

# SOUTHEAST VOICE

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



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## President's Corner: SECLA Promotes Community Interconnectedness and Seeks Input

SECLA exists to promote community interconnectedness. In the past we fundraised and designed the skatepark on Terrace Road. These two realities will come together over the next year, as we seek to recognise and celebrate the diverse groups and needs of our community.

We will be looking to promote community interconnectedness through various events, and where possible using the skatepark space as a venue. SECLA recently partnered with a few local groups in an attempt to promote a spirit of community event by activating the community space at the skatepark on Terrace Road. We had planned a community gathering to welcome our new community neighbours at Morningstar to the southeast area, and to celebrate the skatepark grounds as a space where community of all shapes and sizes can gather. We have opted to postpone this and any other community events at the skatepark until the spring, so we have the time to plan a more wide-ranging event while keeping true to our focus of promoting community interconnectedness.

In particular, we understand that the addition of Morningstar (adjacent

to the skatepark) has not been well received by many, but the fact remains that they are part of our community and will be for the foreseeable future.

For those that may not be aware, the current site on Terrace Road was identified as the location for supportive housing by the city of Edmonton, and the Homeward Trust was then tasked with identifying an operator for the site, in this instance it chose Boyle Street Community Services. All of these stakeholders spoke with the SECLA board to discuss what is and isn't going on with respect to the Morningstar development. During this meeting the stakeholders present acknowledged that some missteps had been made along the way, in particular with regard to community consultation. These are beyond our control, but steps are being made to remedy this, and you can read about that here: <https://homewardtrust.ca/terrace-heights-morningstar-community-updates/>

So, by hosting an event with Morningstar, we hoped to promote an event centred on the spirit of acceptance and mutual understanding. We cannot undo the acknowledged mistakes of

the past, but confronting the reality of the situation, our aim is to work with The Homeward Trust, the community, and additional partners to help mediate a positive path forward, and, in turn offer these partners an opportunity to engage in good faith with the community. Such events take a little more time and co-ordination to plan, but we plan to continue down the path of community interconnectedness, with these stakeholders to work on making southeast Edmonton the welcoming place that we know it is through different events centred on engagement, and interconnectedness. If we listen to each other with a focus on understanding, our communities will be better off as a result.

We encourage anyone interested in helping SECLA to promote community interconnectedness and acceptance to get in touch with us with your thoughts, and to please follow us on Facebook and Instagram to see what we have planned for future community focussed events!

[president@secla.ca](mailto:president@secla.ca) (email)

[@southeast.voice.yeg](https://www.instagram.com/southeast.voice.yeg) (Instagram)

Southeast Community League Association (on Facebook)

## 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  
**SANTA'S ON THE MOVE!!**

HOSTED BY...  
GOLDBAR 2022  
FULTON 2023  
CAPILANO 2024

**SAME PARTY, NEW LOCATION!!**



## Real Estate Market is HOTT!!

### \$ GET TOP DOLLAR NOW \$

### Call Andy today for a free Market evaluation

## 780.907.8202

[Andyv@telus.net](mailto:Andyv@telus.net)

# AVT

Andy Verhagen





## Children's Rights, Parents' Responsibilities

November 20 marks National Child Day, a reminder that all children have rights and that as adults, we all have a responsibility to uphold them.

The day is a time to reaffirm our commitment to treat all children, regardless of race, religion, and gender, with respect and dignity, to help them develop to their full potential, and to uphold the UN-defined children's rights, which Canada has signed and

Alberta has endorsed.

Those rights include a safe place to live and quality health care; the opportunity to play; the ability to participate in decisions that affect them; and to be protected from abuse, neglect, and discrimination.

Before National Child Day, consider reading public library books like *You Matter*, by Christian Robinson and *Little You*, by Richard Van Camp with your preschooler. Then, encourage your child

to draw or talk about what rights mean to them.

Contact Child Friendly Edmonton at [childfriendly@edmonton.ca](mailto:childfriendly@edmonton.ca) or 780-442-7161 and ask what activities may be planned to celebrate National Child Day in our city.

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.

## Southeast Edmonton Seniors Association (Seesa)

Fall has been busy at SEESA with classes and clubs thriving. We have enjoyed the opportunity to share meals for Truth and Reconciliation and Thanksgiving. SEESA would not be the welcoming, engaging place it is without our volunteers. We are so thankful that you choose to share your time and talents with us. 2025 Memberships are now on sale – fees and information on our website.

### Exciting Upcoming Events:

Nov 15, 16, 17 - Accidental Drama Club Presents "So! What Happened?" Tickets \$20



Nov 30 – Festive Market and Reuse Sale

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

Dec 13 – Festive Holiday Luncheon. Ticket prices to be confirmed.

Dec 16 – Ukulele Christmas/Holiday Sing-a-Long  
**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!!

For further information on these and other happenings



at SEESA, check out our website ([www.seesa.ca](http://www.seesa.ca)); stop by our centre at 9350 82 ST NW, Edmonton; or scan our QR Code.



