

COMMUNITY LEAGUE NEWS SOUTH

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



Apr/May 2023

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Upcoming Events at Hazeldean Community League

We are always announcing updates and more event details closer to event dates. Follow Hazeldean Community League on Facebook and Instagram for all the latest information.

Afternoon Free Family Movie "Puss in Boots" April 23, 12:00pm

Come watch a family-friendly movie on us! We can provide chairs or you can bring your own blankets and pillows. Hotdogs, popcorn, and snacks available for purchase (cash only). This event is free to attend for all HCL members and the concession is cash only (no ATM on site).

HD Performing Arts Group presents "Meet the Figments" April 23, 6:30pm

Join us for this original play performed by The Hazeldean Performing Arts Group! Tickets are \$5 available on Eventbrite or email paradigntheatre@hotmail.com for more in-

formation on HD Performing Arts Group.

Spring Cleanup May 7

Come out and help us tidy up Hazeldean playground! We will supply gloves, pickup sticks, garbage bags, and snacks. This event is weather dependent so keep an eye on our Facebook and Instagram to confirm the date and time.

Garden Club Meet and Greet May 7

Stop by to say hello and chat about plants! Tell us what you'd like to see the Garden Club do this summer! Stay tuned to the HCL Facebook and Instagram for more information.

School's Out Free BBQ June 27

Celebrate the end of the school year with hamburgers, hotdogs, sweets and some bevies! Watch our Facebook and Instagram pages for times and more information. This is a free event for everyone!

Strathcona Seedy Sunday and Local Food Talks

The Strathcona Community League is pleased to offer free talks about gardening and local food in the main hall, 2nd floor, 10139 87 Avenue. Registration is not required. For more information, contact Jacquie Devlin, Gardening Director, at garden@strathconacommunity.ca.

Seedy Sunday

Come get ready for the season on Sunday, April 23, 1:00-3:00 p.m. and hear local gardener, Suzanne Cook, as she discusses three topics: Extending the Season, Seed Saving and Growing Flowers for Cutting. As well, we will have some vegetable seeds for giving away. All dedicated and aspiring gardeners should come to the event to learn more about the topics. Suzanne is also happy to share her extensive knowledge of gardening and we will have a Q & A after the talk.

Suzanne is one of the committee members of the very popular Edmonton Seedy Sunday. She also hosts regular gardening talks at the Stanley Milner Library and was recently featured on CBC Radio. You can listen here to catch her great interview: <https://www.cbc.ca/listen/live-radio/1-17-edmonton-am/clip/15975504-gardening-season-approaching>.

Local Food Talk

Are you tired of paying exorbitant prices at big box food stores? Come meet a few local farmers and producers on Sunday, May 7th, 1:00-3:00 p.m., as they discuss why you should buy local. Topics covered will include why we need better distribution systems and what it means to be sustainable. Come learn about what kind of food is actually grown and produced near you and what you can do to support farmers.

Thank you to Argyll Casino volunteers



We've done the math... the Argyll Community League received almost \$650 in return for every hour you worked at the casino last November! Thank you for contributing your time and talent. This fundraiser would not have been possible without you! And to those who worked more than one shift, we are doubly grateful.

A special thank you goes out to friends of our community who helped complete our volunteer roster. Backups are just as important, and we thank you for your offer.

The casino is the league's primary source of funding, typically raising more than \$70,000 to operate our community hall and fund capital projects. By volunteering to work a shift, you have directly supported our community.

The Argyll Community is small but mighty

with 340 residences and a variable population of around 800 residents. Our hall is home to the Argyll community as well as the Edmonton Japanese Community Association.

With limited opportunities for fundraising, the biannual casino fundraisers are crucial to the maintenance of our hall. It takes approximately \$30,000 per year to ensure the lights stay on and the building is in proper working order for our events and guests. And it is only becoming more important to raise funds - costs in just the last year alone have increased by 13%.

So, thank you for volunteering for both the 2020 and 2022 casinos.

Sincerely – Anita Kelm, Casino Coordinator & Dave Trautman, President

Ritchie Community League AGM

The Ritchie Community League Annual General Meeting is coming soon!

