

Cloverdale Chronicle

Spring 2010

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River Valley Clean-Up Sunday, May 2 11 a.m. to 2 p.m.

Each year thousands of city residents pick a day to tidy up our river valley. A clean Edmonton is a shared responsibility. In 2009, 3,928 volunteers gathered 6,458 bags of garbage to help make this Capital City jewel sparkle.

Join our effort to beautify our community and precious river valley. There is no need to pre-register; simply meet at the CCL Hall wearing sturdy shoes or boots. An area will be assigned to you and garbage bags and gloves will be provided. Sandwiches, snacks and beverages will be provided.

CCL Membership

It is important that we have a strong membership. With this, it shows the city and the province that we have a dedicated and vibrant community.

Memberships are \$10/individual, \$10/family and \$5 for seniors.

To purchase a community league membership please contact Janet Hardy at (780) 439-3149.

Letter from the President

The past year we have had some huge issues impacting our community. A particular thank you to those who participated in the discussions around the fifth night for Folk Fest and in the discussions around the southeast LRT route. As a result of our active representation on the LRT we were promised on-going consultations. A meeting has now been set with the LRT Project Team to discuss the design and impact of the LRT route through Cloverdale. The meeting will be held on Wednesday, May 19 from 6:00p.m. - 9:30p.m. at Assumption Catholic Parish (9040-95 Avenue).

A huge thank you to the CCL Executive and our many community volunteers for the work they do on your behalf!

And mostly, thanks to each of you for being great neighbors to each other. Enjoy your summer in one of Edmonton's most beautiful and friendly communities!

Mary Cameron, President

Mark your Calendar

Sunday, May 2 - River Valley Clean-Up
Monday, June 6 - Stroke Month Info Session
Sunday, June 27 - CCL Family BBQ

Cloverdale Website

Our website is up and running. Please check the website for up-to-date information and community announcements.

Please note that in the future all information regarding the Edmonton Folk Fest will be posted on the website at www.cloverdalecommunity.com.

Please forward your email address to the Newsletter editor at cloverdalechronicle@gmail.com to receive electronic copies of the Cloverdale Chronicle.

C o m m u n i t y

Spring Yoga with Krysta

Are you interested in an 7-week Spring Yoga session?

If we have enough registrants, we will run a Tuesday class (May 11-June 22) at 8 p.m.

Please contact Moon Trueman at (780) 461-8381 or email moontrueman@shaw.ca.



T'ai Chi Chih with Sharon Melvin

Learn a simple, effective form of T'ai Chi to relieve stress and enhance fitness and flexibility. T'ai Chi Chih is a series of 20 relaxing yet powerful meditative movements. You will learn and refine the moves, complete with a full stretch routine, and be introduced to other forms of T'ai Chi. T'ai Chi promotes health in every part of the body by circulating and balancing Chi, the vital Force. The result is an increase in energy, awareness, flexibility, and strength.

Sharon Melvin is an Accredited T'ai Chi Chih Instructor with 20 years teaching experience. She has developed a unique T'ai Chi program that blends Chi Kung and stretching with T'ai Chi.

A Wednesday evening class is being considered. Please contact Moon Trueman at (780) 461-8381 or email moontrueman@shaw.ca for details.

Cloverdale Book Club

Meets once a month on Mondays evenings. If you would like to join contact Fredda at fredda@shaw.ca.



Cloverdale Junior Achievers

Are you excited for the upcoming Folk Festival? We definitely are! We are also excited that the Cloverdale Junior Achievers (ages 10 to 18) are starting up this May to get ready to run the Cloverdale Concession at the Folk Festival!

If your family has a current membership with the Cloverdale Community League and are residents of Cloverdale then your child is eligible to join.

The Junior Achievers program will run from mid May until the end of the Folk Fest and focuses on developing and strengthening positive traits in your children. In the weeks before the Folk Festival we work on public speaking and interaction, developing friendships within the group, understanding the fundamentals of a small business, developing a business plan for the Cloverdale Concession, a presentation to the Cloverdale Executive, and as a capstone the Junior Achievers operate the Cloverdale Concession. Not only do we have a lot of fun while learning it is also great work experience for any young person as well as a way to make some summer money.

The first meeting and information session will be held on **Sunday, May 16** at the CCL Hall. Parents are encouraged to attend. For further details, please contact Chad Hardy at (780) 885-2423 as there will also be special instructions for those who want to join.