## Ottewell Curling Club

# It's Not Too Late!

## New Curlers Welcome Teams or Individuals

**No experience necessary!**



**New member discounts**



**Teams/individuals welcome**



**Second league discounts**



**Family team Discounts  
(Curl with your kids!!)**

**JOIN WITH A FRIEND. Everyone WELCOME!!**

**"friendliest curling club in town"**

## Hall Rentals

- Meeting rooms   ○ Company events
- Team builders   ○ Family get togethers
- Funspiels   ○ Private ice rentals
- Weddings   ○ Private parties
- Stag/Stagettes

- **FULL CATERING AVAILABLE**
- **NO LIQUOR LICENSE REQUIRED**

**4205-102 Ave 780.469.8404**

**[ottewellcc@shaw.ca](mailto:ottewellcc@shaw.ca)**

**[www.ottewellcurlingclub.com](http://www.ottewellcurlingclub.com)**



## AN ETHICAL GLOBAL MARKET PLACE

Saturday, November 16

9:30 am - 4 pm

Sunday, November 17

11 am - 3 pm

**Old Strathcona  
Performing Arts Centre  
8426 Gateway Boulevard**



[justoneworldmarket.com](http://justoneworldmarket.com)

ENTRY BY DONATION



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
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- 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	Leigh	president@avonmore.org
Vice President	Hannah	vicepresident@avonmore.org
Past President	Anita	pastpresident@avonmore.org
Secretary	Christy	secretary@avonmore.org
Treasurer	Dan	treasurer@avonmore.org
Assistant Treasurer	Ken	bookkeeper@avonmore.org
Communications	Lindsay	communications@avonmore.org
Membership	Eugenio	membership@avonmore.org
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

## Avonmore Book Club

New members always welcome. Contact pastpresident@avonmore.org for more information.

## Avonmore Community Playschool

Playschool is bundling up for the colder weather. Pumpkin Carving and fun costumes, and getting ready for winter activities.

Fall Playschool started September 11. For more information about the playschool or to ask the teachers any questions, please email playschool@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.

## Community Coffee

**Wednesday, November 6th and 20th**

Community Coffee is back! First and third Wednesday mornings. Same time

10:00 a.m. to noon. Everyone is welcome. Contact pastpresident@avonmore.org for more information.

## 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

## 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. Pay-

ment 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

## Thank You - Community League Day

September 21st was our Avonmore Community League Day down at the Community Hall. It was a great event and it was lovely to see everyone come down and enjoy the festivities. Each one of you coming out is part of what makes

it a success. Special thanks to our volunteers and performers that helped keep it running smoothly and entertained us throughout the afternoon. We hope to see many new and returning faces at events in the future!

## 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 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.

## Community Swim

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

-Commonwealth Community Recre-

ation Centre 11000 Stadium Road; Saturdays, 3:00 - 5:00 pm

-Bonnie Doon Leisure Centre 8648 81 Street; Sundays, 4:15 - 5:45 pm

Visit www.edmonton.ca for more info.

## Avonmore Garden Club

Everyone is welcome from beginners to experts! Interested in joining - check out our Facebook page Avonmore Garden Club. We are looking for new leaders and new ideas.

## 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! Starts up November 21! Email [grants@avonmore.org](mailto:grants@avonmore.org) with questions!

## 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](mailto:programs@avonmore.org) and share your thoughts.

## 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).

## Hall Rental

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

## Foodie club

Here's a new one! First meeting will be November 28th, 6 pm. We will brainstorm ideas that we want to see happen. Pickling class, food rescue, soup from scratch recipe trading? Yum! Email [grants@avonmore.org](mailto:grants@avonmore.org) with questions!



## VIRTUAL AND WALK & TALK THERAPY

Registered Psychologist Rebecca Leppard

specializes in treating anxiety, depression and PTSD  
direct billing available

contact [leppardyeg@gmail.com](mailto:leppardyeg@gmail.com)  
for more details and to book

## What does our rezoning application mean for your community?

**Braemar Baptist Church** plans to submit a property rezoning application of church land (7407-98 Avenue) to the City of Edmonton. We want **your** input and feedback on our development ideas for discussion.

We are hosting two sessions to seek input from residents of the surrounding communities, and we hope to have you join us for one of our drop-in events:

**When:** **Wednesday, November 13** – 7:00 – 9:00 p.m.

**Saturday, November 16** – 10:00 a.m. to Noon

**Where:** Braemar Baptist Church gymnasium, located on the east side of the church (7407-98 Avenue)

If you have questions, contact:

**David Hall**, Community Engagement Lead  
[development@braemarbaptist.com](mailto:development@braemarbaptist.com)





## COMMUNITY LEAGUE BOARD

President	Sarah	president@capilanoocl.ca
Past President	Kris	Kcramer@telus.net
Vice President	VACANT	
Treasurer	Jocelyn	treasurer@capilanoocl.ca
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		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 @capilanocommunity**

## Capilano Playschool

Capilano Playschool offers flexible morning classes for children aged 3 to 4, with options for 2, 3, or 5 days per week. Our programs are based on a "Learn Through Play" philosophy, helping kids develop essential skills such as letters, numbers, socialization, and self-regulation. Through engaging activities like physical play, arts and crafts, field trips, music, and storytelling, your child will thrive in a fun and nurturing environment. We are conveniently located in Hardisty School (10534-62 Street).

For more information about our parent cooperative playschool or to request a registration package, contact Maureen



at 587-336-2960 or admin@capilanoplayschool.com. You can also visit us at www.capilanoplayschool.com or follow us on Facebook.

Don't wait—spots fill up fast!

