

# SOUTHEAST VOICE

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



Published by Calder Publications. To advertise please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com) - July 2025

## Thank You For Attending Leagues On The Line!

We hope you had a chance to join us at Leagues on the Line, a fantastic community event made even better thanks to our amazing neighbours - **Strathearn Community League!**

Special thanks to Christine from Holyrood Community League and Pam, Emily and Andrew from Strathearn Community League for planning the event.

A huge thank you to all

the volunteers whose time and energy helped make the day a success, and to the Edmonton Heritage Council, Edmonton Transit Riders Society, South East Edmonton Seniors Asso-

ciation, ETS, SECLA (who also sponsored our event!) and the Naloxone Harm Reduction training team who came out to participate and support the event.

Special shoutouts to our performers: Dancing Cree, Secondhand Dreamcar, and Curt Young and the Healers who brought the wonderful vibes and entertainment.

And congratulations to everyone who took part in the Leagues on the Line trivia game online and won a prize from one of these amazing businesses and organizations: City of Edmonton, Edmonton Ski Club, ETS, Le Tramway, K-Days, Landmark Cinemas, Kind Ice Cream, Cafe Bicycleette, Cafe Bloom, Cloverdale Cafe, Bonnie Doon Mall.

We look forward to continuing our involvement in Leagues on the Line next year. Together, let's keep building strong, connected communities!

## Avonmore Leagues on the Line Recap



We had a great time at the Leagues on the Line event on June 7th. While we made more this year, we still sold out of the ever-popular Tacos in a Bag. We also had Darla Daniels show us fiddle and Mtis Jigging, Zoe's Animal Rescue showing off the cutest pups, sparkle tattoos, a second-hand book fair and coffee by Candid Coffee Roasters. Many compliments came from attendees of our little hall along the line, especially as we had some indoors away from

the wind and smoke of the weekend.

None of it could have been done without our volunteers. A big THANK YOU to all the volunteers that came out to help serve food, set up, take down and direct people from the train to our hall. If you are interested in more volunteer opportunities send a message to [programs@avonmore.org](mailto:programs@avonmore.org). We'd love to have you! Next big opportunity will be Community League Day on September 20, 2025.



## People First Leadership

Safe streets for strong communities.  
Thoughtful spending on essential services.  
Neighbourhoods before blueprints.

**Caroline Matthews**

For City Council Ward Métis

**VOTE!**

OCTOBER 20, 2025



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

## THINKING OF SELLING?

Call for a free Market Evaluation.

**RE/MAX  
ELITE**

**ANDY VERHAGEN**

**780-907-8202**

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



## Fulton Place Invites You - Summer Concert Series

The Fulton Place Summer Concert Series is presented by Fulton Place Community League. These concerts are for all SECLA residents and are free to attend. Musicians may have merchandise available for purchase during the shows.

Sat. in the Fulton Place Bowl. 8pm-9pm

July 5 Tayler Grace

July 12 The Western Thistles

July 19 John Hewitt Trio

July 26 Asiah Holm

August 2 Sticks and Stones

August 9 The Threads

FPCL would like to thank our sponsors: Advanced Ag, Dana Bradley Realty, Capilano Chiropractic, Capilano Eye Centre, ECO Renew, Mark Friesen Realty, Lucki's Exercise Equipment Ltd, Medican Pharmacy and Clinic, Outline Homes, Dave Schmitz Realty, Varsity Optical, Re/Max Andy Verhagen.

## Launching Summer

Begin your special summer memories with your preschooler right on July 1, Canada Day!

Make your own Canadian flag, using a sheet of paper and red crayon or marker. Attach it with tape to a pencil and you're done. Talk with your child about how lucky we are to live in a peaceful, beautiful place, where all children can go to school and receive medical care for free because we have public education and public health care — reassuring for both of you.

Consider taking the LRT or bus to join other families at the Alberta Legislature grounds from noon to 5 pm on Canada Day for free activities and celebration.

After the holiday weekend, visit your local

public library to find books about Canada for you to read with your little one. You can start with "Good Morning, Canada," by Andrea Lynn Beck or ask one of the librarians to help you choose other children's books that are appropriate for your child's age.

Our warm July days provide many opportunities for those special summer experiences of reading books together outdoors — sitting on a park bench, at a picnic table, or in the morning sunshine on your own porch, balcony, or steps. Quiet, special time together.

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.

## A Special Event at Capilano Library



**READ LOCAL**  
Introducing the new way to  
discover great local writers.



**Robert Proudfoot Author Talk**  
Monday evening, July 21  
7:00-8:30pm

Capilano Library, 9915 67 Street

Author and local historian, Robert Proudfoot, will share highlights from *A Playful Policeman Meets the Citizen-Making Teacher*: A biography of George and Olive MacDonald in Edmonton 1906 – 1919. This book, which is in EPL's Capital City Press\* collection, tells the story of Robert's grandparents, from their origins in Prince Edward Island, to how they met, socialized, and worked in Edmonton. The book describes social and recreational opportunities and difficulties

that Edmontonians experienced during that time. Enjoy refreshments, live harp music, and good conversation with the author.

\*Capital City Press is a gathering place, both digitally and physically, for the exchange of ideas and education on the craft of writing. It gives EPL the opportunity to showcase and promote notable work from within our community, while also giving Edmontonians a chance to discover fantastic local writers and discuss their creations. Capital City Press aims to help support and grow writing in the community. Find out more at [www.epl.ca/capital-city-press/](http://www.epl.ca/capital-city-press/)

## Family fun Golf & Curl days

### Ottewell

### Driving Range



Happy  
Hour Golf  
Monday to  
Friday\*  
1-4 pm

**\$10** Any Size  
Bucket

\*Excludes Holidays

### Ottewell

### Curling Club

Curling Entries Are  
Being Accepted  
Teams or Individuals  
Experienced or  
Beginners  
**Free Lessons**  
**ALL WELCOME**

Ph: 780-469-8404  
to enter or for informaton

## We Do It All

- Hall Rentals ○ Curling ice rentals
- Meeting rooms ○ Company team builders
- Family fun curl days
- Weddings ○ Stag/Stagettes

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

**One Call We Do It All!**

Keep in touch for the latest news

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

**4205 - 102 Ave**

(just north of Baseline off 50 St. Behind curling club)



**NOW  
OPEN**

# **Bud's Lounge & VLT Room**



## **Newly Renovated**

- Large centre bar - 14 large screen TVs - Spacious VLT gaming area
- Large dining area to accommodate large gatherings.

**Open daily at 9 am. Offering breakfast until 3 pm. Great breakfast, lunch, dinner specials**

## **Breakfast Specials**

2 Egg Ham & Cheese  
Mushroom Omelet with side  
*or*

2 Egg Breakfast with  
2 Sausage or 2 Bacon & side

**Both priced at \$11+gst**  
(available until noon)

## **Wing Wednesday**

**1 lb of Wings**  
**\$10<sup>+gst</sup>**

## **Happy Hour Daily 3 pm - 9pm**



*Serving the Capilano and  
surrounding areas for 30 years*



5804 Terrace Road  
780-469-5588

Instagram @budsyeg  
New Google page:  
Bud's Lounge & VLT  
Room



## Community League Board

President	Leigh	president@avonmore.org
Vice President	Britney	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	Calvin	membership@avonmore.org
Grants and Funds Raising	Craig	grants@avonmore.org
Soccer/Sports	Arthur	sports@avonmore.org
Civics	Shane	civics@avonmore.org
Programs	Wendy-Rae	programs@avonmore.org
Playschool	Elly	playschooldirector@avonmore.org

## Board Positions Available

We are looking for some volunteers to share the role of Sports Director and Civics Director respectively. We recognize that these positions carry a lot of responsibilities and we want to make sure that the work is spread more evenly to reduce some of the load. Sports Director helps coordinate Summer and Winter sport activities for the

community, they can be involved in the running, or organizing of volunteers around it. Civics Director keeps track of new permits in our neighbourhood and advocates for our Avonmore Vision. Please email president@avonmore.org if you are interested in a position, or have any questions about the positions available.

## Avonmore Community Sponsors



Thanks to our amazing sponsors who help support our community!  
Considering ways to support your community? Please contact our Membership Director at membership@avonmore.org.

## Avonmore Community Playschool Summer Program & Fall Registration

Because we don't want to stop our adventures in June, we will be having a summer program that runs for the month of July and August for children ages 3-6. The program runs Tuesdays and Thursdays from 9am-12:00pm. The cost is \$50 per month (as you can come either both months or just one month). For a

typical day we spend approx 1 hour in class and the rest is out exploring, playing games and then end our day in the park.

