

COMMUNITY LEAGUE NEWS SOUTH

Serving the community leagues of
Argyll, Hazeldean, Ritchie and Strathcona.



Dec 2022/Jan 2023

Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com

Check out the Ritchie shopping guide

This holiday season, shop locally!

Ritchie is known across the city for the Mill Creek ravine, its park, splash pad and skating rink, as well as drinking and dining establishments, but it's also home to a variety of independent retail businesses. This year, avoid the crowded malls and expensive shipping fees by treating yourself and your family to gifts in your own backyard.

We've put together a little guide to help you shop locally this holiday season. Whether you're looking for sustainable gifts from Re:Plenish, something for the foodie in your life from Ritchie Market, or to satisfy your family and friends' latest pop culture obsession at Warp One, Ritchie has something for everyone.



For more businesses visit the Ritchie shopping guide page on our website: ritchie-league.com/ritchie-holiday-shopping-guide

Strathcona Community Wellness and Safety

The Strathcona Community League created the new board position, Director of Community Wellness and Safety, in the fall of 2021. The Director 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, Ed-



monton Police Service, Old Strathcona Business Association, YESS, and others. Director Gord Lacey can be reached at safety@strathconacommunity.ca

Strathcona Winterfest 2023, Feb 12, 2023

Enjoy an afternoon of outdoor and indoor activities! This year the SCCL annual Winterfest will feature sleigh rides, ice skating, spaghetti cook-off competition, arts and crafts, and indoor carnival games. Winterfest will be held Sunday, February 12, 2023 from 2:00 – 5:00 p.m. at the Strathcona Centre Community Hall, 10139 – 87 Avenue.

VOLUNTEERS NEEDED!

Are you a BBQ Master? Have some great ideas about carnival? We are looking for volunteers to make a great Winterfest.

- 4 Set Up Volunteers
- 6 Kitchen Volunteers
- 4 BBQ volunteers
- 2 Carnival games supervisor
- 7 Carnival Helpers
- 1 Cook-off Coordinator
- 6 volunteers - Cook Off Helpers
- 4 Volunteers Post Event Clean Up
- 1 Arts and Crafts Coordinator



Winterfest 2023 Volunteers Needed

- 4 Arts and Craft helpers

All ages are welcome to volunteer! Help us to make Winterfest a great event for our community this year! If you can volunteer, or wish to enter the cook-off contact Farhana Nurani at social@strathconacommunity.ca or scan the QR code!

Argyll Christmas Decorating

Throughout the month of December, we would like to encourage all Argyll residents to add at least one festive item to their home's exterior to help make the season bright for everyone.

This could be a simple wreath, one string of lights, one candle in the window, a holiday sign...

Every week we will feature a few homes that have added to the festive spirit in our neigh-

bourhood. If you would like us to feature a particular home you have enjoyed walking past — send us a message at: argyllsocial@gmail.com

At the end of the month we will put every home that has decorated in some small (or big) way into a draw for a \$50 gift card to Glass Bookshop – one of our newest local businesses that has moved into Ritchie.

Have fun decorating and enjoy our beautiful neighbourhood on some evening walks.

minsos | stewart | masson

barristers, solicitors, notaries

PH: (780) 466.1175

Fax: (780) 465.6717

#220, 8723 – 82 Avenue

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• Real Estate

• Wills and Estates

• Business Law

Strathcona Centre News

Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3

website: www.strathconacommunity.ca

STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

President	Nathan Carroll president@strathconacommunity.ca
Vice-President	Sally Hammell vicepresident@strathconacommunity.ca
Treasurer	John de Haan treasurer@strathconacommunity.ca
Secretary	Katie Krause secretary@strathconacommunity.ca
Membership	Bernie Roessler membership@strathconacommunity.ca
Communication	VACANT communication@strathconacommunity.ca
Programs	Donna Fong programs@strathconacommunity.ca
Social	Farhana Nurani social@strathconacommunity.ca
Sport and Fitness Acting Co-directors	Jenn Costigan Cheryl West-Hicks sport@strathconacommunity.ca
Civics and Planning Co-directors	Maureen Duguay Emily Graca civics2@strathconacommunity.ca
Building and Grounds	Landon Schedler grounds@strathconacommunity.ca
Green Initiatives Co-directors	Darcy Stevens Jason Unger green@strathconacommunity.ca
Community Garden	Jacquie Devlin garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Diversity and Inclusion Co-directors	Amy Gainer Lauren Lutic-Muusse diversity@strathconacommunity.ca
Community Wellness and Gord Lacey Safety	safety@strathconacommunity.ca
Board Development	Maureen Duguay boarddev@strathconacommunity.ca
Community Hall	Scott Wright rentals@strathconacommunity.ca 780-439-1501
Information	info@strathconacommunity.ca

Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3

Community League website: www.strathconacommunity.ca

EFCL website: www.efcl.org

Community Leagues... where neighbours meet and great things happen!

Board meetings are held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information, e-mail president@strathconacommunity.ca

The Strathcona Centre Community League is on Facebook <https://www.facebook.com/StrathconaCL/>. Follow on Twitter @StrathconaCL Instagram @strathconaleague

The copy deadline for the February-March 2023 issue of Community League News South is January 27, 2023. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

The board extends best wishes to all for a safe, active, and healthy holiday season, and a happy new year!

Annual General Meeting and Board Election

The Strathcona Community League held a hybrid AGM (in-person and virtual) on Monday, November 7, attended by 34 people. Nathan Carroll, President, gave his sincere thanks to all of the board members who have worked diligently in their various areas of oversight and have participated meaningfully in the larger board discussions and decisions. He expressed his gratitude to Delianne Meenhorst (Past President), Derek Kaplan (Civics and Planning), Daniel Auger (Community Garden) and Cheryl West-Hicks (Diversity and Inclusion) for their service to our community.