## 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.

## 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.getcommunity.com/memberships>

<https://capilano.getcommunity.com/memberships>

2) Online membership 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

## Hall Rental Manager Position Available

Capilano Community League is looking for a Hall Rental Manager to start this Fall.

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

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

booking rentals and community events, managing and logging hall revenues and expenses, bank deposits, making sure the space is clean and ready for renters and our fitness classes. The hall manager position is a paid position. To find out more details please contact Marzena at 780-909-5886.

## Capilano Community League-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@capilanoocl.ca for more information.

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

## Capilano Babysitting Registry

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



## 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

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

Cost: \$10.00 drop in per class

Drop in or register in advance, pay-

ments 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 De-

cember 17/19

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

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 December 17/19

Tuesdays \$68, Thursdays \$68

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!

## "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!

## 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!

NEED A NIGHT OUT?

# PUB NIGHT

drinks | snacks | music | neighbours

\$\$ CASH BAR \$\$

NOVEMBER 8, 2024

7:30PM - 11:30PM

CAPILANO HALL



BE RESPONSIBLE. DON'T DRNK AND DRIVE

THIS IS AN 18+ EVENT | QUESTIONS? CALL HEATHER (780)818-1456

## 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.

## Feeding Wildlife

This is a gentle reminder for all community members to refrain from feeding wildlife in our neighborhood! This includes squirrels! Although very cute, squirrels can be very destructive to property. They are also busy stashing for

the winter and are transporting peanuts and shells to nearby yards - this poses a health risk for those in our community who have anaphylaxis (allergies) to nuts. Please let our wildlife find their own food sources.

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.

## Yard waste, last chance

As winter approaches, it's crucial to clear leaves from your sidewalks before the first snowfall to ensure safety and cleanliness. Remember, the leaf collec-

tion truck will be coming on **November 18th**. Make sure to have your leaves ready for pickup to keep our community tidy and safe!

*For All Your Real Estate Needs...*



Associate, REALTOR®  
**780.431.5600**  
Frank@royallepage.ca  
FranklyTheBest.ca



**FRANK VANDERBLEEK**

**ROYAL LEPAGE**  
Noralta Real Estate

*Serving South Central Edmonton Since '92*

**CANADA'S REAL ESTATE COMPANY**

Not intended to solicit properties already under contract.

## Fall Classes and Programs continue

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

Thank you to everyone who came out to the Community League Halloween party - it was a spooktacular day for all, and hopefully, you had a chance to check out the new hall renovations!

**-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 pri-



vate 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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10720 – 54 Street NW T6A 2H9  
[www.suzukischool.ca](http://www.suzukischool.ca)

[www.communityleagueneews.com](http://www.communityleagueneews.com)

A photograph of a two-story building with a dark blue exterior and light-colored trim. A small tree is in the foreground, and a sign for 'Compassionate Counselling' is visible. The sign also includes the phone number 780-482-1847 and the website EDMONTONCOUNSELLING.COM.

**COMPASSIONATE  
COUNSELLING**  
**780-482-1847**  
[EDMONTONCOUNSELLING.COM](http://EDMONTONCOUNSELLING.COM)

*Southeast Voice November 2024* 9





## Ice Cream Social Success!

Our Community League Day event on September 29 was a fantastic success. We welcomed many young families on this chilly day, with children aged 0-5 the largest group. Approximately 134 ice cream cups were handed out to FTH members, and activities like Sportball and Ed's live music were a big hit. As always, glitter tattoos were a crowd favourite! A special thanks to MLA Marlin Schmidt and City Councillor Ashley Salvador for attending and engaging with our volunteers and board members. We also held a garden harvest contest, with five entries vying for the title 'biggest and most unique veggie.' A huge shoutout to



our incredible volunteers for helping with ice cream distribution, glitter tattoos, and set-up!

## Another Amazing Clothing Swap in the Books

Thanks to our generous community, the recent Forest Terrace Heights Community League Clothing Swap was a resounding success.

Here's a quick breakdown: Donations: 149 bags (7,450 lbs!); leftover bags: 14

bags, distributed to Blenderz, Salvation Army, Smile Edmonton, and Terra Centre; attendees: Thursday (23), Friday (17), Saturday (170), and Sunday (113). Thank you to everyone who donated, attended, and volunteered!

## 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 member-



ships@forestterrace.org or by calling 780-463-1613.

## Fall Program Line-Up

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!

## Free Ice-Making Workshop

Interested in building and maintaining a community or backyard ice rink? Join expert ice maker Ryan Jefferson on November 6 from 6:00 p.m. to 8:30 p.m. at Belvedere Community League Hall for a hands-on workshop. Space is limited, so register by November 1 by emailing Shannon Murray at shannon.murray@edmonton.ca.

## Seeking New Board Members



We're looking for passionate individuals to join our board! These roles include hall management, events, volunteering, grants, neighbourhood watch, and senior outreach. If you're interested, we'd love to hear from you! Please email Jeffrey at president@forestterrace.org.



FOREST  
TERRACE  
HEIGHTS  
COMMUNITY LEAGUE

## VOLUNTEERS WANTED

The Forest Terrace Heights Community League is looking for volunteers to join the League Board.