Join us May 25th at 7 pm as we reflect on the past year, and choose a new board. We

are looking for a number of volunteers to fill our director positions so come out to our AGM, catch up with your neighbours, and learn about the available positions. Who

knows, you might even want to put your name in the hat!

We'd love to see you there!

Thursday, May 25

7pm start

Ritchie Hall (7727 98 St.)

minsos | stewart | masson

barristers, solicitors, notaries

PH: (780) 466.1175

Fax: (780) 465.6717

#220, 8723 – 82 Avenue

Edmonton, Alberta T6C 0Y9

• Real Estate

• Wills and Estates

• Business Law

Strathcona Centre News

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

website: www.strathconacommunity.ca

EXECUTIVE & COMMITTEE CHAIRS

President	Nathan Carroll	president@strathconacommunity.ca
Vice-President	Sally Hammell	vicepresident@strathconacommunity.ca
Treasurer	John de Haan	treasurer@strathconacommunity.ca
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Programs	Donna Fong	programs@strathconacommunity.ca
Social	Farhana Nurani	social@strathconacommunity.ca
Sport and Fitness	Jenn Costigan	
Acting Co-directors	Cheryl West-Hicks	sport@strathconacommunity.ca
Civics and Planning	Maureen Duguay	
Co-directors	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	Jacque Devlin	garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell	hall@strathconacommunity.ca
Diversity and Inclusion	Amy Gainer	
Co-directors	Lauren Lusic-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
Information	info@strathconacommunity.ca	780-439-1501

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 June-July 2023 issue of Community League News South is May 26, 2023. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca.

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/>

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.

Thank You to Our Sponsors and Volunteers

Many thanks to our amazing sponsors and prize donors for Winterfest 2023, Family Day, Friday Fun Skate and an upcoming volunteer appreciation event at the Strathcona Community League:

Save-On-Foods: Burgers, hot dogs, buns, condiments, kitchen supplies, hot chocolate, cookies, candy, gift cards

Sambroso Foods: Gluten-free empanadas (three flavours)

Councillor Michael Janz, ward papastew – Pottery pieces

MP Heather McPherson, Edmonton Strathcona: Gift certificate to Taste of Lebanon

Blue Chair Café– Gift cards

Chianti Caf& Restaurant – Gift certificates

Global Pet Foods – Pet food samples and discount coupons

Local Legal Law Offices – Gift certificates

Rosso Pizzeria – Gift certificates

Congratulations to the winners of the Spaghetti Sauce Cook Off: Kim Fong, Aura Delahaye, Emma Radford, and Phoebe Woo Banson.

On behalf of the Strathcona Community League, Farhana Nurani, (Social Director) extends tremendous gratitude to the Winterfest volunteers for donation solicitation, set-up, kitchen crew, penny carnival, arts and crafts, rink activities, BBQ grilling, cook off judging, and cleanup. Thank you for contributing to the success of our annual Winterfest!

Pub Nights

Friday, April 21 - Mezcal tasting
Doors at 8:00 p.m., presentation at 8:30 p.m., upstairs in the Lounge

Kids are welcome. Open to community league members and guests.

We are lucky to have a community league member who hails from the Mezcal producing area of Mexico - his company Mexyavii will offer four types of Mezcal and one tequila, and will teach us a bit about how it's made. Beer, wine and soft drinks will also be available.

Friday, May 26 - Trivia Night

Doors at 7:00 p.m.

Trivia at 8:00 p.m. sharp

Main Hall (use the ramp on the north side of the building)

\$5/person (max 4/team). Come as a team or on your own - we'll find you some team members.

For league members and guests (sorry, no room for kids at this one).

Friday, June 16 (theme TBD)

Doors at 8:00 p.m.

Kids are welcome. Open to community league members and guests.

General Pub Night information: Pub nights are usually the 3rd Friday of the month (but check our website/social media, or call the hall if you're unsure, as dates can change due to school holidays, etc.). There will be no pub nights in July and August. The events are held in the community league building at 10139 87 Avenue, usually in the Lounge, sometimes in the Main Hall. You must be a member or invited guest to attend. Memberships can be purchased through <https://strathconacommunity.ca/membership>

or in person at pub night. Typically kids are welcome, in a few cases space is limited so they can't be accommodated. Cash, credit and debit are accepted. Subscribe to our mailing list or watch our social media for details as the dates get closer.