Half of the board positions were open for election for a two-year term. Nathan Carroll (President), Bernie Roessler (Membership) and Donna Fong (Programs) were re-elected. Welcome to four new board members! The positions of Communications Director and Sport and Fitness Director are currently vacant.

Emily Graca

Civics and Planning Co-director

Emily recently moved to the neighbourhood on Saskatchewan Drive and is proud to call it her new home. Prior to moving to Strathcona, Emily had been program director for the Athlone Community League. She is excited to join our board and shares the role of Civics and Planning Co-director with Maureen Duguay, a long-time board member. Emily enjoys engaging with the community and is looking forward to being actively involved with the unique, changing landscape of Strathcona's built environment.

Amy Gainer

Diversity and Inclusion Co-director

This is Amy's first year involved with the

community league but has past experience organizing with Pride and Women's Centres in campus settings. Amy has lived in the neighborhood for 15 years with a brief break for graduate school in Saskatchewan. Related to her role, Amy is a passionate in the areas of Truth and Reconciliation and harm reduction.

Lauren Lutic-Muusse (she/her)

Diversity and Inclusion Co-director

Lauren recently moved to Strathcona after living in the Netherlands with her partner and three young kids. Lauren was born in Edmonton and loves to call it home. Her main gig is working remotely as a Sustainability Advisor, specializing in corporate human rights and is excited to move away from her at-home desk and into her neighbourhood. In the position she hopes to employ humility to first understand (systemic) biases prevalent where she lives. She then hopes to collaborate with others to help dismantle these ways of knowing and being which hinder community building.

Jacquie Devlin

Garden Director

Jacquie has lived in Strathcona since 2001, and she and her husband have raised their two daughters in the neighbourhood. After converting her own yard to a permaculture garden, she joined the Strathcona Rail Community Garden in 2009. She enjoys living in such a central neighbourhood as the family last owned a car in 2005. Jacquie often bikes to work at MacEwan University where she teaches in the Legal Studies program. She is looking forward to discussing all things gardening with the community.

Helen Gillespie Rink Kick Off Party

The first annual Helen Gillespie Rink Kick Off Party will be held on Sunday, December 18th, subject to rink condition. The alternate date is January 8, 2023.

10139 87 Avenue, large rink

2:00 to 5:00 pm (all ages shinny game at 3:30)

Helen will be joining us to kick off the rink

League Programs

Updates and new programs will be announced on the league website, social media, and eNewsletter. Adult programs are held in the main hall on the 2nd floor of Strathcona Community League, 10139 87 Avenue (up the ramp on the north side of the building). Registration fees for registered programs are to be paid online (credit card or debit) at the league's website (Programs

[tab\) https://strathconacommunity.ca/](https://strathconacommunity.ca/)

A minimum of six full registrations are required to run adult programs. Refunds will be issued if a specific program is cancelled. If you would like to participate in an adult registered program but cost is a barrier, please contact Donna at programs@strathconacommunity.ca for subsidy options.

Exhale Fitness Sculpt and Tone Barre with Tiffini Fedoruk

Sculpt and Tone Barre is a fusion of classic barre exercises, dance, and Pilates performed to the beat of the music. Our barre experience focuses on precision, balance, cardio, and core strength as we adapt from standing to floor exercises. Suitable for all experience levels.

Winter Session

Mondays

Jan 9-Mar 20, 2023; 10 classes; Morning: 9:00 – 10:00 a.m.

OR

Evening: 7:30 – 8:30 p.m.

Fee: \$128.00 for complete session

Single (or multiples): \$15.00 per class

Requirements: Community league membership (any league). Bring your yoga mat, a water bottle, grip socks, and a set of 1-5 pound weights.

Register and pay online.

Instructor: Tiffini Fedoruk trained in ballet, tap, jazz, and contemporary with the Victoria Island Youth Dance Theatre. A passion for teaching lead her to complete the Teacher Training Program at the Royal Winnipeg Ballet School, and pursue further teacher training at the Cecchetti Dance Theatre in Edmonton.

Following a hiatus from dance, during which she completed several diplomas in nutrition, Tiffini eventually returned to the world of movement, this time from a fitness perspective. First becoming a barre instructor through Xtend Barre, she then dove into Pilates and other related brands, earning her STOTT PILATES® Mat and Reformer Certification, Garuda® Apparatus, Matwork, and Seated

Standing, Brick, Merrithew™ Fascial Movement®, Piloxing® SSP, Piloxing® Barre and most recently TRX Suspension Training. Website: <https://www.exhalefit.ca/>

Unlock your Body with Essentrics® with Lynn Bohuch

Winter Session

Mondays

Jan 9-Feb 27, 2023; 7 classes; 10:45 – 11:45 a.m.

Fee: \$90.00 for complete session

Single class (or multiples): \$15.00 per class

Requirement: Valid Community League membership (any league).

Register and pay online.

Essentrics is on a mission to establish the true meaning of what it is to be fit at every age and stage of your life, with a special focus on age prevention and reversal through movement. We believe that fitness should not be measured with an index, in miles, in muscle mass or in speed. Rather, it should be measured in one's ability to move freely, live actively and without pain.

The goal of the Essentrics Workout is to create a balanced body such that the strength in your muscles doesn't inhibit your movement, and your mobility is enhanced by your strength.