Registration for the September school year are being accepted now. For more information please email us at playschool@avonmore.org

## 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.

## 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.

## Online Community

Not all our content can make it into this newsletter. Make sure to follow our socials to keep as up-to-date as possible!

Instagram: @avonmoreleague

Facebook: Avonmore Community League

Also join our group "Avonmore Community League Chat" to interact with your neighbours

## Community Swim

Free to Avonmore Community League Members with a valid 2024/25 membership card! Phone 311 or check www.edmonton.ca for updates on closures before you go. No free swims on statutory holidays.

- Commonwealth Community Recreation Centre 11000 Stadium Road; Saturdays, 3:00 - 5:00 pm

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

Visit www.edmonton.ca for more info.

## Community Coffee/By Castle Custom Curbing

Come out for Community Coffee! First and third Wednesday mornings. 10:00 a.m. to noon. Everyone is welcome. Join us at the Community Hall. Contact pastpresident@avonmore.org for more information.

Thanks to Curtis Staub of Castle Custom Curbing for sponsoring coffee and treats. Castle Custom Curbing is a local Avonmore business. Call 780 719 6828 for more information

## Avonmore Garden Club

Spring is here and the Garden Club is back. We will be meeting for our casual Wine and Weeds evenings and our annual Plant Exchange will happen during our

Spring Clean Up event. For updates and information contact pastpresident@avonmore.org or join our Facebook page "Avonmore Garden Club"

## Avonmore Parent, Baby and Tot Playgroup

The Avonmore Parent and Tot Playgroup needs a volunteer, or group of volunteers, to help keep this incredible program running. Please reach out president@avonmore.org if you or anyone you know might be interested in supporting this program.

## Hall Rental

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





## COMMUNITY LEAGUE BOARD

President	Sarah	<a href="mailto:president@capilanoocl.ca">president@capilanoocl.ca</a>
Past President	Kris	<a href="mailto:Kcramer@telus.net">Kcramer@telus.net</a>
Vice President	Brad	<a href="mailto:vp@capilanoocl.ca">vp@capilanoocl.ca</a>
Treasurer	Jocelyn	<a href="mailto:treasurer@capilanoocl.ca">treasurer@capilanoocl.ca</a>
Secretary	Jill	<a href="mailto:secretary@capilanoocl.ca">secretary@capilanoocl.ca</a>
Hall Rental	Marenza	780-909-5886
	Kamila	<a href="mailto:kamizabka@gmail.com">kamizabka@gmail.com</a>
Facilities Director	VACANT	
Grants/Planning	Allan	587 989-4031
Casino Coordinator	Jean	780 863-0914
Memberships	Jamie	<a href="mailto:memberships@capilanoocl.ca">memberships@capilanoocl.ca</a>
Social Director	Heather S.	780 818-1456
City Programs	Kristin	780 238-7795
CCL Programs	Heather N.	780 485-7918
Volunteer Director	Michelle	<a href="mailto:volunteer@capilanoocl.ca">volunteer@capilanoocl.ca</a>
Southeast Voice	Melissa	<a href="mailto:SEV@capilanoocl.ca">SEV@capilanoocl.ca</a>
Webmaster	Breanne	<a href="mailto:webmaster@capilanoocl.ca">webmaster@capilanoocl.ca</a>
Social Media	Jean	<a href="mailto:socialmedia@capilanoocl.ca">socialmedia@capilanoocl.ca</a>
Sign Rental	Karen	780 977-5252
SECLA & Civics Director	John	<a href="mailto:seclacivics@capilanoocl.ca">seclacivics@capilanoocl.ca</a>
Ice Allocation	Sam	<a href="mailto:rink@capilanoocl.ca">rink@capilanoocl.ca</a>
Neighborhood Watch	Jeff	780 469-0026
Babysitting Registry	Becky	587 589-5848
Capilano Playschool	Maureen	780 802-9307
Tennis	Daniel	780 245-1285
Soccer Programs	Shelley	780 497-0395
Ball Hockey/Preschool Soccer	Shauna D.	780 966-3205
City – NRC	Tyler	780 690-8613

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

Capilano Community is on Facebook - "Like Us"

Check us out on Instagram @capilanooclcommunity

## Choose Capilano Hall for your Event!

If you're planning on hosting a party, meeting, family gathering, wedding or any 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 \$265/members and \$350/non-members. The entire weekend rates are \$365/members and \$500/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 Kamila - [kamizabka@gmail.com](mailto:kamizabka@gmail.com)

Visit our website at [capilanoocl.ca](http://capilanoocl.ca) for more information.

## Community Coffee Sponsored by Castle Custom Curbing

Come out for Community Coffee! First and third Wednesday mornings. Same time 10:00 a.m. to noon. Everyone is welcome. Please come and join us at the Community Hall. Contact [pastpresident@avonmore.org](mailto:pastpresident@avonmore.org) for more information. Thanks to Curtis Staub of Castle Custom Curbing for sponsoring coffee and treats. Castle Custom Curbing is a local Avonmore business. Call 780 719 6828 for more information

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

## FREE DROP-IN GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for **children aged 6-12**, but all children accompanied by an adult are welcome to attend.

**Capilano**

10810 – 54 St  
2:30pm - 5:30pm  
Monday - Friday  
July 2 – August 21

*The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.*

**Get in touch with us:**  
Email: [greenshack@edmonton.ca](mailto:greenshack@edmonton.ca)  
For more information, call 311 or visit:  
[edmonton.ca/Greenshacks](http://edmonton.ca/Greenshacks)

## Join Outdoor Okinawan Karate Classes This Summer!



This July and August, embrace the fresh air and sunshine while learning the art of Okinawan karate!

Our program offers classes for youth, families, and adults, focusing on skill-building in a fun and supportive environment.

Experience the benefits of outdoor training as you enhance your physical fitness, discipline and self-confidence.

Don't miss our special Canada Day class, open to new students eager to start their martial arts journey. A mix of youth and adult class content – and a fun water balloon activity!

For more information or to sign up, send us a direct message at facebook.com/kaizen.dojo52 or email us at [kaizen.dojo@shaw.ca](mailto:kaizen.dojo@shaw.ca). Join us and put some kick into your summer!

## Capilano League - Facilities Director Needed

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!

Facilities Director – Oversee the main-

tenance 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](mailto:president@capilanoocl.ca) for more information.

## 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.getcommunal.com/memberships>

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

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

4) Contact Jamie at [memberships@capilano-cl.ca](mailto:memberships@capilano-cl.ca)

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

Further inquiries or questions can be made to Jamie at [memberships@capilano-cl.ca](mailto:memberships@capilano-cl.ca)

## Hatha Yoga at Capilano Hall

Increase energy, strength, and mobility. Improve posture, memory, and overall well-being.

Spring is a great time to find a new routine, join yoga and discover how great you will feel with stretching your body.

Day: Wednesday mornings

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

Cost: \$10.00 drop in per class

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

Classes run every week start anytime if you are new to the program feel free to email any inquiries and to be added to the email list.

Contact: [lynnlockhart@shaw.ca](mailto:lynnlockhart@shaw.ca)

Note: See Gold Bar Community League for more yoga classes

## Capilano Community League Sign Rental

Contact Karen at: 780-977-5252

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

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

Small business/commercial advertising -

\$25. Guaranteed 3 days.

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

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

## Capilano Playschool

Capilano Playschool is excited to welcome students for the 2025/2026 school year! We offer flexible morning AND afternoon 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) and are proud to offer one of the more affordable programs in the area.

For more information about our parent cooperative playschool or to learn about our OPEN HOUSE on May 28th between 5-7, contact Maureen at 587-336-2960 or [admin@capilanoplayschool.com](mailto:admin@capilanoplayschool.com). You can also visit us at [www.capilanoplayschool.com](http://www.capilanoplayschool.com) or follow us on Facebook.

Don't wait—spots fill up fast!

## 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 6:45 pm and Thursdays at 6:45 pm

This session runs July 8/10- Aug 26/21 It

is outdoors just to the north of the hall

Tuesdays \$95, Thursdays \$95 for 8 classes (drop in is \$13)

For more information or to register email [lisashortenfitness@gmail.com](mailto: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 8:00 pm

This session runs July 8/10- Aug 26days \$85

Tuesdays \$95, Thursdays \$95 for 8 classes (drop in is \$13)

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

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

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

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

## Capilano Babysitting Registry

Parents of younger children: Hiring one of our sitters as a parent's helper can be an opportunity to ease into having someone care for your children. We have many new sitters that are eager to gain experience and this can be a great way to get things done

around the house. You may just luck out and find a great sitter for years to come!