We currently have the following vacancies:

- Neighbourhood Watch
- Events
- Volunteer Coordinator
- Grants

For more information contact:  
president@forestterrace.org

## Leaves & Branches in Autumn

Fall is here, and with it comes plenty of yard work! Here are some easy ways to handle your extra leaves and branches:

1. Leave it to nature: Let some leaves decompose naturally on your lawn. Your soil will thank you!
2. Eco Station drop-off: Dispose of grass, leaves, branches, and even local apples for free at the Eco Station. Open 7 days a week!
3. Curbside pickup: Set out your yard waste for collection. Visit edmonton.ca/YardWaste for details.
4. Food Scraps Cart: Top up your Food Scraps Cart ensuring the lid closes completely.



## Welcoming Our New Neighbours

We're thrilled to welcome two new businesses to the Forest Heights community: Colombian Coffee Roasters and Birch and Bear Pizza!

Colombian Coffee Roasters opened

recently, and Birch and Bear Pizza is anticipated to open next door soon. We can't wait to enjoy coffee, cookies, and pizza with friends and family. Welcome to the neighbourhood!

## 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](https://www.edmonton.ca/programs_services/leisure-access-program)



# FULTON PLACE Community League



6115 Fulton Road  
(780) 466-8140  
fultonplace.org

## 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/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/Walking Group Coordinator  
michelle@fultonplace.org  
Facilities  
Nathan  
facilities@fultonplace.org  
Jenn/Director  
jenn@fultonplace.org

## Fulton Place Annual General Meeting

Fulton Place Community League Annual General Meeting Monday November 18 2024 7:00 p.m. Board Meeting to follow at 8:00 p.m. Fulton Place Community League Hall. Want to meet your community league board? Learn more about your community? Eat snacks / desserts? Volunteer for a position with the FPCL board, or learn how to help with one of our events? Plan your own community event? Learn to write sentences with question marks? Come to the Fulton Place Community League AGM for all of this and more.

## Fulton Place Members' Free Swim Schedule

-ACT Leisure Centre, 2909 113 Avenue NW  
Sundays 1pm-3pm  
Until August 31, 2025  
Saturdays 2pm-4pm  
Until August 30, 2025  
Community swims do not take place on Statutory Holidays or days the facilities close early.  
-Hardisty Leisure Centre, 10535 65 Street NW

## 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](mailto:info@fultonplace.org) and we'll help connect you with an amazing babysitter.

## 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 Place 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](mailto:info@fultonplace.org).

## 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 & CAPILANO  
COMMUNITY LEAGUE PRESENT

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## 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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## 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 Bravovisis	kerrybravovisis@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.com4) Mom and Me Fitness

## Parent and Me Program

Interested in running a Parent and Kid, fitness program? Have some parent and kid programming ideas? Please share your ideas with our Programming Director: joshkott@gmail.com

## Hatha Yoga

Gold Bar Community Hall, increase energy, strength and mobility. Improve posture, memory and overall wellness.

New start time Monday's 10:00 am - 11:15 am gentle Hatha yoga (no class on Monday Nov 11 Remembrance Day for



the long weekend)

\$10 per class

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

Contact: Nancy\_conlin@hotmail.com also see Capilano Community League

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- participate in local events

**edmonton.goldbar@assembly.ab.ca**  
#100 8925 82 Avenue  
780-414-1015



**Heather McPherson**  
Member of Parliament  
Edmonton Strathcona

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- \* Diabetic foot care
- \* Appointments Mon - Fri

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## Holyrood Community League Contacts

President - Chris	president@holyroodcommunity.org
Vice President - Nor'Ali	vicepresident@holyroodcommunity.org
Treasurer - Andrew	treasurer@holyroodcommunity.org
Secretary - Margaret	secretary@holyroodcommunity.org
Programs - <b>VACANT</b>	programs@holyroodcommunity.org
Sports & Fitness - <b>VACANT</b>	sports@holyroodcommunity.org
Memberships - <b>VACANT</b>	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 - <b>VACANT</b>	garden@holyroodcommunity.org
Soccer - Richard	soccer@holyroodcommunity.org
Playgroup - Hailey	playgroup@holyroodcommunity.org
Casino - <b>VACANT</b>	casino@holyroodcommunity.org



holyroodcommunity.org



@HolyroodCL



Holyrood Community League

Purchase memberships through [efcl.org/membership/](http://efcl.org/membership/)  
**NEW TO HOLYROOD? SIGN UP FOR LEAGUE MEMBERSHIP ONLINE!**

**Complimentary Memberships are available for newcomers to Holyrood!**

Contact our Membership Director Lisa at [memberships@holyroodcommunity.org](mailto: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.



## Community Day Recap: A Heartfelt Thank You!

A huge THANK YOU to everyone who contributed to making Community Day the best and biggest event yet! We had an incredible turnout of over 300 people at our Community League Day event. The day was filled with highlights, including the vibrant Indigenous music from Curt Young and the Healers, captivating Indigenous dance performances, drumming and the enlightening insights into Indigenous regalia provided by Dancing Cree. The band Punch Buggy kept the energy high with their lively and entertaining tunes.

Special thanks to:  
Holyrood Rocks  
Holyrood Community Church

Kalina's Cotton Candy  
Alberta Animal Rescue Crew Society  
South East Edmonton Seniors Association  
Edmonton Police Service  
Edmonton Public Library  
Amnesty International  
Soul2sole Massage



Maxwell Challenge Realty, Kelly Plouffe, and The Mortgage Group, Amber Easthope  
City of Edmonton Bike

Education Street team  
Drift Food Truck  
Yarn Ninja Studio  
All the Holyrood Community League volunteers!