Board Games Meet Up

Following a successful launch on March 18th, the Strathcona Community League is excited to announce Board Games Meet Ups in the Lounge, 2nd floor, 10139 87 Avenue.

Friday, April 14, 7:00-10:00 p.m.

Friday, April 28, 7:00-10:00 p.m.

Saturday, May 6, 1:00-4:00 p.m.

Friday, May 19, 7:00-10:00 p.m.

Friday, June 2, 7:00-10:00 p.m.

Saturday, June 24, 1:00-4:00 p.m.

Open to members of any community league and their guests. You can buy your

Strathcona Community League membership at <https://strathconacommunity.ca/league/membership/>

If this presents a barrier for you, please contact us at info@strathconacommunity.ca for options.

Adults and older children who don't require help to play the games. We may branch out into a parented "kids meet-ups" as we get established.

No experience necessary. Bringing games is greatly appreciated but not required.

Seeking a Sport Director

Join our Board! The Strathcona Community League is seeking a Sport Director to build and enhance opportunities for Sport and Fitness in Old Strathcona. Currently, we offer yoga and fitness at the Hall, and we are looking for someone to expand our programming beyond kids soccer across the neighbourhood.

We just know you could knock it out of the park as the community Sport Director. The goal of this role is to pitch your best sport opportunity ideas, get the ball rolling on community building and strike up connections between neighbours by doing so! Please contact sport@strathconacommunity.ca to get started.

Recruiting passionate volunteers for the Diversity and Inclusion Planning Committee

Did you know that the Strathcona Community League has a dedicated Diversity and Inclusion focus?

We are looking to form a sub-committee of volunteers who are passionate about advancing

diversity & inclusion in our community. Volunteer tasks are centered around community outreach, event planning and strategic support. Interested? Reach out to diversity@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/>

New! Legal Education Program

What is the difference between a Will and an Estate Plan? Does custody ever go to just one parent?

What happens if I owe money when I die? What are the steps to buying a home? What do I need to

know if I am selling my house privately? I have a child with a disability, what is a registered disability

savings plan? What do I need to know if I am an executor?

We are pleased to be offer a scheduled program of legal education seminars at the Strathcona

Community League Hall, 10139 87 Avenue, this spring and fall. Farhana S. Nurani of Local Legal Law Offices will be offering free sessions Saturday morning from 10:30am-12pm, starting April 15th to May 27th. Fall sessions will be announced at a later date.

Check out the SCCL website at www.strathconacommunity.ca under Programs or the social media posts

for registration links and dates of each session. Each session will be a 45 min seminar, 15 min Q&A and

30 min for free private consultations with guest speakers. Light refreshments will be served.

Topics are:

Part 1: Will Essentials 101

Part 2: Power of Attorney

Part 3: Personal Directives – What are they and why do I need one?

Real Estate for Beginners

Being an Executor 101

It's All About that Probate

Adult guardianship and Trusteeship Applications

Family Law 101

For Sale By Owner - Considerations for Selling Privately or without a real estate agent.

About Your Local Lawyer – Farhana S. Nurani

Farhana has been a resident of Old Strathcona since 2018. She is an active part of the community and is now in her second term as Social Director for the SCCL. In addition to her role as a volunteer member of the board, Farhana also owns and operates Local Legal Law Offices in the heart of our community. Local Legal offers a variety of legal services, such as real estate, wills and estate planning, probate and corporate matters. Farhana is an internationally educated lawyer, and obtained her law degree from the University of Birmingham in the UK. She was accredited and called to the Alberta Bar in 2015 and founded Local Legal in 2020.

She aspires to educate and inspire the people and community around her. We hope to see you support Farhana and Local Legal at the upcoming education sessions this spring and fall. Sessions are open to all community league members and guests. More information about the sessions can be found at www.strathconacommunity.ca or LocalLegal.ca

Urban Pole Walking Workshop

Saturday, May 13, 2023

1:00-3:00 p.m.

