchen, a food program, make and take meals, craft night etc. Please forward your ideas with details to Sandra at oclconcerns@gmail.com.



SCL Leadership

Position	Name	Email
President	Anastasia	president@strathearncl.org
Vice President	Marina	vicepresident@strathearncl.org
Treasurer	Jingjie	treasurer@strathearncl.org
Secretary	Glynnis	secretary@strathearncl.org
Membership	Emily	membership@strathearncl.org
Buildings & Grounds Director	Evan	grounds@strathearncl.org
Social Director	Pam	events@strathearncl.org
Communications Director	Christina	communications@strathearncl.org
Programs Director	Rebecca	programs@strathearncl.org
Garden Director	Marina	strathearngarden@gmail.com
Youth Director	Margot	youth@strathearncl.org
Member at Large	Lindsay	n/a
Member at Large	Jason M	n/a
Hall Rental Coordinator	Darrah	hall@strathearncl.org

Please contact president@strathearncl.org if interested in volunteering with our League!

Looking for a Strathearn Community League membership?

Email membership@strathearncl.org. Memberships can also be purchased in person at Strathearn Heights Apartments and the Massage Therapy Supply Outlet.

Strathearn Community League Casino Call for Volunteers!



We're looking for volunteers for the upcoming casino on January 17 & 18, 2025. This event supports our league's ability to put on all the great events you see in our hall and around the neighbourhood. There are lots of volunteer opportunities available - you can sign up at <https://signup.com/go/biQwMQT>, or email president@strathearncl.org.

Please join us at Strathearn Community Hall

Friday, December 6th

for a FREE, FESTIVE and FUN family event

Deck the Hall!

Soul-filling Soup & Bannock from Tee Pee Treats!

Holiday Baking galore from Prairie Pies!

Prizes for best Ugly Christmas sweaters!

Live Merry Music from Strathearn's own Kim Gates!

Joyful crafting for kids of all ages!

Seasonal beverages available for purchase!

Festivities begin at 6pm

Brought to you by your friends at

Everyone is welcome

See you there!

Strathearn
COMMUNITY LEAGUE

STRATHEARN COMMUNITY LEAGUE PRESENTS

ROCK 'N ROLL BOOKCLUB

LEONARD COHEN
A BALLET OF LEPERS
A NOVEL AND STORIES

THANKS A LOT MR. KIBBLEWHITE
ROGER DALTREY

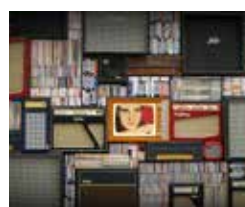
A DREAM ABOUT LIGHTNING BUGS
BEN FOLDS
A LIFE OF MUSIC AND CHEAP LESSONS

THURS. JAN 9TH 8PM

Strathearn Community Hall 9511-90 St.

A Ballet of Lepers - Leonard Cohen
Thanks A Lot Mr. Kibblewhite - Roger Daltrey
A Dream About Lightning Bugs - Ben Folds

January 9: Rock and Roll Book Club



Join our convivial crew for the next rock-in' Bookclub meeting at Strathearn Hall!

It's not happening until the new year - January 9, 2025 at 8 pm, but we like to give lots of notice and time to read! Selected titles are: *A Ballet of Lepers* by Leonard Cohen, *Thanks a Lot Mr. Kibblewhite* by Roger Daltrey, and *A Dream About Lightning Bugs* - *A Life of Music and Cheap Lessons* by Ben Folds.

Kompany Family Theatre Presents

SNOWLANDIA'S Winter Wind Search-A-Roo

It's time for winter in Snowlandia, but there's not a snowflake to be found! It's up to the Kompany Fix it Team, along with their animal and magical helpers, to find the Winter Wind and convince him to do his job!

SNOWLANDIA'S WINTER WIND SEARCH-A-ROO is an interactive show especially created for the very youngest of audiences and features an avalanche of puppets, stories, songs and adventures.

AUDIENCE: 3 to 10 yrs, families & caregivers

RUNNING TIME: approx. 45 minutes

Friday, December 13th 2024 at 4pm

Strathearn Community Hall

9511-90 Street

FREE!
Courtesy of your friends at the

Strathearn
COMMUNITY LEAGUE

Kompany Family Theatre is a not-for-profit organization dedicated to providing quality professional theatre for children and families as well as the creation and development of new works.
<https://www.kompanyfamilytheatre.com/>

We are grateful for the support of:

Strathearn Community League

Merry Christmas



**Greg
Dunham**
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gdunham@telus.net

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