## DUTCH ELM DISEASE IS IN EDMONTON

Dutch elm disease has been confirmed in Edmonton, in the Killarney and Yellowhead Corridor East neighbourhoods, marking the first appearance of the disease in Edmonton. The disease is caused by a fungus and can affect any elm tree. As of August 30, a total of four trees have tested positive for the disease. Since its introduction from Europe about 1930, it has destroyed millions of American elm trees across North America. Alberta still represents one of the last outposts of uninfected elms in North America.

Dutch elm disease is caused by a fungus that is spread among elm trees through their roots and by specific species of bark beetles that carry the fungus from tree to tree. Although it is not possible to determine how the disease arrived in Edmonton, it is often brought to new regions through the transport of firewood or by importing infected trees. To help mitigate the risk of spread, the City

is conducting targeted elm tree removals to reduce the habitat of the beetles that spread the fungus. City-owned elm trees with significant leaf death at the top of the tree, small elm trees, and elm trees in unsuitable growing locations, such as alleys, are being considered for immediate removal.

Containing the spread of Dutch elm disease takes a community effort. There are three ways residents can help stop the spread of the disease.

**1 . Do not bring firewood from another jurisdiction.** Beetles that carry Dutch elm disease are most likely to be brought to Edmonton in firewood, so remember to always "burn it where you buy it."

**2. Remove bark beetle habitat.** Provincial law and municipal bylaw require Elm tree owners to prune dead and dying branches from October through March. Pruning can attract the beetles which spread the disease. Alberta has a pruning ban on elm trees from

April 1 to September 30. All elm wood must be disposed of immediately by burning, burying, chipping or disposal at an Eco Station or waste management site. Do not combine elm wood with food scraps or other collected waste.

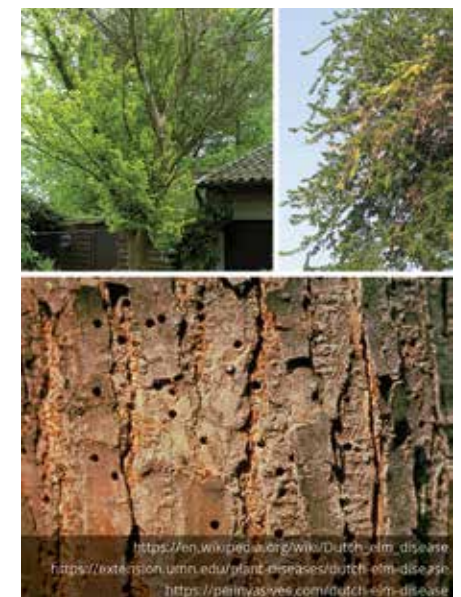
**3.-If you see signs of Dutch elm disease, call 311.** Watch for these symptoms of Dutch elm disease (a bit harder in the fall, as late season infections are easily confused with normal seasonal changes):

-From the latter half of June to the middle of July, the leaves on one or more branches may wilt, droop and curl. The leaves then turn brown and usually remain on the tree.

-If the tree is infected later in the summer, the leaves will droop, turn yellow and drop prematurely. Late season infections are easily confused with normal seasonal changes.

-Brown staining in the sapwood that can be seen by removing the bark of infected twigs.

-Beetle emergence holes, the size of the diameter of a pencil lead, and/or sawdust on the bark, indicate burrowing beetles.



**DO NOT ATTEMPT TO TREAT INFECTED TREES ON YOUR OWN.** Please immediately call 311 to report any suspected infestation.



## 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](mailto: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:

**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 Coordina-

tors (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](http://efcl.org) and distributes cards and skate tags. Attend events to sell memberships as required.

## 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

### YOGA WITH BARB

Join our amazing yoga instructor Barb Thursdays from 7 to 8:15 pm at St Luke's Church starting September 19th to December 12th. Prices are \$55 for a 5 class punch pass or \$15 drop-in. The yoga poses are gentle and accessible for everyone. Bring a blanket, yoga mat, block and strap, and a water bottle. Email [barbayogaguide@gmail.com](mailto:barbayogaguide@gmail.com) for more information.

## Breast cancer awareness and screening

Breast Cancer Awareness Month is underway. If you're 45-74 years of age, it's a great time to check that breast cancer screening is part of your regular health routine.

Breast cancer is the most common cancer found in women. It's the second leading cause of female cancer deaths. About 1 in 7 Alberta women will have breast cancer in their lifetime.

Get checked for breast cancer by having a screening mammogram once every two years if you are between the ages of 45 and 74, or as decided by you and your healthcare provider.

### Reduce Your Risk

You can lower your chances of getting breast cancer by adding these to your daily routine:

- Be physically active at least 150 min-

## Make "Fulton Court" your next home

### Call Craig for Current Availability



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Community Garage Sale Saturday, November 23, 2024  
(10:00 am to 3:30 pm). Tables are eight feet by 30 inches & \$30.00 each.

Author and I've Outgrown It Sale, Sunday, November 24, 2024 (9:00 am - 12:30 pm), Sunday, November 24, 2024. Tables are eight feet by 30 inches & \$25.00 each.