Fee: \$5.00

Register and pay online.

Have you ever wondered why you see people walking with poles? What benefit do the poles give? How much do they cost? What to look for in a good walking pole? Am I using my poles correctly?

Join us for a workshop with urban poling and fitness instructor, Melanie Kidder, at 1:00 p.m. outside the Strathcona Community League, 10139 87 Avenue. There will be a short talk on the benefits of pole walking and what to look for in a good walking pole. Then we will go for a walk around the neighbourhood and perhaps into the river valley or Mill Creek Ravine. If you already own walking poles, you can bring them. The community league has seven pairs of poles to borrow for that day. First come, first served. For more information, contact Melanie at melstrand_5@hotmail.com.

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. Mondays

April 3-June 19, 2023

No classes Easter Monday, April 10, and Victoria Day, May 22

10 classes

Morning: 9:00 – 10:00 a.m. OR

Evening: 7:30 – 8:30 p.m.

Full Session: \$128.00

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

May 1-June 19, 2023

Mondays

7 classes

No class Victoria Day, May 22nd

10:45 – 11:45 a.m.

Fee: \$90.00 for complete session

Single class (or multiples): \$15.00 per



class

April classes

Until April 24, 2023

No class on Easter Monday, April 10

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. Essentrics dynamically combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely and with full range of motion.

With thousands of testimonials from the programs' devotees of all ages and fitness levels, professional athletes, Olympians, doctors and physiotherapists—we are confident that Essentrics will target what you need, unlock what is tight, strengthen what is weak and tone what needs shaping.

Lynn is a fully certified 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 essentricsworkoutswithlynn@gmail.com

Gentle Yoga and Hatha Flow with Corinne McNally

Gentle Yoga

May 1-June 26, 2023

Mondays

8 classes

No class on Victoria Day, May 22nd

6:00 - 7:15 p.m.

Fee: \$102.00 for complete session (\$184 combined rate for both Gentle and Hatha Flow programs)

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

May 4-June 29, 2023

Thursdays

8 classes

No class on May 25th

9:30-10:45 a.m.

Fee: \$102.00 for complete session (\$184 combined rate for both Gentle and Hatha Flow programs)

Single (or multiples): \$15.00 per class

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

Register and pay online.

Gentle Yoga

Mondays

Until April 25, 2023

6:00 - 7:15 p.m.

Single (or multiples): \$15.00 per class

Register and pay online.

Hatha Flow Yoga

Thursdays

Until April 27, 2023

9:30-10:45 a.m.

Single (or multiples): \$15.00 per class

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 teaching yoga 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

Until April 25, 2023

9:30 - 10:45 a.m.

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 mental concentration. Mindfulness, 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.

Laura will resume yoga classes in September 2023. For more information, contact Laura at coachlharvey@gmail.com

Community Swim Program

The Strathcona Community League is pleased to offer free swims at two of the City's indoor pools until July 2nd. Just show your current membership card (digital or printed) to the attendant at either facility for free entrance during the community league swim time.

The pool at the Commonwealth Community Recreation Centre will be closed for maintenance, starting July 3rd until the end of August.

Sundays
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.

Strathcona Playgroup

The free drop-in playgroup runs on 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 vehicles, books, and tables are available to use at the hall. If there is

sufficient interest from families, the playgroup will reopen on Wednesday mornings later this spring. Many thanks to the parent volunteers (led by Chris Hancock) and guests. The playgroup would like to host a community swap of kids clothing, toys, and books this spring (date TBD). If you have any questions, contact Donna at programs@strathconacommunity.ca

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.

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>

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.

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

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

Community Safety Data Portal

The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city.

The Community Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmonton-police.ca>



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Argyll News

Skating Party

A big thank you to everyone who came out to our first skating party. The weather was really good, and the rink was in perfect shape. Our

Events Team put on a really fun time. Thanks also to the rink volunteers for providing ice for the neighbourhood all this winter.

Community League Family Swimming

Summer Maintenance at Commonwealth Pool.