Lynn is a Certified Level 3 Essentrics® Instructor and also certified with AFLCA. She currently teaches for the City of Edmonton, County of Strathcona, private studios, private groups along with virtual classes. For more information, contact Lynn Bohuch at essentrics-workoutwithlynn@gmail.com

Gentle Yoga and Hatha Flow with Corinne McNally

Winter Session

Gentle Yoga

Mondays

January 9-February 27, 2023

No class on Family Day, February 20

7 classes

6:00 - 7:15 p.m.

Fee: \$90.00 for complete session

Single (or multiples): \$15.00 per class

Requirements: Community league membership (any league). Bring your own yoga mat and props.

Register and pay online.

Hatha Flow Yoga

Thursdays

January 12-February 23, 2023

9:30-10:45 a.m.

Fee: \$90.00 for complete session

Single (or multiples): \$15.00 per class

Both programs: \$162.00

Requirements: Community league membership (any league). Bring your own yoga mat and props.

Register and pay online.

Gentle Yoga and Hatha Flow Yoga are taught by Certified Yoga Instructor Corinne McNally. Yoga is a holistic practice that can open and strengthen your body, revitalize your energy, and bring peace to your mind. These classes are perfect for both beginners and seasoned practitioners, and are taught in a friendly and supportive environment. Corinne lives in Old Strathcona and has been teach-

ing yo ga for over 16 years. Website: <https://www.lotusmoonyoga.ca> If you have any questions, contact instructor Corinne McNally at corinne@lotusmoonyoga.ca.

Gentle Hatha Yoga with Laura Harvey

Tuesdays

Jan 10-Feb 28, 2023; 8 classes; 9:30 - 10:45 a.m.

Fee: \$102.00 for complete session

Single class (or multiples): \$15.00 per class

Requirements: Community league membership (any league). Bring your own yoga mat.

Register and pay online.

Join Certified Yoga Instructor Laura Harvey for Gentle Hatha Yoga. This class fuses a unique blend of sustained poses with dynamic flow, joyful exploration, and calming mindfulness meditation. Classes focus on releasing tension, connecting with the breath, developing strength, flexibility, bodily relaxation, and awareness of breath and body are integral parts of all classes. Ultimately, students experience 75 minutes of self care – a delicious way to relax and release!

Laura Harvey has been teaching yoga and mindfulness meditation since 2002. She completed her 200-hour teacher training at the International Sivananda Yoga Vedanta Centre. In addition to teaching studio classes, Laura offers private sessions for individuals and small groups. She also works with individuals as a Transformative Wellness Coach and a Mental Performance Coach for Athletes.

For more information, contact Laura at coachlharvey@gmail.com

Artagogo Saturday Art Classes with Berna Ponich

Dates

Selected Saturdays January to March 2023 (8 classes)

January 14, 21, 28; February 4, 11, 25; March 11, 18

Times

10:00 a.m. – 11:30 a.m. – Ages 6 and up (all ages 6 and up are welcome)

11:30 a.m. – 1:00 p.m. – Ages 11 and up

Location: Small meeting room, main floor

Fee: \$165 All materials are included

Requirements: Valid Community League membership (any league). Masks are highly recommended but not required.

Register and pay online

Instructor: Berna Ponich of Artagogo has been teaching art to kids for over 32 years. She studied Fine Arts at what was then called the Alberta College of Art, in Calgary, and then returned to Edmonton where she received a Bachelor of Education with a major in Fine Art education from the University of Alberta. "I love teaching now as much as I did when I started, if not more, and teaching art is the best job. I have met hundreds and hundreds of kids and have felt honoured every time a parent has entrusted me with their child's art education."

For more information about the art classes, contact Berna at berna@telus.net

Facebook and Instagram: [artagogo](https://www.facebook.com/artagogo)

New Programs

The Strathcona Community League will launch our own Move for Mental Health in January 2023 similar to the 2022 program. Members of the league's Strava club will compete as a community to reach a collective goal (distance TBD).

This club is just for fun and we hope it helps

motivate everyone to fit a little more movement into each day. Watch the league website and social media posts.

A new adult drawing class for beginners might be offered in the new year at the Strathcona Community League. If you are interested, please contact Berna at berna@telus.net

Community Swim Program

The Strathcona Community League is pleased to offer free swims at two of the City's indoor pools during the 2022-2023 season. Just show your current membership card (digital or printed) to the attendant at either facility for free entrance during the community league swim time.

Sundays

Until August 27, 2023

1:00 pm - 3:00 pm

Commonwealth Community Recreation Centre

11000 Stadium Rd

The Recreation Centre has a 4-lane fitness pool, leisure salt water pool with spray features, water slide, aquatic climbing wall, whirlpool and steam room. Community league members may use the pools as well as the fitness centre during the booked time.

Eastglen Leisure Centre

11410 68 Street

The Centre has a 25 metre gradual depth salt water swimming pool, whirlpool, steam room, and pool toys.

It's Crokicurl!

Developed by PublicCity Architecture in Winnipeg MB, Crokicurl is an outdoor game which combines the popular sport of curling with crokinole, a much-loved Canadian board game.

Iconic in its octagonal form, the rink combines the familiar red and blue painted rings of a curling sheet and the structure of a crokinole board. At its core, Crokicurl is about engaging

entire communities and establishing solidarity through play and social engagement. Strathcona Community League is excited to engage our community with this exciting new outdoor sport. See more from PublicCity at <https://www.publiccityarchitecture.com/crokicurl>

Visit our website for the Rules and keep an eye on our website and social media for all the rink updates, coming soon!

Youth Hockey and Skating Lessons

Youth hockey will be back at the Strathcona Community League on Tuesday nights starting January 10th! The only mandatory equipment is skates and a helmet. There are some sticks at the hall but you're also welcome to bring your own and any other protective equipment you have.