There are a limited number of tables, so reserve now.  
For more information, go to [www.cripsie.com](http://www.cripsie.com) for applications, email Alison at [alison@crispie.com](mailto:alison@crispie.com), or call Rebecca at 780-905-7881.



Collaborative Radically Integrated Performers Society in Edmonton

utes a week, or 20 minutes each day, even if it's a brisk walk or some yard work.

- Eat lots of fruits and vegetables. Canada's Food Guide recommends that fruits and vegetables make up half of what you eat every day.

- Limit how much alcohol you drink. Drinking less is better for your health.

- Consider quitting commercial tobacco use and avoid second-hand smoke. Talk



to your healthcare provider or visit [AlbertaQuits.ca](http://AlbertaQuits.ca) for information and supports that are best for you.



## 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	<b>VACANT</b>	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	Erin	membership@idylwylde.org
Garden	Christine	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
Social	<b>VACANT</b>	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

## Cartoons and Cereal Party

The event was a success! Thanks to everyone who came out and brought their own bowls. lots of costumes changed hands, and cereal got eaten! We are look-

ing forward to an event like this around the winter holidays. Any suggestions/comments are welcomed and appreciated. Contact grants@idylwylde.org.

## eNewsletter

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

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

## 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!

## 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, November 7 from 7:00 - 10:00 p.m. at the Community Hall.

## Now recruiting!

We're looking to fill the following Idylwylde Community League Board positions:

**-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.

**-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.

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

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

**-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](mailto:league@idylwylde.org).

## Fall Programs

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

**-Nia**

Mondays, 7 - 8 p.m. | Sept. 16 - Oct. 7, Nov. 4 - Dec. 16

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 [flourishmovement.com](http://flourishmovement.com) or [nianow.com](http://nianow.com).

**-Gentle Yoga with Dagmar**

Tuesdays, 6:30 to 7:30 p.m. | October 1 to December 3, 2024

Gentle Yoga is a more gentle style of hatha yoga practice. It is offered at a slower pace with less intense positions and a focus on breathing. An ideal class for those new to yoga or looking for a restorative practice.

## Volunteer Recognition

Mick and Wayne are the backbone of the Idylwylde Community League. Without their involvement in organising parties (such as the upcoming Halloween Party) the events simply would not be possible. If there is an event going on, you can guarantee Mick & Wayne are the reason for its success. Mick also keeps the league's busy schedule up to date and running smoothly behind the

scenes as our league's secretary.

Lee is our "Tim the Tool-Man Taylor" at the League. If it's broken, he fixes it quickly. Thanks for all your help. While not doing "Hall Improvements", Lee slings drinks like Patrick Swayze behind the bar at almost all our PUB nights (the first Thursday of the month). Thanks LEE!

YOU MAKE OUR COMMUNITY GREAT!

## 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 includes wind guard and fencing initiatives on our facebook page at [www.facebook.com/IdylwyldeCL](http://www.facebook.com/IdylwyldeCL)

## 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 Movie Night

We're launching a movie night on the second Thursday of the month. Doors at 7pm, movie starts at 7:30 p.m. Bring your own snacks/comfy chairs (or make do with what we've got). Bar will be open for drinks. Movie is still TBD for November 14, watch our social media for updates.

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

### Commonwealth Community Recreation Centre

1100 Stadium Road  
Saturdays, 3:00pm - 5:00pm

## 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.

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## 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:	When operating a vehicle:
<ul style="list-style-type: none"> <li>If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;</li> <li>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;</li> <li>Move right or left to the nearest curb on one-way streets;</li> <li>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;</li> <li>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;</li> <li>Emergency vehicles might use <i>any</i> available road space to maneuver. This could include shoulders or turning lanes, etc., in order to safely pass other traffic.</li> </ul>	<ul style="list-style-type: none"> <li>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.</li> <li>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;</li> <li>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;</li> <li>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.</li> </ul>

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## CONTACT US!

President	Vacant	Vacant
Past President	Irene	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](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!

## 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](mailto:youth@kenilworthcommunity.com)

Here are **KCL Youth's upcoming events:**  
**-Monday, November 4th: Nacho and Movie Night**  
**-Monday, November 18th: Card/Book-mark Making**

## 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)

## Classy Crafty Creations Market

Saturday, November 9, 2024 from 9:30am to 3:30pm at the KCL Hall

Check out our handcrafted vendors and artisans with their wide range of Christmas

crafts and gifts. A perfect time to start your Christmas shopping! For more information, email [classyccm@kenilworthcommunity.com](mailto:classyccm@kenilworthcommunity.com) or call 780-469-1711.

## Kenilworth Community Memberships

2024-2025 memberships will be on sale soon! Please contact Stephanie at [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com) for more information!

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

## Kenilworth Community League Needs a President!

You (or you and another person, in a co-President role!) could be KCL's next President! The KCL president attends monthly KCL Meetings, checks emails regularly (minimum of 2x/week), has financial authority to approve invoice payments, supports KCL volunteer activities and events, is familiar with the KCL bylaw manual, ap-

plies for relevant grants, and supports the recruitment of KCL's volunteers.

Come join the amazing group of people that make up the Kenilworth Community League Executive!