Email [babysittingregistry@capilano-cl.ca](mailto:babysittingregistry@capilano-cl.ca) for more information. Sitters - please contact us here to be added to our registry.

## Capilano Big Bin Event

Thank you for another successful Big Bin Event held June 7th.

We had a great turn out from the community! Thanks to all the volunteers who

stepped forward to help and to

Alison McDougall and Bloom Cookies for all the delicious treats!

See you next year!

## 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.



**Tree pruning**

**Tree removal**

**Stump removal**

**Free assessments**

**[info@citytree.ca](mailto:info@citytree.ca) 780-271-8733**

**\*Free deep root watering if you mention this ad\***



## COMMUNITY LEAGUE BOARD

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

## Classes and Programs

Find an activity that fits your lifestyle, whether it's sports or leisure! Our classes and programs are designed for everyone to enjoy, connect, and grow. Whether you're seeking a fun way to stay active or a relaxing escape, we've got you covered. Visit our

website [cloverdalecommunity.com](http://cloverdalecommunity.com) to explore the full list of activities and schedules available. If you have any questions, feel free to reach out to the Program Director at [programdirector@cloverdalecommunity.com](mailto:programdirector@cloverdalecommunity.com)



## Heather McPherson

Member of Parliament  
Edmonton Strathcona

### Contact my constituency office for assistance with:

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

780-495-8404

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



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



## Volunteer at our Casino Fundraiser!

Please sign up for Cloverdale Community League Casino! Our league operations rely on the income generated from this casino once every two years. Shifts are available at Pure Casino Edmonton (Argyll) on Wednesday, July 16 & Thursday, July 17, 2025. If needed, workers can carpool from our neighborhood. Volunteering is easy, fun, and a great way to give back. For questions or to sign up, contact: [casino@cloverdalecommunity.com](mailto:casino@cloverdalecommunity.com)

community.com

We need your help for our upcoming Community League Casino on July 16 and 17. This important fundraiser supports programs and improvements in your neighborhood. Volunteering is easy, fun, and a great way to give back. If you have questions or want to sign up, contact [casino@cloverdalecommunity.com](mailto:casino@cloverdalecommunity.com)

Help us make a difference!

## Summer is coming – Time for Block Parties

We have many new residents in Cloverdale. As well, a few For Sale signs are out there, meaning more are coming. Think about organizing a Block Party – a potluck gathering with food, or just a request for a BYOBeverage in someone's backyard or Condo social room.

Neighbours can learn from one another, share area tips, connect children and seniors, begin relationships, hobbies and opportunities to. If you need ideas – reach out to Marilyn – [neighbourhoodconnector@cloverdalecommunity.com](mailto:neighbourhoodconnector@cloverdalecommunity.com)

## Board Vacancies

Your involvement can make a big difference! Let's come together and add our grain of sand to build a vibrant and supportive community. For more information or to express your interest, contact Leigh, the Cloverdale President, at [president@cloverdalecommunity.com](mailto:president@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.



## GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.

Cloverdale Gallagher Park  
2:30pm - 5:30pm  
Monday - Friday  
July 2 – August 21

- Gutter Fix, Clean, Install
- Soffit
- Fascia
- Downspouts
- Roofing
- Leaf Screens
- Cladding
- Heat Cables

**780-709-6825 • [gutterdoctor.ca](http://gutterdoctor.ca)**



## Community Survey Response

**Thank You for Sharing Your Voice!** A HUGE thank you to the 100 neighbours who completed our 2025 Community Survey! Most respondents were 55+ (34%), followed by those aged 35–44 (26%). Email remains the preferred way to stay informed (75%), with Facebook still our most-used social platform. When it comes to content, the message was clear: keep it local! You shared dozens of exciting ideas—from social events like pub nights, potlucks, and outdoor movies, to creative gatherings like art shows and music in the park. You also



called for more workshops, wellness programs, and pet-friendly fun. We're excited to explore these ideas as we plan the year ahead—thanks for helping shape a vibrant, inclusive, and connected community!

## High Fitness

**Get Sweaty and Get Smiling with HIGH Fitness!** Join Layton (he/they) for an hour of high-energy, high-fun aerobics! HIGH Fitness combines old-school aerobics with modern moves and music you'll recognize and love. Each class includes cardio and toning intervals designed to get your heart pumping and your body moving. Whether you're a beginner or seasoned pro, this class is for everybody and everybody—with options for all fitness levels in a welcoming, no-judgment space. Layton has taught HIGH for five years, bringing contagious energy and a passion for creating inclusive, fun, and safe spaces. Expect to sweat, smile, and leave feeling empowered. Classes run



Tuesdays in June at 7:15 p.m. at Forest Terrace Heights Community Hall (no class June 10). Cost: \$12/class for community league members (any valid membership qualifies) and \$15/class for non-members. Questions? Email [programs@forestterrace.org](mailto:programs@forestterrace.org).

## Community Swim Times

Enjoy community swim days at the Commonwealth or Hardisty Leisure Centre. Bring your Forest Terrace Heights Community League Membership (or show the digital card on your phone) for **FREE** entry. Everyone's welcome—enjoy a splash of fun every weekend! **Commonwealth Leisure**

**Centre:** Saturdays from 3:00 – 5:00 p.m.  
**Hardisty Leisure Centre:** Sundays from 1:00 – 3:00 p.m. Please check pool schedules for any updates due to bookings. Call 311 or 780-422-5311 for the latest information.

## Hall Rentals

Need a venue for your next big event? Look no further than the Forest Terrace Heights Community Hall! Its spacious accommodations and convenient location make it the perfect spot for parties, meetings, and everything in between. Book your space today, and let the good times roll! Email [hall@forestterrace.org](mailto:hall@forestterrace.org).



## Mad Science

**Mad Science Summer Camp.** Join us July 21–25 from 9:00 a.m.–4:00 p.m. at Forest Terrace Heights Community Hall for a week of hands-on fun exploring Outer Space & Underground Explorers—from digging up fossils to launching rockets! Each day features exciting themes like paleontology, ancient civilizations, celestial phenomena, astronaut life, and space travel. Campers (ages 5–10) will enjoy take-home projects like amber chains, dino casts, and more. Weather permitting, we'll even launch a rocket that



returns by parachute! Cost: \$240/week or \$52/day for community league members (any valid membership qualifies), and \$255/week or \$55/day for non-members. Drop in or register for the full week! Questions? Email [programs@forestterrace.org](mailto:programs@forestterrace.org).

## Green Shack Program

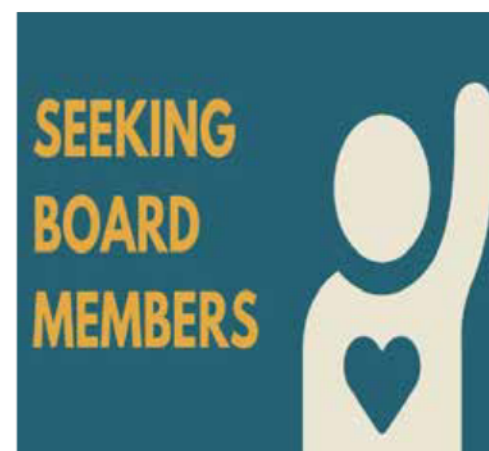
**Summer Fun Starts Here—Green Shack Returns to Forest Terrace Heights!** A Green Shack will be back at the Forest Terrace Heights Community League from July 2 to August 21, 2025, offering a fun and free way to keep kids active all summer long. Drop in for games, sports, crafts, music, drama, and exciting special events—led by enthusiastic program leaders who know how to bring the fun! Designed for children ages 6 to 12 but open to everyone, the Green Shack program is a great way to get outside, stay



active, and make new friends. A fresh weekly schedule of activities will be posted on the side of the shack.

## Seeking Volunteers

**Interested in Joining the Coolest Board?** The Forest Terrace Heights Community League is looking for a few awesome humans to join our Board of Directors. We currently have openings for Neighbourhood Watch (be the friendly eyes on the block), Volunteer Coordinator (match amazing people with amazing opportunities), and Seniors Director (support our wise and wonderful neighbours). Interested, curious, or mildly intrigued? Email [president@forestterrace.org](mailto:president@forestterrace.org) to learn more.