We will also be hosting some learn to skate sessions in January but those dates have not been determined, stay tuned to the league's digital newsletter and Facebook.

Strathcona Rink Schedule

SMALL RINK SKATING (no sticks/pucks)

Mon to Fri 3:30-9:00 p.m.

(Starts at 2:30 p.m. on Thursdays)

Sat and Sun Noon to 9:00 p.m.

Holiday break Dec. 24 to Jan. 8

Noon-9:00 p.m.

HOCKEY RINK

Hockey parent/children

Mon 3:30-7:00 p.m.

Tues Wed 3:30-6:30 p.m.

Thurs 2:30-7:00 p.m.

Sat and Sun Noon-4:00 p.m.

Fun Skate

(No sticks/pucks)

Fri 3:30-5:30 p.m.

Adult hockey

Mon, Sat, Sun 7:00-9:00 p.m.

Wed TBD

Youth hockey

Starting Jan. 10, 2023

Tues 6:15-7:15 p.m.

Open skate (sticks/puck OK)

Tues 7:30-9:00 p.m.

Thurs, Fri 7:00-9:00 p.m.

Sat, Sun 4:00-7:00 p.m.

Holiday break Dec 24-Jan 8

Open skate (sticks/puck OK)

Noon-5:00 p.m.

Youth shinny, 5:00-7:00 p.m.

Adult shinny, 7:00-9:00 p.m.

December 31, New Year's Eve, 6:30-9:00 p.m. Hot chocolate, treats and noise makers provided.

Hours are subject to change due to weather conditions and maintenance required. Check the website <https://strathconacommunity.ca/> or phone the hall 780-439-1501 to see if the rink is open.

Skaters are welcome on the ice prior to opening times if ice maintenance is not in progress. Shoveling may be required.

The rink will be closed when the temperature, including wind chill, is -23° C or colder.

A community league membership is required for skating. Check here <http://strathconacommunity.ca/league/membership> for membership information. For those skaters outside the community, a \$5/time or \$20/season fee is required.

The lights will be on from dusk to 9:00 p.m.

Learn to skate lessons will run in January, dates TBD.

Strathcona Playgroup

The free drop-in playgroup runs on Wednesdays and Fridays, 9:00 – 11:00 a.m., until June 30, 2023, in the main hall (2nd floor). The entrance is up the ramp on the north side of the building. The playgroup is open to parents/caregivers, babies and children for unstructured play and socializing. Toys, ride-on ve-

hicles, books, and tables are available to use at the hall.

Many thanks to the parent volunteers (led by Chris Hancock) and guests. Join us for a special storytime on Wednesday, December 21, 10:00 a.m. If you have any questions, contact Donna at programs@strathconacommunity.ca

Civics and Planning Report

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. When the City sends notices to the League announcing appeals to the Subdivision and Development Appeal Board (SDAB), or informing applications for rezoning, or outlining variances that are being requested by a property

owner, the committee investigates. To learn more about issues and proposed development projects, please contact Emily Graca and Maureen Duguay, Co-directors, at civics2@strathconacommunity.ca.

For the latest news on Civics and reference documents, visit the website <https://strathconacommunity.ca/latest-news-civics/>

Thank you!

The Strathcona Community League would like to extend a heartfelt thank you to all those who volunteered at the casino fundraising event, November 21-22. Licensed casino events provide a major source of funding, enabling the League to perform many services to the community.

Thanks to quizmasters Scott Wright and

Gordon Kent for their brilliant work in creating questions and hosting the fun Pub Night: Trivia Edition! on November 18th. A record 17 teams completed in the eight rounds of trivia with cash prizes awarded the top three teams. Thanks to Jeanie McDonnell for managing the bar with support from Ann Matheson, and Farhana Nurani (registration).

How to become a member?

The SCCL is working hard to make our community a great place to live so please help us out by purchasing your membership. Please visit the website <https://strathconacommunity.ca/league/membership>

If you have any questions, email membership@strathconacommunity.ca, or leave a voice message at the hall at 780-439-1501.

More about a membership

A membership year starts September 1st and ends August 31, and is for those living within our boundaries. The cost is:

Family \$20 – A family is any group residing in one household, acting as a family unit, with a maximum of two votes per household.

Single \$15

Senior \$5 An individual of 65 years or older.

Student \$5

Benefits of a Membership:

Why be a SCCL member? There are many reasons:

A voice on issues in our community (transportation, zoning, housing, etc.)

A connection to news and events in the community (e-mail list, website, newsletter, Facebook, Twitter, Instagram)

Social events like Winterfest, Mini Folk Fest, BBQs, Trivia Night, pub nights

Free skating at our two top-notch rinks

Free access to Community Swim Program at Commonwealth Community Recreation Centre and Eastglen Leisure Centre (2022-2023)

Up to 20% discount at City of Edmonton Recreation facilities (e.g., Kinsmen Sports Centre)

Discounts on hall rental

Children's soccer and skating

Access to Programs such as Barre, Essentrics, Yoga, Art, and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop, 10377 78 Avenue

10% discount Global Pet Foods, 7904 104 Street

Be a community league member and help make our community a better place to live.

Discounts on Hall Rentals

Rental deals - another benefit of membership! Did you know that members of at least 6 months are eligible for a discount on hall rentals? And we are now providing the option to pay with a credit card. In addition, we are implementing a special kids' birthday party rate of \$50 on Sunday afternoons. (Note that renters for any event must obtain third party liability insurance.) Check out our rental info on our website, or call 780-439-1501.