Commonwealth Recreation Centre will be conducting maintenance on their pool this summer between July 03 – August 31. This means you won't be able to swim there for about two months this summer. We have been moved to Bonnie Doon Pool for the duration beginning with July 03 and will likely resume swimming at Commonwealth Pool in September.

Of course, Outdoor Summer Swimming will be getting underway fairly soon, so you will have that option for other swim times, but the free swimming will only be available at

Bonnie Doon during the maintenance period.

Free Community swimming is for Argyll families to have a regular 2 hour period of pool use exclusively for Community League Members. Argyll Community League is pleased to be able to offer this to our residents and families and we hope it continues to be useful to you through winter and into summer. Use of the pool does not include access to any other leisure facilities within these locations.

The addition of the Eastglen Pool (11410–68 Street NW) to our community swim options continues this year but may change in the future.

General 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.

More about parking in Argyll

Corey Rutt in our neighbourhood led the project to have restricted parking near the park areas. A pilot project was undertaken by the City and signs were installed. Everyone affected were given passes to put on their dashboards and parking was still available adjacent to the parks and around a crescent. Recently we have learned that this project might be stopped and we've received no information about why. Corey is currently looking into this with help from our Councillor Michael Janz. We hope to report soon what the outcome of that inquiry is. In



the mean time we still expect to see a survey or questionnaire regarding last year's parking restrictions, so keep an eye on your mailbox for something from City Traffic and give them your thoughts.

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.

Improvement Project Survey

The Argyll Neighbourhood Improvement Committee would like to hear from you. Please check out this survey to learn about & give feedback on the plans for a community garden, basketball court & a meeting place/resting area.

Paper copies of the survey will be in mail-

boxes soon. And an Open House for questions and discussion will be hosted this spring as well. The development of these ideas has been many years in the making, so it is very exciting to be reaching this phase.

You can access the survey online here: <http://forms.gle/zAxoZTVktY3yfcAB7>

EJCA Summer Festival

EJCA will have 2023 Natsu Matsuri (Japanese Summer Festival) on Saturday, July 15th, 2023. EJCA invites all ACL residents to the festival. More details will be available later.

Returning programs

Argyll is excited to host another "Confident Kids Home Alone Safety Course" for children 9 and up. It's an accredited safety awareness program for kids who are starting to stay home on their own for short periods of time. It will be held the morning of Saturday May 27th at Argyll Community Hall. Please email

ArgyllSocial@gmail.com to register.

The Argyll Parent & Tot Playgroup is looking to start up again. Any interested caregivers of babies & pre-school aged children can watch our website & facebook page for a start date.

If you're interested in being involved, please reach out to ArgyllSocial@gmail.com

Casino Volunteer Banquet

Argyll would like to thank you and your family for volunteering for the Argyll casino fundraisers. We were not able to hold our usual appreciation dinner in 2020 for obvious reasons. This year we are recognizing the contributions of all volunteers and their families to the past two Casino Fundraisers.

The dinner details have now been confirmed:

- Saturday, April 22
- 4:00 - 7:00 pm
- Argyll Community League Hall

If you did not already respond to your invitation email us at casino@argyllcl.ab.ca with your RSVP by Monday, April 17 with the following included:

- How many will be attending?
- Any allergies/food restrictions

This is to ensure we have the appropriate amount of food available for attendees. Thank you, we look forward to seeing you there.