## Memberships Card

**Get Your Memberships!** Support your community and enjoy awesome perks by becoming a Forest Terrace Heights Community member today! Memberships are valid until August 31, 2025. Family memberships are \$30, individual memberships are \$15, and senior memberships are \$10. Purchase yours online at [forestterrace.org](http://forestterrace.org) or Grower's Direct (cash only). First-time memberships? Get in touch with our Mem-



bership Director at 780-720-7034 or [memberships@forestterrace.org](mailto:memberships@forestterrace.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  
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**Taryn**  
Hall Rental  
hall@fultonplace.org

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

**Miles**  
Seniors Liaison  
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**Esther**  
Community Garden  
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**Michelle**  
Director/Walking Group Coordinator  
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**Facilities**  
Nathan  
facilities@fultonplace.org

**Jenn**  
Director  
jenn@fultonplace.org

**Dan**  
Director  
dan@fultonplace.org

## Fulton Place Green Shack

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play.

For children aged 6-12 but all children accompanied by an adult are welcome to

attend. July 2 - August 21, 6115 Fulton Place Road Monday to Friday 2:30 p.m. - 5:30 p.m.

Provided by the City of Edmonton edmonton.ca/Greenshacks

## Sunshine Garden

Food prices getting overwhelming? Why not join the Sunshine Garden and grow your own! Contact fpcgcontact@gmail.com to join or find out more.

## Fulton Place Babysitter Registry

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

## Fulton Place Members' Free Swim Schedule

-ACT Leisure Centre, 2909 113 Ave

Saturdays 2pm-4pm

-Hardisty Leisure Centre, 10535 65 St

Sundays 1pm-3pm

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

## Fulton Place Membership Benefits

Enjoy membership benefits from local businesses in the area with your Fulton Place Community League membership.

You can find a current list of our membership benefits on our website (www.fultonplace.org), under the 'Become a Member' dropdown.

## Hall Rental

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

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

## CoE Wellness Program

All current members of an Edmonton community league with a valid membership card are eligible for the following discounts:

15% off multi admission passes (5+)

20% off continuous monthly memberships using our convenient pre-authorized

debit program

20% off annual membership

For more information about this program, please visit:

edmonton.ca/activities\_parks\_recreation/community-league-wellness-program

## 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



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- assist you with questions or difficulties with provincial government services
- share ideas
- participate in local events

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

 **Alberta Health Services** Emergency Medical Services

**Burns and Scalds**



Emergency Medical Services (EMS) routinely respond to emergencies involving children who have sustained burns or scalds. These incidents often occur inside the child's own home. Common causes include a child accidentally tipping hot liquids onto themselves, touching hot surfaces (stove, iron, etc.), or making contact with electrical outlets. Incidents such as these can be avoided by taking preventative measures.

**Degrees of burn**

- **1°:** Affects the top layers of the skin; appears red like a sun burn; discomfort is generally tolerable;
- **2°:** Deeper and much more painful than 1° burns; broken skin or blisters commonly develop;
- **3°:** Severe: the deepest layers of skin and tissue are injured; may appear charred or leathery.

**First Aid for burns**

- Skin may continue to burn if not cooled. Immediately douse burns with large amounts of cold water.
- Cover the burn with a sterile dressing, or at least clean material to protect from infection;
- Over the counter medications may be used for pain. Adhere to directions given on the label;
- Seek further medical attention, as required.

**Prevention of burns**

- Check the temperature of your hot water tank. Temperatures as high as 60°C / 140°F will scald a child in just seconds;
- Use placemats instead of tablecloths. Tablecloths can be pulled downward by a child causing hot drinks or food to spill onto them;
- Turn pot handles to the back of the stove and ensure cords from kettles, slow cookers, and other electrical appliances cannot be reached;
- Avoid picking up a child while holding any hot liquids;
- Ensure electrical outlets are made secure by installing commercially available safety devices which prohibit access, if not already built in;
- Try to keep children away from areas where appliances are in use (kettles, irons, hot stoves, etc.).

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

## Community League Wellness Program

The City of Edmonton Recreation Centres and the Edmonton Federation of Community Leagues continues to offer discounted memberships and admissions through the Community League Wellness Program.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any City of Edmonton Recreation Centre and receive the following discounts:

- 20% off annual memberships\*
  - 20% off continuous monthly memberships using our convenient Pre-Authorized Debit Program\*
  - 15% off multi admission (5+) passes.
- Community League members that purchase these passes will be issued a photo access card which is to be swiped at each admission

\*Members will be asked to verify their eligibility for the discounted membership on an annual basis. Failure to do so may result in a suspension of the discounted membership rate until valid documentation is presented

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, badminton, indoor running tracks, gymnasiums, and indoor playgrounds. For more information and facility specific amenities, please visit [edmonton.ca/activities-parks-recreation](http://edmonton.ca/activities-parks-recreation) or call 311

## Community Wellness and Safety

The Director of Community Wellness and Safety is an advocate for those aspects that make our neighbourhood welcoming, secure and desirable to residents and visitors. This includes attention given to matters of crime prevention, but also extends to other aspects of neighbourhood wellness such as accessibility, safety around roadways and care for our

community's most vulnerable. The Director attends monthly meetings of the Old Strathcona Area Community Collaborative including our league, the Edmonton Public Library, Edmonton Police Service (EPS), Old Strathcona Business Association, YESS, and others. Acting Director Gord Lacey can be reached at [safety@strathconacommunity.ca](mailto:safety@strathconacommunity.ca).





## COMMUNITY LEAGUE BOARD

President	Adam Rompfer	adamrompfer@yahoo.ca
Vice President	VACANT	VACANT
Secretary	Kacie Whiffen	goldbarsecretary1@gmail.com
Treasurer	Nicole Kraychy	nicolegoldbar@live.com
Bingo Director - Fort Road	Kerry Bravoisis	kerrybravoisis@hotmail.com
Bingo Director - Parkway	Charlene Lazenby	charlenelazenby@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

## Gold Bar Community Memberships Available Now!

GOLD BAR 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. If you are looking for a class that focuses on getting your whole body stronger this is your class. We will primarily be using dumbbells, bands, and kettlebells, with a longer mobility focused warm up, and a 20 min foam rolling and stretching finish. You can join at any time but this session runs July 6 - Aug 24 No class Aug 3

Sundays 6:45-7:55 (note this is a

70min class)

Contact Lisa to register or with any questions.

Cost:

Sundays \$80

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

## The Green Shack Returns!

We're excited to welcome back the Gold Bar Green Shack program this summer! It runs on weekdays from 10:30 AM to 1:30 PM, starting on July 2. This is a free, drop-in program perfect for kids ages 6 to 12.

Sponsored by the City of Edmonton, Green Shack offers games, crafts, and active outdoor fun right in our community. No registration required—just show up and play!

## Gold Bar Ice Cream Social – Save the Date!

Mark your calendars! The Gold Bar Community League invites you to our beloved Ice Cream Social on Wednesday, July 9th at 11:00 AM. Join us at the community hall to welcome this year's Green Shack leader, mingle with neighbours, and kick off summer in the sweetest way possible. Bring your own lunch, we'll take care of dessert with free ice cream for all attendees! This event has become a favourite summer tradition in Gold Bar, and we can't wait to see familiar faces and new ones alike.

## Fastest Kid's 4th Annual Race

Another fantastic turnout for Gold Bar's Fastest Kid's Race!

Thank you to everyone who came out to cheer, race and support our fastest event of the year.

Your energy made it unforgettable! See you next June for more fun, speed, and community spirit!



## Groove with Kate - Dance Fitness

Summer Session Groove with Kate is a Dance Fitness class. Kate has over 20 years' experience as a dance, movement, and physical theatre artist and teacher. With 12 years of experience as a Zumba instructor, Kate has combined her skills to create a Dance Fitness style that is fun, energizing, and encouraging.

Groove with Kate will provide a full-body workout that can help relieve stress, burn calories, improve stamina, and build confidence. The class is suitable for all fitness levels and dance abilities. Kate believes that everybody can dance, they just need to find their own groove. Come find your Groove and allow your body to be creative at Groove with Kate.

Kate lives in the neighborhood with her

husband and dog, Finn McCool. Coming from Ireland, Kate is a relative newcomer and is looking forward to meeting fellow community members.

Come along and replace your Monday blues with Monday Grooves!

When - 6 week session - Monday, June 16th - Monday, July 28th (no class on June 30th) 7-8PM Where - Gold Bar Community League, 4620 105ave Cost - \$60 for 6 classes

NOTE - This class will be held outdoors for the Summer Session in the green space next to the hall, we can move indoors if we need to. Send me an email if you've got any questions to groovewithkate@gmail.com or find Groove with Kate on Facebook.