Hall Rentals

Main Hall

Capacity 105

Seats 60 to 80 depending on table arrangement

Amenities include hardwood floors, balcony, stage, bar, full kitchen, dishes and cutlery, tables and chairs.

Lounge

Capacity 60

Seats 30-35 depending on table arrangement

Amenities include a bar, fireplace, piano, tables and chairs.

Concession/Small Meeting Room

Seats 8 to 10

Amenities include kitchen.

To check availability and for a virtual tour, visit the website

<https://strathconacommunity.ca/hall-rentals/>

To make a booking or for more information contact Scott at rentals@strathconacommunity.ca or 780-439-1501.

A/V equipment available to rent. Community League members of at least 6 months receive a discount on rates.

Pub Nights

Pub nights are typically on the 3rd or 4th Friday of the month at 8 pm (we try to work around school holidays), in the Lounge of the community hall building, upstairs, 10139 87 Avenue.

Upcoming pub nights:

December 17, 2022

January 20, 2023

The Strathcona Community League is collecting donations from community residents for the Old Strathcona Youth Society (OSYS). Items will be used by the OSYS to put together backpacks for impacted youth during this holiday season. For more information about the OSYS, visit <https://www.osys.ca/>

Donations can be brought to the hall during Pub Night on December 17th. The following items are needed:

- mitts/gloves/toques
- Kleenex (trial size)
- toiletries (trial size)
- gift cards
- candy

Subscribe to our mailing list or watch our social media for details as the dates get closer. Kids are welcome. Pub nights are for community league members and guests. Memberships available on site, or through <https://strathconacommunity.ca/membership>

Argyll News

Japanese Drumming

Beginner workshops are back with Kita no Taiko Try playing Japanese drums yourself.

Beginner workshops are for everyone aged 13 and over, no previous musical experience is required.

You will learn the fundamentals of playing, musical notation, and will eventually learn to drum a song. Participants can expect to use their bodies and their brains to experience

what Taiko is all about.

Level I Workshops Saturday January 14 at 12:00-2:15 PM

Monday January 23, 6:45-9:00 PM

Go to our website to register: <https://kitano-taiko.ca/workshops>

If a workshop is full, you can go on the waiting list for a cancellation. Please email info@kitano-taiko.ca to be considered for the waiting list.

Parking Issues

It is not recommended to call the Edmonton Police Service for parking issues. It's not their jurisdiction. However, if there appears to be an unsafe parking situation, physical violence or threat of violence, or damage to public or

private property, then calling the Police complaint line (780.423.4567 -or- #377 on a mobile phone) is the best action to take (unless it is a critical emergency involving bodily harm; then use 911).

Argyll Online

Check-in weekly to see what's changed on our web site. Send us things you think the community would be interested in through our Contact page. Look for it the next time you visit our site.

Our web site address is: www.argyllcl.ab.ca
If you wish to be added to our EVENTS e-mail distribution list get your name into argyll.social@gmail.com.

Skating Rink

We are installing a snowbank rink again this winter. With proper weather conditions a rink will be available for casual skating through spring of 2022. There are no indoor restroom facilities available. The rink is maintained by a small group of dedicated volunteers and we hope you will help protect it from misuse or damage. Active games or hockey sticks are

not permitted. Night skating is not allowed. If you wish to volunteer for joining the rink team, contact: president@argyllcl.ab.ca

Be on the lookout for an announcement about a Skating Party in the coming months. There will be a notice on our Facebook page as well as through our e-mail list and the web site.



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

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www.heathermcpherson.ndp.ca

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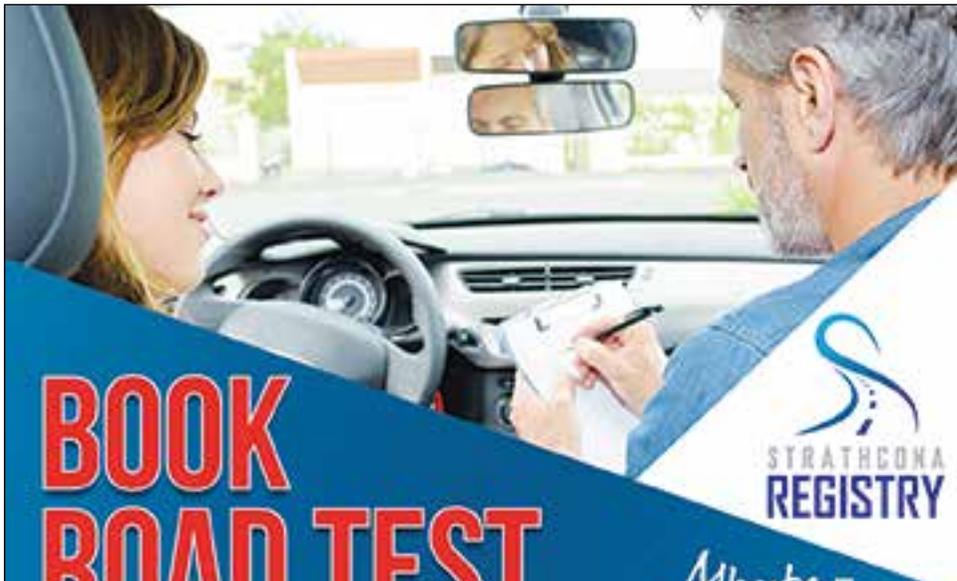
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Chartered Professional Accountants

Contact Information:
Lorn Stanners, CPA, CMA
Email: lorn@yateswhittaker.ca
Phone: 780.413.7211

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Ritchie News

Meet the 2022/2023 Ritchie Community League Board

Our board members are Ritchie residents who volunteer their time and expertise to create a better community. We meet at the hall or over Zoom on the first Thursday of every month at 7 p.m. (except in July and August). Everyone is welcome to attend. Our annual general meeting (AGM) and elections are in May.