Questions? Please reach out to Irene, KCL's Past President, at [president@kenilworthcommunity.com](mailto:president@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](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

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

## 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.

## Chili Supper Volunteers- Calling all creative minds!

KCL is seeking volunteers to collaborate in planning outdoor activities to accompany our annual chili supper event. The sleigh ride event will not be occurring

this year, so it's a perfect opportunity to try something new! If you can offer ideas and creative energy, please email [connect@kenilworthcommunity.com](mailto:connect@kenilworthcommunity.com)

## 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.

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.





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

2024	2025	
November 27	January 12	March 27
December 14	February 13	April 8

needs volunteers for its upcoming bingos, located at Parkway Bingo Hall. For more information, please email [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com)



**Classy Crafty Creations**  
**Market**  
**Kenilworth Community Hall**  
7104 87 Avenue  
November 9, 2024  
9:30 – 3:30 P.M.

*Check out our handcrafted vendors and artisans with their wide range of Christmas crafts and gifts.*  
*A perfect time to start your Christmas shopping!*  
*Concession on site.*

For more information email or phone:  
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Community League 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>



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

## Zumba Dance Fitness Classes

Zumba is a Latin inspired dance fitness class that feels like a party! Zumba is suitable for all ages and abilities (children under 12 must be accompanied by a guardian).

Classes offered June 12 to Dec 18th

(No classes on the first Wednesday of the Month or July 24th).

Join instructor Tammy Clark on Wednesdays from 6:30 - 7:30 at the large hall (7708 - 85 St NW). Register by email at king.ed.hall@gmail.com. Drop in \$10.

## 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.

## YOGA at the Small Hall

Thursdays June 6 - August 29th from 6:30 - 7:30 at the small hall (8008 81 St NW).

Join us for a yoga class designed to promote relaxation and restore balance. This class integrated gentle yin postures

with specialized movement training to enhance mobility, flexibility, and overall well-being.

Drop in \$10 or \$5 for KEP members!!! You can also register by email at king.ed.hall@gmail.com.

## Hall Rentals

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

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

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

For more information on hall capacity and availability, please visit our website. To book a hall, contact 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 programming you would like to see, president@kingedwardpark.org.

## Casino



We have a casino scheduled for **January 7th & 8th at Pure Casino (7055 Argyll Road)**

We are looking for volunteers for vari-

ous 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.

## 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.

## 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



## 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	oclmembership@gmail.com
Playschool Director	jjmclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor	oclwebpage@gmail.com

## Ottewell Playschool

Now taking new registrations for Fall 2024!

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](http://www.ottewell.ca/community/oclplayschool) or email [oclp.school@gmail.com](mailto:oclp.school@gmail.com)

## Oktoberfest - Saturday October 19

Thank you to those that came out for this fun evening. We had wonderful support from our community businesses for our silent auction. Special thanks to Carol's No Frills, Sherbrooke Liquor, Anvil Coffee House, Capilano Cycle, Frame of Mind, and Sports 1440 for their generous donations! Hope to see you there next year!

**Beeswax Candle Making Workshop - Thursday, November 7th**

Join us at 6:30pm with local beekeeper Stefan, who will be giving a one hour on how wax is made by the bees in the hive,

how they use it, and how we use it. Participants will have a hands-on experience dipping their own pair of beeswax taper candles. Cost is \$10 for OCL members, \$15 for non-member. Seats are limited!

RSVP your seat submitting an application at <https://forms.gle/HJJhRQ5LqQRA9rrr8> form and then send your payment by etransfer to ottewell.finance@gmail.com (use "beeswax" as the password) or cash at the Thursday OCL Farmers Market. Questions or for the link to the form, please contact Sandra at [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com)

## Ottewell Community Memberships

**OCL Membership - Renew today - 2023/2024 Term Expired August 31st!**

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](http://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](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://edmontontoolibrary.weebly.com/>

**Red Swan Pizza Capilano** 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.



## 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

-November 14, 2024: Thank YOU! Market

-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

**Beeswax Candle Making Workshop**

Thursday November 7th. Join us at 6:30pm with local beekeeper Stefan, who will be giving a one hour on how wax is made by the bees in the hive, how they use it, and how we use it. Participants will have a hands-on experience dipping their own pair of beeswax taper candles. Cost is \$10 for OCL members, \$15 for non-member. Seats are limited! RSVP your seat submitting an application at <https://forms.gle/HJJhRQ5LqQRA9rrr8> form and then send your payment by etransfer to ottewell.finance@gmail.com (use "beeswax" as the password) or cash at the Thursday OCL Farmers Market. Questions



or for the link to the form, please contact Sandra at [oclconcerns@gmail.com](mailto:oclconcerns@gmail.com)

**OCL Annual Holiday Market** - Saturday November 23 - 10-3pm, 5920 - 93A Ave.

Ottewell Community League annual holiday market showcasing local makers and creators! Mark your calendars!

**Ottewell Shredding Event:**

Thank you to those that participated. We are looking at doing another in the Spring in conjunction with the Thursday Farmers Market.

**Learn more on what's happening**

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

Facebook page - @ottewellcommunity-farmersmarket

Instagram - @oclfarmersmarket

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

## 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 vol-

unteering at the rink in any capacity, please email Tom at [oclrink2021@gmail.com](mailto: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.