## Baby and Me Yoga

Join our post baby community and find support for both physical and emotional challenges that come with this early stage of parenting.

Stretch and release tension, strengthen areas that may have weakened during pregnancy, and reconnect to your core and pelvic floor.

New parents are welcome to bring their babies (Newborns - new crawlers) or come on their own.

Teacher: Chantal Eder from Yoga for Pregnancy and Parenthood

Cost: \$10 drop-in or \$50 for the series

Email chantederyoga@gmail.com to register





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## Reducing household food waste: planning, shopping and storage

Food waste is food that was grown or harvested, but never eaten. Some food waste at home can't be avoided, like egg shells, bones, tea bags or coffee grounds, but some food waste can.

Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips

and resources to reduce your food waste at home.

Planning your meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about

freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

Grocery shopping

When buying fresh, con-

sider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful

to pre-wash and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before you can use

them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available.

Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.



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Services

## Bicycle Helmet Safety



Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It is the law in Alberta that cyclists under the age of 18 must wear a helmet (and recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting informed

- Wearing a helmet while cycling can prevent significant injury.
- Brain injuries can cause permanent disability or even death.
- Reduce your risk by always wearing your helmet.
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them.
- Start the habit early. Young children learning to ride need to wear helmets.
- Parents can lead by example by wearing a helmet when cycling.

### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash.
- When worn properly, helmets should fit level, not tilted up, or down over the forehead.
- Helmets should feel snug, but not too tight. To assess the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened.
- Adjust the chin straps to form a "Y" below and slightly forward from the ears.
- Only one finger should be able to fit under the chin strap when it fastened.
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety.

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





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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 - Grace	secretary@holyroodcommunity.org
Programs - Melissa	programs@holyroodcommunity.org
Memberships - Stefanie	memberships@holyroodcommunity.org
Facilities & Grounds - Jeff	facilities@holyroodcommunity.org
Events - Elisa	elisa@holyroodcommunity.org
Communications - <b>VACANT</b>	communications@holyroodcommunity.org
Engagement - Christine	christine@holyroodcommunity.org
Civics - Petro	civics@holyroodcommunity.org
Director at Large - Carmen	carmen@holyroodcommunity.org
Holyrood Development Committee - <b>VACANT</b>	hdc@holyroodcommunity.org
Community Garden - Aurelia	garden@holyroodcommunity.org
Soccer - Evan	soccer@holyroodcommunity.org
Playgroup - Hailey	playgroup@holyroodcommunity.org
Casino - Natasha	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 ON-LINE! Complimentary Memberships are available for newcomers to Holyrood!**

Contact our Membership Director at [memberships@holyroodcommunity.org](mailto:memberships@holyroodcommunity.org) or scan the QR code to sign up



## Holyrood Garden: Dig In And Join The Fun!



Our communal garden is up and running surrounding the ice rink shack. Thanks to our gardeners for their care and efforts!

Come by and check out the plants and our freshly painted garden shed. Want to garden with us? We share the work and the harvest! Join by emailing [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org).

We are working with the City of Ed-

monton to build a community garden with individual plots for next season. If you would like to be put on a waitlist to rent a plot in 2026, please contact [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org).

If you are interested in planning, designing and running the communal garden and/or the future community garden; join the Garden Committee! Email [garden@holyroodcommunity.org](mailto:garden@holyroodcommunity.org) to sign up.

## HOLYROOD



## BIG BIN

Sept 13 9-12pm

**Open to Holyrood community members only. Must have valid Holyrood Community Membership.**

**\*Membership avail to purchase on site\*  
\$25 for family/ \$10 individual Cash only**

**ACCEPTABLE: Furniture, mattresses, large appliances, electronics, yard waste, tires, bbq's, rebar**

**NOT ACCEPATBLE: Household hazardous waste: automotive fluids, batteries, chemicals, paint and stains and other hazardous item, Gas-powered equipment**

## HOLYROOD COMMUNITY LEAGUE DAY

**SATURDAY, SEPT 13  
12-4PM**

**BOUNCY CASTLES, GLITTER TATTOOS,  
FOOD TRUCKS, LIVE MUSIC AND MORE**

## Join Our Holyrood Community League Board

The board would not be what it is without the collective help of dedicated neighbours volunteering their time, and we are still looking for one more member! Want to join our board? We're looking for someone just like you! Commitments include attending monthly meetings and workload is dependent on the role but could be anywhere from 1-4 hours a week. Please email [president@holyroodcommunity.org](mailto:president@holyroodcommunity.org) for more details.

We are currently still looking to fill the following position: Communications Director



# 2025 Casino Volunteers Needed



**July 10th and 11th**  
The Community League is looking for volunteers for this year's casino, July 10 & 11 at Grand Villa Casino (10204 104 Ave).  
This event is a major fundraiser for our community and we need you to help make it a success! There are day and evening shifts available in a variety of roles and a meal will be provided during your shift.  
If you're available to help or need information about the roles, please reach out to Natasha at [natasha@holyroodcommunity.org](mailto:natasha@holyroodcommunity.org). If you know someone in the community that might want to volunteer, please share this with them.  
We really appreciate your support—this casino is a vital source of funding for programs and initiatives in Holyrood, and we couldn't do it without volunteers like you!  
Position: Chip Runners

# Things To Do In Our Community

**- COMMUNITY SWIM**  
FREE with a valid community league membership (don't forget to bring it with you!)  
**SATURDAYS** 3:00 p.m. to 5:00 p.m.  
Commonwealth Community Recreation Centre  
**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

**- Green Shack Show**  
During July and August, the Edmonton Arts Council and the City of Edmonton will be presenting "Green Shack Shows" at communities across the city. This free, family-friendly series brings art to the every day with programming and performances happening five days a week at 11:00AM and 2:30PM.  
The Edmonton Arts Council team will be in Holyrood on **July 3 at 11AM** with local band The Brasstactics. More information can be found through the event link: <https://www.edmontonarts.ca/event/green-shack-shows-2025>



# CAPILANO FARMERS' MARKET

Every Saturday  
9:30 a.m. - 3 p.m.  
at the Capilano Mall

5004-98 Ave  
by the TD Bank

Call Louise for more information: 780-905-1094



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Edmonton



## Idylwylde Community League Board

President	David	president@idylwylde.org
Past-President	Kate	pastpresident@idylwylde.org
Vice President	Curtis	
Treasurer	Greg	treasurer@idylwylde.org
Secretary	<b>VACANT</b>	secretary@idylwylde.org
Casino	Michelle	casino@idylwylde.org
Civics	Brent	civics@idylwylde.org
Programming	Corrina	programs@idylwylde.org
Membership	<b>VACANT</b>	membership@idylwylde.org
Garden	Christine	garden@idylwylde.org
Facilities	Lee	facilities@idylwylde.org
<b>Social</b>	<b>VACANT</b>	social@idylwylde.org
Publicity	Rachel	publicity@idylwylde.org
Grants	Scott	grants@idylwylde.org
SECLA	Chandler	seclarep@idylwylde.org
Website	Chris	web@idylwylde.org
Hall Rentals	Chris	rental@idylwylde.org
General Inquiries	780-466-7383	league@idylwylde.org



Idylwylde.org



Idylwylde Community League

## 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.

## Monthly Community Meetings

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

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## Help Needed!

We're looking for some new faces to join us in the Community League. No experience is required, just a friendly outlook and a positive attitude. If you're not sure, come to one of our Board meetings (2nd Wednesday of the month), meet your fellow community members and see what it's all about.

-**The Social Chair** helps generate ideas for social events that will bring together members of our community. They coordinate planning events, work with our volunteers to put on the events, and attend monthly Board meetings.

-**The Secretary** keeps us organized by taking minutes at our monthly board

meetings and AGM, sends out meeting agendas and keeps our online documents organized.

-**The Membership Chair** keeps track of Community League memberships and provides memberships to our community members. They also attend board meetings as necessary.

-**The Vice President** presides at meetings and functions when the President can't make it, assists the President when needed, and 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).

## Cherry Tomato Community Garden News

The Cherry Tomato Garden crew would like to thank everyone who supported our compost sale, we can each grow better as a result!

This year we will have 1 large Community Picking Bed (U-Pick) right next to the sidewalk. (It will have signage to indicate which one.) Please respect the rest of the garden as 'look only' gardeners and other

volunteers have worked especially hard this year to get this garden 'up and running.'

We do very much enjoy seeing passers-by smile, letting us know that we have brightened someone's day, and we hope our neighbours continue to enjoy a 'wander through' anytime this summer, just to see what you can see.