President: Avnish Nanda (president@ritchie-league.com)
Vice-President: Maureen O'Neil (vice-president@ritchie-league.com)
Secretary: Erin Fraser (secretary@ritchie-league.com)
Treasurer: Nigel Greenways (treasurer@ritchie-league.com)
Casino & Fundraising Director: David Woo (fundraising@ritchie-league.com)
Civics Director: Ian McKellar (civics@ritchie-league.com)
Events Director: Jenet Dooley (events@ritchie-league.com)
Green Initiatives Director: Ash Davidson (environment@ritchie-league.com)
Hall Revitalization Director: Jeff Ollis (hall-revitalization@ritchie-league.com)
Programs Director: Carly Steiger (programs@ritchie-league.com)
Soccer Director: Yetayale Tekle (soccer@ritchie-league.com)
Volunteers and Membership Director: Rowan Macnab (volunteers@ritchie-league.com)
Director of Special Projects: Seghan MacDonald
Director-at-Large: Robyn Kaulback
Director-at-Large: Nicole Ritchie
Visit the Ritchie Hall at:
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(780) 433-7137
Hall Manager: Jaclyn Segal (inquiries@ritchie-league.com)
Find us online at:
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Facebook: facebook.com/WelcometoRitchie
Twitter: @RitchieYeg
Instagram: [ritchie_league](https://instagram.com/ritchie_league)

Join the Ritchie Crew

Beyond the traditional membership you can show your Ritchie pride with a Ritchie Crew subscription. We are working on a great lineup of swag for the new year that will be just the thing to keep you warm and cool.

Every subscription tier comes with the Ritchie Discount card, a thank you package, and all Ritchie residents will receive an annual RCL membership. Whether it's the newest RCL swag, admission to league events, or the craft beer/coffee subscription, we think there's a tier for everyone.



For more information visit: ritchie-league.com/rcl-support

Knock back a new brew

We are thrilled to announce our latest Centennial collaboration with Ritchie legends, Blind Enthusiasm Brewing! Four Corners is a bright, fruity ale that was dry-hopped with four hops. Blind Enthusiasm is kindly donating \$1 from each 4-pack sold to the Ritchie Community League. Cans are available at Biera and Biera Market, online (shop.blindenthusiasm.ca) or select liquor stores across Alberta.

Thank you to Blind Enthusiasm for helping us celebrate 100 years of the Ritchie Community League!



Come Chill Out with Ritchie

Join us December 17 at Ritchie Hall from 1:00 to 4:00 pm for the Ritchie Chill Out Festival! Featuring an afternoon of family-friendly entertainment including: interactive dance performance by Ritchie resident Okama Brook

at 1:00, Kompany Family Theatre's kids show Holiday Ho! Ho! Ho! at 2:00, and live music by Dave Von Bieker at 3:00. Skating on the rink to festive tunes and hot drinks and snacks also run all afternoon. Open to all and free to attend!

Have you heard the A Little Bit Ritchie podcast?

A Little Bit Ritchie shares the past 100 years of the Ritchie Community League. We aspire to challenge and reassess notions of place, community, and public space, bridging a gap in historical knowledge of our neighbourhood. By sharing lesser-known stories to nourish our community's spirit of belonging, unity, and respect.

We hope to reflect on the history of Ritchie to kindle a brighter future. This podcast is brought to you by Erin Fraser, Seghan MacDonald, Linnea Bell, Lydia Neufeld, and Elyse Colville.

Listen on our website by visiting ritchie-league.com/a-little-bit-ritchie or subscribe and leave us a review using your favourite podcast app.

Join the Ritchie Community League

You can be a part of the Ritchie Community League in a variety of ways. We offer memberships and a wonderful collection of programs and activities.

Memberships

Family: \$25

Individual: \$15

Associate: \$15 (non Ritchie resident)

Seniors: by donation

Sign up Online at: efcl.org/membership-purchase/ (Search for Ritchie)

Sign up In-person at: RCL events and Ritchie Foods (9606 76 Ave.)

Regular Events

Fit For Life on Mondays

NOTE: Change coming in January

Deb Proc will be taking over from Barb Royer as the new Group Fitness Instructor as of January, resuming classes on Mondays but with a different time, 11am to noon.

Barb will continue with the November/December Monday classes from 10am-11am with the last class on December 19.

To join now and get a punch pass, visit ritchie-league.com/fit-for-life

Bridge on Fridays

Doors open: 11 a.m.

Games start: noon

Visit ritchie-league.com/bridge-club

RCL Book Club



Love to read? Looking for a new novel to dig into? Want to talk with other book-lovers in your community? Yes? Good!

Join the RCL Book Club where we'll be reading new, award-winning and engaging Canadian writing!

For more information, including how to sign up visit ritchie-league.com/book-club

Land Acknowledgement

The land on which we live, work and play is Treaty 6 territory and a traditional meeting ground for many Indigenous groups. Today, it remains home to Cree, Blackfoot, Saulteaux, Métis and other Indigenous peoples. The Ritchie Community League acknowledges that we are all beneficiaries of this peace and friendship treaty.

Community League Wellness Program



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

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

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

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

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

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

Safety Data Portal

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



Alberta Health Services
Emergency Medical Services

Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Wear a ski helmet designed for use in cold weather and high speeds.

Plan ahead

- Anticipate weather changes and plan accordingly;
- Wear warm, insulating layers closer to the body, and wind and water proof layers on the outside;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks out of the cold to warm up;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin at all times;
- If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill;
- Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water, until re-warmed.