## 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!

## Casino

We have been slotted with our Casino - February 18 & 19, 2025 at the Yellowhead Casino. We will have the volunteer sign up sheets can be found on our website - [Ottewell.ca](http://Ottewell.ca)

## 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 (starting Sept 2024 - Aug 2025) 2024 ~ Nov 16, 23, 30;

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)



## 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**

November 9

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](mailto: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](mailto:oclconcerns@gmail.com).

## Neighbourhood Renewal in Ottewell Community

The second year of 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](mailto:buildingGreatNeighbourhoods@edmonton.ca).



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**[www.thetoyspot.ca](http://www.thetoyspot.ca)**

**7605 50th Street NW**





## SCL Leadership

Position	Name	Email
President	Anastasia	<a href="mailto:president@strathearncl.org">president@strathearncl.org</a>
Vice President	Marina	<a href="mailto:vicepresident@strathearncl.org">vicepresident@strathearncl.org</a>
Treasurer	Jingjie	<a href="mailto:treasurer@strathearncl.org">treasurer@strathearncl.org</a>
Secretary	Glynnis	<a href="mailto:secretary@strathearncl.org">secretary@strathearncl.org</a>
Membership	Emily	<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	Christina	<a href="mailto:communications@strathearncl.org">communications@strathearncl.org</a>
Programs Director	Rebecca	<a href="mailto:programs@strathearncl.org">programs@strathearncl.org</a>
Garden Director	Marina	<a href="mailto:strathearngarden@gmail.com">strathearngarden@gmail.com</a>
Youth Director	Margot	n/a
Members at Large	Lindsay	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 volunteering with our league!



**Queer Community Mixer**  
at Strathearn Hall

Friday, Nov. 8th @ 7:30-11PM  
9511 90th Street  
FREE

2SLOBTQIA+ & Allied Inclusive Meet-Up

Presented by Edmonton Lesbian+ Event Network and Strathearn Community League

**ELEN** MORE INFO: [LINKTR.EE/ELENYEG](http://LINKTR.EE/ELENYEG)

18+ ONLY

Strathearn

## We're looking for volunteers for our rink!



We're looking for volunteers to make and maintain rink ice this season. Please email [president@strathearncl.org](mailto:president@strathearncl.org) if you are interested.

## New SCL membership cards now available!

Looking for a Strathearn Community League membership? Email [membership@strathearncl.org](mailto:membership@strathearncl.org).

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.

STRATHEARN COMMUNITY LEAGUE PRESENTS

# TOP SPIN PUB NIGHT

FRIDAY NOVEMBER 22

DJ NOOSH

TABLE TENNIS

FOOD BY PEK SOUP

STRATHEARN HALL  
9511 90 ST.

18+ NO COVER FOOD & DRINKS FOR PURCHASE

## Write Time

Want to create a story or poem? Not sure where to start? Join us for a casual creative space on Sunday November 17th at the Hall from 2-4 pm.

We will use writing prompts, visuals, and an introduction to story to help you create a written work! Already creating? Bring along your work!

NOV 1st ALL ARE WELCOME! STRATHEARN HALL 9511-90 ST

FRIDAY 7-10PM

# LATIN DANCE Night

SALSA CLASS BY LEO GONZALES  
CUBAN MOVEMENTS

FREE DANCE LESSON, SNACKS & MORGHATA!  
\$3 EMPANADAS BY MARIA! BAR SALES!

Strathearn

Strathearn Youth cordially invite you to

# Mad Hatters High Tea

For youth but all welcome! Free of charge

Sunday, Nov. 3rd 2-4pm

Feel free to dress up! Wear a hat or fascinator!

Strathearn Hall 9511 90 Street

Featuring live classical guitar, lute and harp by Rose-Aimée and Camille Davoine

Tea-themed trivia & prizes! See you there!



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

**Call  
The Dunham Team  
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**PROGRESSIVE**



**Ritchie:** Modern 1/2 Duplex, 3 Bedrooms, 4 Bathrooms, Granite countertops, Finished basement, Double garage.



**LaPerle:** West Edmonton condo, 1280 sq ft, 2 Bedroom, 2 Bathrooms (ensuite), Excellent amenities, Insuite laundry



**Forest Heights:** Builder/Developer ALERT, 20.1m x 44.2m, total 887 m2 lot, 3 Bedroom bungalow, 2 Bathrooms upstairs, rough-in for bathroom down. Pride of ownership throughout this property, Best garden in the area.



**Forest Heights:** Raised Bungalow 14.3m x 39.0m, total 558 m2, 3 Bedrooms upstairs, Self contained living space downstairs, Commons laundry/utility area, Double garage.



**Gold Bar:** 3 Bedrooms upstairs, original hardwood floors, 2 updated Bathrooms, fully fenced yard, GREAT VALUE.



**Ambleside:** 2 Bedrooms + Den, 2 Bathrooms (including ensuite), Upgraded kitchen and bathroom package, titled underground parking and storage locker.



**Millwoods Meyonohk:** High end finishings throughout, entire renovation 2018 including furnace, water on demand and all appliances. Shows 10 plus.



**Allendale:** Perfect university starter home. Modern kitchen, 2 newer 4 piece bathrooms, second kitchen space, separate laundry area. New interior paint & flooring



**York:** Full Renovation, Vaulted ceilings, Newer windows & Shingles, Second kitchen, Oversized double garage.