## 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](mailto:membership@idylwylde.org)) with proof of residency in Idylwylde to get your membership today!

## 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.

-**Commonwealth Community Rec Centre**  
1100 Stadium Road  
Saturdays, 3:00 - 5:00 p.m.  
-**Bonnie Doon Leisure Centre**  
8648 81 St  
Sundays, 4:15 - 5:45 p.m.

## Community Movie Night

Movie nights are on hiatus for the summer. Keep an eye on our social media and hall notice board for when we start up again in the fall.

## 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 at the next few pub nights; Thursday July 3 and Thursday August 7, from 7:00 - 10:00 p.m. at the Community Hall.



## CONTACT US!

Co-President	Michaela	president@kenilworthcommunity.com
Co-President	Ryan	president@kenilworthcommunity.com
Vice President	Cory	vicepresident@kenilworthcommunity.com
Treasurer	Irene	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 and Gary	grounds@kenilworthcommunity.com
Membership	Stephanie	membership@kenilworthcommunity.com
Men's Shed	Morris	mreid2057@gmail.com
Publicity	Michele	publicity@kenilworthcommunity.com
Rentals	Liz and Al	rentals@kenilworthcommunity.com
SECLA	Marshall	SECLA@kenilworthcommunity.com
Social	<b>Vacant</b>	social@kenilworthcommunity.com
Youth Group	Elizabeth	youth@kenilworthcommunity.com

Inquiries & Publicity Requests (SEV & Website): publicity@kenilworthcommunity.com  
Hall Rental requests: rentals@kenilworthcommunity.com

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

## Hall Rental Rates

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

KCL Hall Rental Rates: (Seating 160)

**Members Non-Members**

Weekend (Fri.pm – Sun.pm)

\$450.00 \$550.00

Day Rate

\$300.00 \$385.00

Damage Deposit

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

\$450/weekend \$550/weekend

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

## Kenilworth Summer Concert Series

July 9 & 23, August 6 & 20 at the Kenilworth Community League Grounds

The Kenilworth Summer Concert series is BACK! Mark your calendars for four unforgettable Wednesday evenings of live music, food trucks, and beer gardens.

Bring your lawn chairs, friends, and your dancing shoes and let's make the most of summer in the neighborhood! Concert start times and food truck opening times to be announced on Kenilworth social media channels closer to July 9th – stay tuned!

## Join the Kenilworth Community League Board

The Kenilworth Community League is seeking a dedicated volunteer to fill the exciting position of Social (Events) Director: Plan and coordinate community events and activities that bring residents together, fostering a strong and connected neighborhood.

If you're interested in making a meaningful impact in Kenilworth, contact Ryan & Michaela at president@kenilworthcommunity.com for more information.








Green Shack Program

Edmonton

## FREE DROP-IN GREEN SHACK PROGRAM

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play!

This program is targeted for **children aged 6-12**, but all children accompanied by an adult are welcome to attend.

**Kenilworth**

7104 - 87 Ave  
10:30am - 1:30pm  
Monday - Friday  
July 2 - August 21



*The City of Edmonton would like to acknowledge that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4.*

**Get in touch with us:**  
Email: [greenshack@edmonton.ca](mailto:greenshack@edmonton.ca)  
For more information, call 311 or visit:  
[edmonton.ca/Greenshacks](http://edmonton.ca/Greenshacks)

## 2025-2026 Kenilworth Memberships Now Available!

Please contact Stephanie at [membership@kenilworthcommunity.com](mailto:membership@kenilworthcommunity.com) to secure your 2025-2026 membership.

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

## 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

July 1, 2026	4:30 pm
July 25, 2026	4:30 pm
Aug 1, 2026	4:30 pm
Aug 23, 2026	10:30 pm

costs, capital purchases, hall improvements, and

much more. KCL needs volunteers for its upcoming bingos, located at Parkway Bingo Hall.

For more information, please email [president@kenilworthcommunity.com](mailto:president@kenilworthcommunity.com)

## Swim Times

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

## Upcoming Events

July 2 - Aug 21 Green Shack Program  
July 6 - School's Out for Summer Youth Event  
July 9, 23, Aug 6, 20 - Kenilworth Summer Concert Music series  
July 22, Christmas in July - Card Making Fun

## "Another New Listing"

### Call Craig for More Information



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- \* Heated Parking
- \* Car Wash
- \* Social Room
- \* Workshop
- \* Exercise Room
- \* Library
- \* 40+ Adult Living

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## Managing stress through meditation

April is Stress Awareness Month.

Meditation is one way to help you relax and relieve stress.

The goal of mindful meditation is to focus your attention on the things that are happening right now, in the present moment. The idea is to note what you experience without trying to change it.

Meditation can help you relax, because you are not worrying about what happened before or what may occur in the future.

You don't need any special tools or equipment to practice this meditation. You just sit in a comfortable position in a chair or on the floor. Or you can lie down, if that is more comfortable.

Meditation may bring up certain feelings or emotions. If this happens, don't try to rid your mind of these feelings. Just focus on what you feel at the present moment. Don't get lost in the thoughts that those feelings might trigger.

Getting ready

- Choose a time and place where you

can meditate without being interrupted. Try to find a quiet place, but don't worry if there are some noises, such as traffic. That kind of noise is just part of the present moment.

- When you start, try to meditate for only 10 minutes at a time. Then you can increase the time bit by bit. You can also try meditating for 10 minutes in the morning and 10 minutes in the evening.

The practice

- Sit in a comfortable position, either in a chair or on the floor. Or you can lie down, if that is more comfortable. You can close your eyes, or you can look down, keeping your gaze a few centimetres in front of you on the floor.

- If your mind wanders, don't worry or feel bad about yourself. Try to notice your thoughts, such as "I wonder what I will need to do at work today." Then let the thought go, and bring your focus back to the present moment and your breathing. You may do this over and over again during a meditation session. That's OK.





## KEP Board Members:

President	Kevin Richtscheid	president@kingedwardpark.org
Vice President	Donald Michaud	michaaddr@gmail.com
Treasurer/Casino Coordinator	Sylvia Shank	sacul@telus.net
Secretary	Renée Henthorne	wish2bec@yahoo.ca
Tennis Director and Membership Director	Wayne Alexander	walexander@shaw.ca
Hall rental & Maintenance Director	Nella Ferguson	king.ed.hall@gmail.com
Civic	Vacant	
Volunteer	Tod Rudge	todrudge@gmail.com
SECLA Representative	Vacant	

## Connect with us online:

Twitter	@KingEdwardPark
Facebook	<a href="https://www.facebook.com/kingedwardparkYEG/">https://www.facebook.com/kingedwardparkYEG/</a>
Instagram	<a href="https://www.instagram.com/kingedwardpark/">https://www.instagram.com/kingedwardpark/</a>
Website	<a href="https://www.kingedwardpark.org/">https://www.kingedwardpark.org/</a>

## ZUMBA with Tammy at the Large Hall

Every Wednesday \*except the first Wednesday of each month\* from 6:30 - 7:30 at the large hall (7708 88 St NW). Join us for a Latin inspired dance fitness class suitable for all ages and abilities. Drop in \$10 or \$5 for KEP members!!! You can also register by email at king.ed.hall@gmail.com

## CHAIR YOGA with Edita at the Small Hall

Mond., Wedn. and Fridays from 11:30 - 12:00 at the small hall (8008 81 St NW). Our chair yoga class offers gentle stretches and mindful movements, all from the comfort of your chair. Drop in for anyone is only \$5!!! There is no registration for this class. Simply show up and enjoy!

## 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>.

## Help your child develop empathy

Empathy is the ability to recognize and understand what someone else might think and feel, and be able to respond in a caring way. Empathy is important because it helps us build close and caring relationships with other people.

One of the best ways you can teach your child empathy is by modelling it. To model empathy:

- Be kind and thoughtful toward others. Hold open doors, say hello, and say please and thank you when dealing with others.
- Be present. Stop what you are doing – looking at your phone, for instance – and focus on your child.
- Go to your child's level. Kneel or sit next to them, shoulder to shoulder, on the

couch.

- Look at the expression on your child's face and their body language, to get a sense of what they're feeling.

- Help your child name their feelings.
- Use your own body language to communicate with your child. Try nodding when you're listening or agreeing with your child. Smile when they're talking about a happy event.

- Ask your child what would help them feel better and comfort them.

- Use empathy to guide helping and giving. Before helping someone or getting them a gift, ask your child to think about what they know about the person and what they think the person might need or like.