Hazards

- Avoid hills that are too steep or icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences;
- Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged;
- Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill;
- Children should be supervised by an adult; try not to toboggan alone;
- Sledding at night is not advised.

www.albertahealthservices.ca

Play Rangers

The City of Edmonton is offering Play Rangers, a free drop-in program on Saturday afternoons that focuses on children and family participation, at various parks. Activities include fire building, snowshoeing, and snow forts. For the schedule, visit <http://edmonton.ca/playrangers>

Leaders are facilitators providing outdoor fun activities and ensuring safety for everyone. Parents and caregivers are responsible for their children at all times and must be available



in the event of an emergency. Programming will still be available on rainy and snowy days but may be cancelled during severe weather.

Leisure Access Program

The City of Edmonton is accepting applications for the expanded Leisure Access Program for low-income Edmontonians to access recreational facilities and the Ride Transit Program. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program

New Permanent Residents and refugees living in Canada less than one year, and Ukrainian nationals arriving on or after February 24, 2022 are also eligible to apply.

Swallowing button batteries is dangerous

Button batteries are used to power items such as watches, cameras, calculators, hearing aids, and computer games. With Christmas around the corner, many children may receive gifts powered by button batteries and because of what they look like and their size, children can mistake button batteries for food or candy.

Swallowing button batteries is dangerous. Button batteries can cause chemical burns and damage your internal organs.

If your child swallows a button battery, it can cause burning, corrosion, or completely destroy the tissue in the upper digestive tract.

This damage can happen very quickly and is likely to be worse if the battery gets stuck in the esophagus (throat) instead of moving into the stomach.

After ingesting a button battery your child might have one or more of these symptoms:

- trouble breathing
- wheezing, drooling
- coughing and gagging when eating
- trouble swallowing
- chest pain
- belly pain
- nausea, vomiting
- no appetite
- fever

There may not be any symptoms after swallowing a button battery, but injury can still occur.

If you think someone has swallowed a button battery:

- Do not try to make them vomit.
- Take them to an emergency department immediately.

To keep children safe this holiday season and beyond:

- Keep all batteries locked up, out of reach and out of sight of children.
- Supervise children when they use prod-

ucts containing button batteries.

- Ensure children do not play with button batteries or are able to remove them from toys.
- Look for loose batteries on floors, tables, and counters. Dispose of batteries so that children cannot find them.

• Store or dispose of batteries in a secure place so that children cannot gain access to them.

o Cover the ends of the battery with tape before storing and disposing.

o Ensure button batteries are not left out, even if they are dead.

Visit MyHealth.Alberta.ca to learn more about button batteries, the signs and symptoms of button battery ingestion, as well as treatment.

If you think someone has swallowed a button battery:

- Do not try to make them vomit.
 - Take them to an emergency department immediately.
- To keep children safe this holiday season and beyond:

• Keep all batteries locked up, out of reach and out of sight of children.

• Supervise children when they use products containing button batteries.

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Visit MyHealth.Alberta.ca to learn more about button batteries, the signs and symptoms of button battery ingestion, as well as treatment.



Share your thoughts about childhood immunizations

There is a lot of information available to Albertans around immunization, especially when it comes to routine childhood immunization. Starting at two months of age, Alberta's childhood immunization schedule aims to immunize against diseases at the safest and most effective ages and stages. This can be stressful and confusing for parents and caregivers, from keeping up with appointments to ensuring the safety and well-being of your child.

We want to hear your thoughts, ideas, concerns and opinions on immunizations, particularly for your children. If you are a parent or caregiver of a child or children between the ages of newborn and 15, please take a few

minutes to complete a survey and share your thoughts and opinions on childhood immunization.

By hearing your thoughts, we can better ensure that the information we provide is what you need to help you make immunization decisions for your children and family. We look forward to hearing from you.

Please find our survey at ahs.ca/childvac or the QR code below.

We look forward to receiving your survey submission before Dec. 31, 2022.

Results are confidential and will be used to ensure Albertans have the information needed to support this important decision.

Tips on reducing the salt in your diet



Having too much salt in your diet can increase your risk for high blood pressure and heart disease. Many store-bought sauces and premade seasonings used to flavour food are high in salt. Reducing the salt you eat may be beneficial to your health. Here are some tips on reducing the salt in your diet.

• Blend your favourite herbs and spices to make a homemade poultry seasoning. Try it on chicken, turkey, or in dishes such as stuffing. Experiment with garlic powder, rosemary, paprika, sage, thyme, parsley and basil.

• Make your own sauces, dips, and condiments so you can control how much salt you add. Aim to add little or no salt to the recipes.

• Use low-sodium or no-salt-added broths for soups, stews, and sauces.

• Use flavourful ingredients such as onions,

garlic and lemon in other favourite holiday dishes.

• Read food labels to help you choose lower sodium options in the store. You can compare products by looking at the Nutrition Facts table. Aim for products that have less than 15 per cent Daily Value (%DV) in sodium.

More ways to reduce your sodium intake:

• Toss root vegetables such as carrots, sweet potatoes and parsnips in olive oil. Sprinkle them with cinnamon and nutmeg before roasting them in the oven.

• Rinse canned vegetables and beans under running water before eating. This will help rinse off the liquid, which often contains salt.

• Reduce salt gradually. Your taste buds will adjust over time and you will get used to having less salt in your foods.

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Keep your family safe from food-borne illness

This holiday season, keep your family healthy and your feast free of food-borne illnesses by remembering safe food handling practices, from grocery store shopping to storing leftovers.