E v e n t s

Community Events

Cloverdale Garden

Calling all gardeners. We're looking for more volunteers to come out and help beautify our community league and help with the gardening in the park.

For more information and to help volunteer, please contact Marjorie Staples at (780) 466-8042.

June is Stroke Month: A Focus on Prevention

Stroke Month is designated to mark the significance of stroke and help people better understand how to prevent and recognize stroke. Strokes are the leading cause of acquired long-term adult disability in Canada with more than 50,000 evident strokes occurring each year. Help prevent a stroke by learning more about the risk factors you can do something about, and those you can't control. Are you at risk? Take the Heart & Stroke Risk Assessment™ and get a personalized risk profile and a customized action plan for healthy living that includes tips, tools, recipes and much more to help you reduce your risk. Go to heartandstroke.ca/risk today for your personalized assessment.

Warning signs of a stroke include sudden dizziness, sudden weakness, sudden trouble speaking, sudden vision problems, and sudden headache. To find out more, please join your community members for a **FREE INFORMATION SESSION** hosted by Alberta Health Services: The Stroke Program taking place at the CCL Hall on **Monday, June 6** at 7:00 p.m.

CCL Family BBQ: Sunday, June 27

Come on out and meet your neighbors over a game of baseball, soccer or bocce ball or come jump in the bouncy castle.

After, let's dine on some Tony Roma's chicken & ribs. Please remember to bring a dessert.

When: 3 p.m. - 7 p.m. (dinner starts at 5:00 p.m.)

Cost: \$5/CCL member family



Community League Day: Saturday, September 18

The Edmonton Federation of Community Leagues has recently announced plans for a festival coordinated by all 152 community leagues around the City of Edmonton. The CCL Executive is looking for your suggestions for events. Please email your ideas to cloverdalechronicle@gmail.com. Look for details in future editions of the newsletter or on our website at www.cloverdalecommunity.com.

Summer Green Shack Program

The Green Shack is coming back to Cloverdale playground this summer for the months of July & August (exact dates TBD). We will have two Green Shack Coordinators. Bring the kids to the park for some fun, games, crafts & wading pool fun.

Soul Strength Yoga and Fitness

Join Soul Strength Yoga and Fitness on June 19 for their Grand Opening Celebration. Located within walking distance of our community at suite 300, 9414-91 Street.

Classes are already running. To learn more, call (780) 765-SOUL (7685) or visit their website at www.soulstrengthyogafitness.com.

WANTED: Cloverdale Soccer Director

Cloverdale's U6 and U8 outdoor soccer programs have been successfully running for three years. At the end of the 2010 outdoor season Leslie Webb will be stepping down as the soccer director for Cloverdale. If you are interested in keeping the "soccer" ball rolling in Cloverdale please contact Leslie at (780) 440-0522. A great big THANK YOU! to Leslie for all of the time and energy that she has devoted to our community soccer program.

Real Estate Update

Spring is finally here and from the looks of things most of us are getting out and tending to the maintenance and cleaning of our homes and areas. The real estate market is heating up as well and the listings are starting to come online. Sales have been good so far but it is really coming down to presentation and market value to make things happen. Here is a breakdown of activity from January 1 to April 23.

<u>Current Listings</u>			<u>Activity from January—April</u>		
	<i>Total</i>	<i>Price Range</i>		<i>Sales</i>	<i>Price Range</i>
Condos	12	\$244,900 - \$505,900	Condos	10	\$250,000 - \$458,000
Houses	1	\$789,900	Houses	1	\$434,000
1/2 duplex	1	\$479,500			

Jeremiah Townsend, Realtor and Cloverdale resident JeremiahTownsend.com

Hall Rental Information

CCL Hall is under **NEW MANAGEMENT**. For further rental information or to view the CCL Hall, leave a message at (780) 465-0306. More information is available on the CCL website.

Cloverdale Community League Executive 2009/2010

President..... Mary Cameron
Vice President.....Murray Schneider
Vice President.....Jeremiah Townsend
Treasurer.....Al Skoreyko
Social Director.....Moon Trueman
Social Director.....Dave Shylko
Newsletter Editor.....Laura Shylko

Casino Coordinator....Marilyn Mucha
Hall Manager.....Janet Hardy
Bookkeeper.....Judy Tomazewski
Past President.....Jacqueline Petrie
Folk Fest Liaison.....Dino Bottos
CCL Hall.....465-0306