## YIN MOBILITY YOGA with Chelsea at the Small Hall

Thursdays 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.

## 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.

## 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

## 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.

## 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>

## Call for KEP Programing Input

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

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

Or let us know via email what type of programing you would like to see, president@kingedwardpark.org.



## Ottewell Community League Contacts

President	ottewell2212@gmail.com
Vice President	oclrink2021@gmail.com
Secretary	oclsecretary1@gmail.com
Treasurer	ottewell.finance@gmail.com
Farmers Market Manager	oclfarmersmarket@gmail.com
OCL Social Media	ottewellmedia@gmail.com
OCL Engagement	oclengage@gmail.com
SEV Liaison	sevliaison@gmail.com
Big Bin	oclbigin@gmail.com
Bingo Director	oclbingo@gmail.com
Grants	oclgrants@gmail.com
Membership Director	oclmembership@gmail.com
Playschool Director	jjmclean@hotmail.com
SECLA Rep	oclconcerns@gmail.com
Website Editor	oclwebpage@gmail.com

## 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  
Jun, 28; Jul 5, 12, 26; and Aug, 9, 16, 23.

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

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

## Ottewell Playschool - Fall Registration Now Open!



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.

Taking new registrations now!

OCLP is also running 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)

## Ottewell Community Memberships

**OCL Membership - Renew today for 2024/2025**

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



## 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).

## Seeking Volunteers for set up and/or take down @ the Market!

Have some time to help at our weekly Farmers Market on Thursday afternoons? Volunteers receive market bucks per completed shift to use for purchases from our vendors.

If you can volunteer for either shift (or both) email Corinne at [oclfarmers-market@gmail.com](mailto:oclfarmers-market@gmail.com) with your preferred shift(s)!

**Who:** Anyone ages 16 and up **Time commitment:** Approximately 1 hour per shift

**What:** To assist with setup /take down at the market as described below

**Setup duties:** Starts at 3pm (market starts at 4pm) - set out tables and chairs, community tent, garbage cans, other duties assigned

**Take down duties:** Arrive at 6:45pm (market closes at 7pm) - put away tables, chairs, take down community tent, assist with clean up, and other duties assigned

## Splash Park Open at Ottewell Community League!

Our spray part is now OPEN from 9am to 9pm.

Reminders:

-Pets are NOT permitted in the splash park area nor in Ottewell Park.

-All children under the age of 6 years must be accompanied by an adult or responsible person of 13 years (or older) actively supervising them at the water play area.

-Bikes, skateboards, roller blades and scooters are not permitted in the water

play area.

-Appropriate swim wear is required (swimming suits).

-Food is not to be consumed in the water play area.

-No glass containers in the water play area.

Operations issues can be reported to the city directly by calling 311 or (online at [https://311.edmonton.ca/reports/list\\_services](https://311.edmonton.ca/reports/list_services)).





## Ottewell Farmers' Market

### 2025 Schedule

Find us OUTDOORS Every Thursday in  
May to October from 4pm to 7pm

5920 93a Avenue  
Ottewell Community League parking lot

	May	July	September
	8	3	4
	15	10	11
Local Vendors	22	17	18
	29	24	25
Food Trucks		31	
	June	August	October
Entertainment	5	7	2
	12	14	9
	19	21	
	26	28	



## 25+ •BEGINNER SESSIONS•

### 7PM-8:30PM

WEDNESDAY, JUNE 4

WEDNESDAY, JULY 16

WEDNESDAY, AUG 13



OTTEWELL  
COMMUNITY LEAGUE  
5920 93A AVE

**\*HELMETS MANDATORY\***

FOR BEGINNER OR VERY NEW SKATERS WHO ARE 25 OR OLDER



## NEWS!

### Fall registration now open!

New! Extended Play Program  
on Monday/Wednesday

### OCL Farmers Market

Thursdays from 4pm to 7pm  
Shop for local produce, baking, hand-made and homemade goods. Follow the Facebook and Instagram pages for the vendors and food trucks listing. Thank you for your continued support!

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

**Facebook page** - @ottewellcommunityfarmersmarket

**Instagram** - @ottewellmarket

**Website** - ottewell.ca

### Pickleball at OCL Rink is Back!

#### What is pickleball?

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

#### Where can I play pickleball?

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

#### When can I play pickleball?

We will have scheduled weekly time slots for drop-in pickleball. The season

will continue into the fall, weather permitting and depending on the availability of volunteers.

Drop-in pickleball will be free for Community League members who present their membership card. There will be a \$5 drop in fee for those without a membership. Our drop-in volunteers will open the shack and help set up nets. Paddles and balls will be available for use.

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

### Can I volunteer to host a weekly drop-in session?

If you are a community league member and are able to commit to host a drop-in session, we would love to welcome you as a volunteer. Here are some general details:

Each drop-in session is held once a week, they are typically 2 hrs in length

Volunteers can choose the day and time they would like to volunteer - morning/afternoon/evening, 7 days a week

Volunteers open and close the shack, help put up and take down nets, and

collect drop-in fees for non-community league members

Depending on the number of participants, volunteers may organize a round robin schedule for games - a whiteboard and round robin schedule are provided

Volunteering for pickleball is a great way to stay fit, meet your neighbors, and most of all have fun! If you're interested in getting involved or have any questions about pickleball at Ottewell, please contact [oclrink2021@gmail.com](mailto:oclrink2021@gmail.com)



Summer yoga at  
Ottewell Hall

Chair Yoga  
Tuesdays 6-7pm

All Levels Hatha  
Tuesdays  
7:30-8:30pm

May 20-July 22

email  
[willalee@hotmail.com](mailto:willalee@hotmail.com)  
for more info



## Beginner Skateboarding Sessions @ OCL Rink (July 16, & Aug 13)

The Tigers Skate Club will be offering beginner skateboard sessions for women and non-binary folks ages 25+ @ Ottewell Community League Rink! The @ tigersskateclub(FB: Tigers Skate Club) is skateboarding club that hosts free weekly community meet-up sessions within the City of Edmonton and surrounding area skate parks and public spaces. Our goal is to provide an inclusive environment for women/non-binary folks to learn and develop their skateboarding skills, while nourishing relationships and connections with other community members. Join the group on at the OCL Rink (5920 93a Avenue) from 7pm to 8:30pm on Wednesday, July 1

Wednesday, August 13

\*No pre-registration is required, just show up with having submitted the waiver in order to participate (for your safety and our insurance purposes). Link to the wavier: <https://forms.gle/o7CuP8uwJ4Eq1tQf7>.

If you're interested in giving skateboarding a try in a safe and fun environment, then join us this summer at Ottewell Community League! It's FREE and seasoned Tigers look forward to supporting you and want you to experience the positive life-changing impact of skateboarding.

Helmets and a signed waiver (linked above) are mandatory. Safety gear is highly recommended! If you have any questions, please email [tigersskateclub@gmail.com](mailto:tigersskateclub@gmail.com) or send them a DM on Instagram via @tigersskateclub.

## City of Edmonton Child and Youth Summer Pass

How to Buy - The pass can be purchased in person at any City of Edmonton recreation centre or on-line through MoveLearnPlay between June 10 to August 31, 2025. <https://movelearnplay.edmonton.ca/COE/public/category/browse/RECPROMO>

Online pass purchases through MoveLearnPlay can be picked up at the front counter of any recreation centre or pool. Staff will take the member's photo and issue a membership card.

Members with an active pass can also use the phone number on their account to gain entry or add their membership card to the Stocard app. What's Included - The pass gives children and youth unlimited access to all City of Edmonton: Fitness centres, Indoor/outdoor swimming

pools, Gyms, **Drop-in activities, Virtual fitness classes**

### NOTES:

-The membership is valid for 30 days once activated

-Can be purchased monthly between June 11 and August 31, 2024

-Current continuous monthly and annual youth and child pass holders must put a vacation hold on their pass to be eligible for the Child and Youth Summer Pass

-Cannot be purchased in conjunction with any other discounts

-ID may be required

-Valid only during public use times

-Youth between 12-15 years old must complete the Youth in Action orientation before using the fitness centre. These orientations are free of charge.

## Yoga at Ottewell Hall - Regular and NEW Chair Yoga

**Summertime Yoga at Ottewell Hall - Regular and Chair Yoga!**

Join us Tuesdays at Ottewell Hall for ALL LEVELS yoga. **Regular Yoga** - 8 sessions until July 22, 2025 on Tuesdays from 7:30-8:30PM. Together we will loosen the body, increase strength, reduce tension and take a few deeper breaths. No experience necessary. Investment; \$116 for current Ottewell Community League Members & \$136 for non-members.