At the grocery store:

- Double check the “best before” date to ensure freshness of all foods.
- Place the turkey at the bottom of the cart away from other food.
- Ask for the turkey to be bagged separately from all other food.
- Keep the turkey separate from other bags when transporting from store to home.

Pre-cooking storage:

- Refrigerate your turkey immediately upon arriving home from the grocery store if you will be cooking it within three days.
- Prevent raw turkey or turkey juices from contaminating other items in your fridge or freezer by storing it in a clean plastic container or plastic bag that will hold in any leaking juices or place the turkey on a deep tray to catch any leaking juices. Always place the turkey on the bottom shelf of the fridge or freezer.

Thawing:

- It is always best to thaw your turkey in the fridge. You can alternatively thaw your turkey in a sink, under cold running water, ensuring the turkey remains in its original plastic wrap and the water remains cold.
- Do not thaw turkey at room temperature. It is not safe and could result in the growth of dangerous bacteria.
- Cook your turkey immediately after it has thawed.

Preparation:

- If you are feeling unwell and experiencing symptoms of illness such as vomiting, diarrhea, abdominal cramps, nausea, fever, do not handle food or prepare food for others.
- To minimize the spreading of raw meat juice and to prevent cross contamination, it is not recommended to wash/rinse the turkey before cooking.

- Hand hygiene is important. Always wash your hands before preparing food, after handling raw meat and before moving on to another task/step.

- Use separate cutting boards to prevent cross contamination. Prepare ready-to-eat foods (e.g. salad) first before handling the raw turkey.

- Wash counters with soapy water then sanitize after handling raw meat. Use bleach solution to sanitize food contact surfaces (one teaspoon regular unscented bleach in one litre of water).

Cooking:

- Turkey must be cooked thoroughly, in the oven, until the meat reaches a minimum internal temperature of 82 degrees C or 180 degrees F.

- To ensure the turkey is properly cooked, always use a meat thermometer according to the manufacturer’s instructions. Insert the thermometer into the thickest part of the thigh and/or breast, ensuring it is not touching any bones.

- Never slow cook a turkey.

- Prepare and cook stuffing separately from the turkey.

Serving:

- Keep hot food hot: hot foods should be kept at a temperature of at least 60 degrees C or 140 degrees F.

- Keep cold food cold: cold foods should be kept at a temperature of 4 degrees C or 40 degrees F or lower.

- Do not serve food that has been sitting at room temperature for more than two hours.

Leftovers:

- Refrigerate all leftovers within two hours of serving. Slice, quarter or debone the turkey to allow for faster cooling.

- Leftovers should be reheated to at least 74 degrees C or 165 degrees F.

- Leftover meat, stuffing or gravy should be eaten within two or three days of cooking. Any food that will not be eaten within three days should be immediately frozen after cooking.



Driving takes 100 per cent of our attention all year round.

Road crashes are the third-leading cause of death among young people in Canada. In 2020, transportation-related injuries were the third-leading cause for emergency departments and urgent care centre visits among youth, ages 15 to 19, in Alberta.

The risk of accidents increases, even after just one second of taking your eyes off the road. Distracted driving can be:

- Visual distraction: When a driver’s eyes leave the roadway.

- Manual distraction: When a driver’s hands leave the steering wheel.

- Cognitive distraction: When a driver’s mind is no longer on the task at hand.

- Actions — such as texting or calling while

driving, talking to friends in the car, switching songs, or eating and drinking — that take a driver away from the task at hand and increase the risk of accidents and injuries on the road.

Avoid distracted driving by:

- Turning your phone off or using the “do not disturb” feature while driving.

- Giving your phone to a friend.

- Parking safely before checking your phone or making a call.

Parents can also set good examples for their children and teens by keeping their cell-phones out of reach when driving.

Speeding, sleep deprivation, as well as drug and alcohol-impaired and aggressive driving also increase the risk of crashes and injuries on the road.

Pitfall Falls of Adding Children to Assets

Kathy, a widow, called about how to simplify her estate. She had read articles about how costly probate was and wanted to avoid these costs. She assumed the fees were high all across Canada was surprised to learn they varied. On a million-dollar estate, probate fees range from \$0 to \$16,000+. In Alberta, her maximum probate fees would be \$525.

Kathy had also read about adding children to the title of her house so that probate wouldn’t be required. If her home was registered as joint tenants with Mary, her daughter, the house would automatically transfer to Mary and avoids probate. This is frequently done, but it is not without risk or potential income tax complications.

What happens if circumstances change for either of them?

1. Mary is sued, goes bankrupt or gets a divorce? It is possible that either the creditors or her spouse may try and claim that Mary is a part owner of Kathy’s home.

2. If Mary already owns a home, her Principal Residence exemption may be impaired. If Mary doesn’t own a home and wants to buy one, she may not qualify for one of the differ-

ent plans or incentives. E.g., Home Buyer’s Plan, First-Time Home Buyers’ Tax Credit or the CMHC first-time home buyer incentive.

3. If Kathy wants to sell the home, use it to secure a loan or if it has a mortgage, renew it with a different lender. With Mary being on title, this may complicate any of these. Or Mary may not agree with what her mother wants to do and refuse to approve.

4. Other issues arise when there are multiple children and if one is on title, it may result in fights after Kathy’s death as to her wishes should Mary claim the intention was for her to get the house.

If you are considering adding children or others to your property title or other assets, you need professional advice. There may be legal and income tax implications to be considered. Your intentions should be properly documented to clearly state your wishes. In most cases the person(s) adding the child remains the beneficial owner (actual owner) and the child is a non-beneficial owner (on title to act on behalf of actual owner).Lorn Stanners, CPA, CMA
Manager, Estates Yates Whitaker, LLP
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