**Chair Yoga** - Join us Tuesdays, until July 22 from 6-7PM for chair yoga, 8 sessions.

This class is for everyone. We will practice seated, with the support of a chair for comfort and safety. Moving through gentle stretches, in a pressure free environment can mindfully reduce tension and calm the nervous system. No experience is necessary. This is a perfect class for seniors, those with mobility issues, and anyone who is new to movement. \$116 for current Ottewell Community League Members, \$136 for non-members.

To register for either, please contact Willa-lee at [wilalee@hotmail.com](mailto:wilalee@hotmail.com) or DM on Instagram at <http://www.instagram.com/wanderingmapleyoga>.

## 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 at Parkway Bingo Hall on 51 ave.

### 2025/2026 Schedule

-Sunday, September 14

-Saturday, November 8

-Sunday, December 14

Vouchers are offered which can go towards various extracurricular activities.

Contact [oclbingo@gmail.com](mailto:oclbingo@gmail.com) for more information.



## OCL Social Media

Stay inTouch with what's happening in your community!  
Instagram: @ottewellcommunityleague  
Facebook: Ottewell Community League  
Monthly Newsletter: Subscribe at [www.ottewell.ca/newsletter](http://www.ottewell.ca/newsletter)

# BINGO

Interested in meeting neighbours, getting your steps in and helping fundraise for Ottewell Community League?

We are looking for volunteers for upcoming bingos at Parkway Bingo Hall on 51 ave in Edmonton

Sunday, September 14  
Saturday, November 8  
Sunday, December 14  
Sunday, February 1  
Saturday, May 2  
Saturday, June 13

Vouchers are offered which can go towards various extracurricular activities. Contact Tyler at [oclbingo@gmail.com](mailto:oclbingo@gmail.com) for more information.



## Community Safety Data Portal

The Edmonton Police Service invites you to explore the Community Safety Data Portal! This interactive platform provides access to data including crime statistics and trends occurring in Edmonton. It offers increased transparency into policing activities and encourages public engagement so that we may build stronger and safer communities together. EPS hopes the Community Safety Data Portal will enable the public to take an active role in community safety and crime prevention.

Visit <https://communitysafetydataportal.edmontonpolice.ca>





## Strathearn Community League Contacts

Position	Name	Email
President	Anastasia	<a href="mailto:president@strathearncl.org">president@strathearncl.org</a>
Vice President	vacant	<a href="mailto:vicepresident@strathearncl.org">vicepresident@strathearncl.org</a>
Treasurer	vacant	<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>
Events Coordinator	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	Cythina & Kelly	<a href="mailto:strathearngarden@gmail.com">strathearngarden@gmail.com</a>
Social Media Director	vacant	<a href="mailto:communications@strathearncl.org">communications@strathearncl.org</a>
Youth Director	Shela	<a href="mailto:youth@strathearncl.org">youth@strathearncl.org</a>
Member at Large	Lindsay	n/a
Member at Large	Jason M	n/a
Rink/Off Leash Park		<a href="mailto:rink@strathearncl.org">rink@strathearncl.org</a>
Hall Rental Coordinator	Darrah	<a href="mailto:hall@strathearncl.org">hall@strathearncl.org</a>

## SCL Leadership

Please contact [president@strathearncl.org](mailto:president@strathearncl.org) if interested in volunteering with our League! Are you looking for an opportunity to volunteer with your website-building skills? Strathearn Community League is looking for some help updating our website. If you're interested, please reach out to [communications@strathearncl.org](mailto:communications@strathearncl.org) and [president@strathearncl.org](mailto:president@strathearncl.org).

**-It's official!** The rink in Strathearn has been converted into an official off leash dog park. Guidelines for use are on a poster in the rink. Come out and meet your neighbours, furry and otherwise! Follow us on social media for more information.

**-July 12 11:00 am - Composting workshop!**

**-Sunny Sundays dates are confirmed!**

Join Kim Gates and your neighbours at the Strathearn Hall for some live music on July 27, August 24, and September 28.

**-It's summertime! Over the next few months in Strathearn, we'll celebrate Folk Fest and a few Strathearn Community League events (like Sunny Sundays). Looking ahead to the 2025/2026 event season, you can look forward to:** the Community Garden's annual Harvest Supper, Lunar New Year at the hall, Write Time, Podcast & Potlucks, and many more! If you have an idea for an event and would like to lead the implementation, or if you'd like to volunteer for one of the existing events, you can reach out to [events@strathearncl.org](mailto:events@strathearncl.org).

## No Lights, No Camera, No problem

by Jason Mak  
"Lights! Camera! Action!" As the movie makers say. But what happens when you don't have a professional camera and studio lighting? What happens when you only have a cell phone in your hand, the existing light left in the day, and no back up crew

with cameras filming different angles? The answer is you learn to use what you have and flex your creative muscles a little more.

It helps by learning from someone in the industry, and here in Strathearn we have such a person. Spencer Shortt (yes, with two "t"s ) has been a profes-

sional film maker and photographer since 2017 and lives in the neighborhood. This year he led the 2nd annual Strathearn Film Making Workshop and then hosted our "Film Gala" where participants of the workshop as well as others in the neighborhood got to show off their films and walk down

the red carpet. Yes, we do have a red carpet in the hall.

The workshop was a full-on day of learning about storyboards, camera angles, and how to use free software and phone apps to edit your movies. There were practical exercises done in the class and lunch was catered by another



Strathearn business ~ Le Tramway (see May's South East Voice for the review!).

As I mentioned earlier, at the gala, those who came out could also show their films and some people did bring their films on a storage device which were shown. So even if you can't make next year's film workshop, you can participate and share your creativity with others in the neighborhood. Or you can just come and enjoy the films.

Films don't have to be any certain length, and some may range from one minute to five minutes. For me, I made a film about my dog. Why? I just felt more comfortable using her rather than directing people, and she has an interesting story about how she came from Asia to America then to Canada and eventually to Strathearn. But other exam-

ples of past films shown are: a film made about a family vacation, a film showing a montage of images of Strathearn, and supernatural thriller. Special effects, music, and even actors are optional. It's all about what you want to express.

The purpose of the workshop was to show that anyone can make a film with just their phone, and you don't need to spend a lot of money on equipment. You just have to have the desire to create something.

## Community League membership

Email [membership@strathearncl.org](mailto:membership@strathearncl.org).

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

**July 1st 2025 2PM-6PM**  
**2nd Annual Indigenous Celebration Day at Strathearn Community League**

- Community Feast
- Local leaders and Representatives
- Performers and Artists
- Vendors and Makers Market
- Crafts, Learning and Activities
- Outdoor Games and Playground

**FREE**

WE'RE OPEN FOR SUBMISSIONS!

Family Friendly ALL AGES Welcome Street Parking 4.00

SEEKING: knowledge-keepers, educators, cooks, performers, caterers, makers, vendors, orgs and groups, donations, supplies and collaborative partners. Contact: [elen.yeg.ab@gmail.com](mailto:elen.yeg.ab@gmail.com)

Icons: Indigenous Metis, DONATIONS ACCEPTED, VOLUNTEERS NEEDED, Strathearn

**ALWAYS DOWN**

Always Down plays and sings hit swing tunes from *Fallout 3* & *Fallout New Vegas*

7pm on July 25 at the Strathearn Community League - free admission, donations welcome, swing dancing recommended! Cocktails and bevs for purchase!



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

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

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**Terrace Heights:** Nice Curb Appeal, 1200 Sq Ft Bungalow, 3 Bedrooms Upsairs, 1 Potential Bedroom Downstairs, 2 Bathrooms, Fully Fenced West Yard, Double Garage, Big Windows Downstairs.



**Gold Bar:** Spotless 1045 sq ft Bungalow, 3 Bedrooms Upsstairs, 1 Potential Bedroom Downstairs, Perfect Original Hardwood Floors, Teakwood Theme, 2 Bathrooms, Fully Fenced Yard, Double Garage, Grandma & Grandpa's House.



**Queen Alexandra:** 15.1m x 40.1 m 607 m Lot, Multiple Redevelopment Options, 2 Bedrooms Upsstairs, Potential Bedrooms Downstairs, 2 Bathrooms, Seperate Entrance.



**Millwoods:** Entry Level Condo, Low Condo Fee \$298, Insuite Laundry, Newer Flooring and Paint, Nice View of Park



**The Hamptons:** 2 Storey, Ensuite, Open Concept, Fully Finished Basement, Double Attached garage, Quiet Street