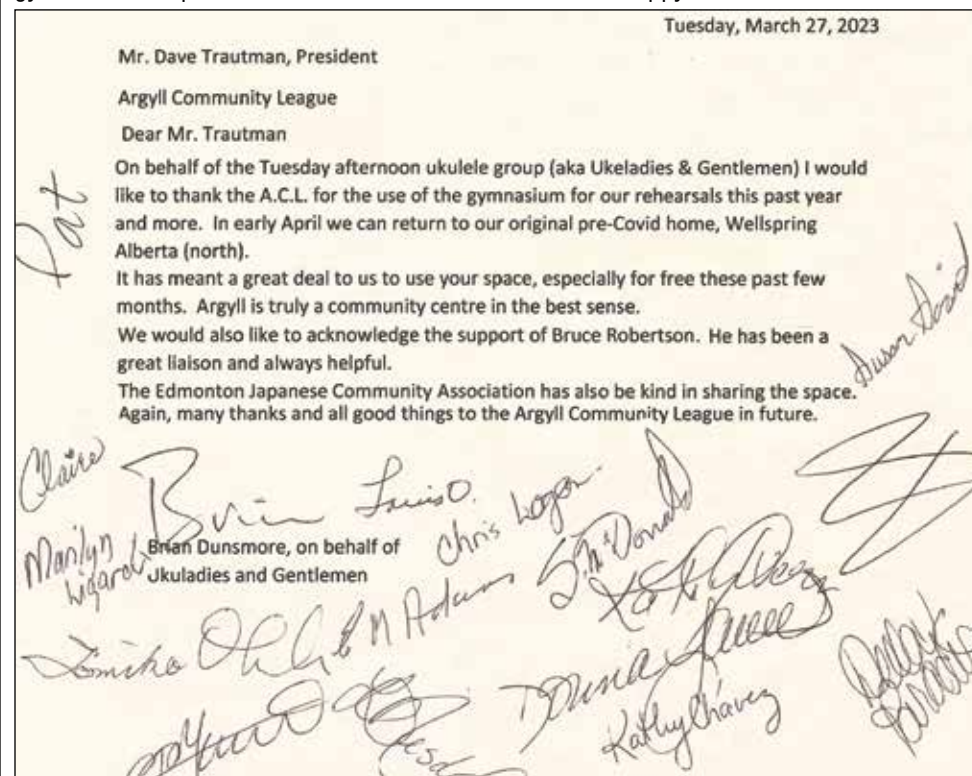


Ukulele Ladies & Gentlemen

We received a lovely letter from the music group in March notifying us of their return back to the Wellspring Centre.

They thank us for letting them use our gymnasium for practices and rehearsals and

for participating in the community day Concert last year. We're including an image of the letter for you to enjoy. We wish the group well and hope their return to their previous home is a happy one.



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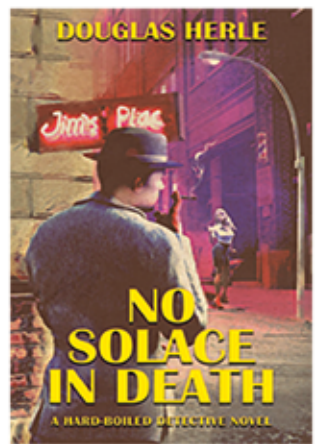
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TLC Health and Wellness Fair
Age Well, Live Fully

Registration Opens
April 1, 2023

June 7, 2023
8 AM – 4 PM

Join us for our first annual
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Keynote Speaker
Gord Steinke



Choose 3 Sessions to Attend. Topics Include:

- Caregiving • Health • Travel
- Finance • Wellness • Arts & Culture

- ★ Tradeshow featuring 40 local vendors
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Hazeldean News

Community League Board

Ian Hussey, president
Matt Dow, vice president
Kristopher Skinner, secretary
Christine Borchuk, treasurer
Kirsty Stewart, memberships
Michael Corpuz, civics
Megan Kyriacoa, facilities
Kylie Stang, social
Alexis Parker, athletics
Karen Wong, fundraising
Brian Wissink, director at large
Richelle Wissink, director at large

We Are Your Hazeldean Community League!

Welcome to the HCL! Things were a bit quiet during COVID but we are excited to get new and old programs up and running again. We are a family-oriented community league with programs and events that are mostly free of charge for league members. We would love to hear from you! Email us at president@hazeldean.org with any questions or ideas you have!

Follow The Hazeldean Community League on Facebook and Instagram to keep up with events and news!

Hazeldean rental fees and contact information



Looking for a great space to hold a special event? We have the second biggest community hall in the city! Did you know you don't have to rent the entire building? You can rent just the boardroom, the community room, or the large hall. To inquire about rentals, contact hall administrator Dawn Banner by email at hazeldeanleague@hazeldean.org or by phone 780-439-0847.

Land acknowledgement

We wish to acknowledge that Hazeldean, where we live and gather, is Treaty 6 territory and a traditional meeting ground and home for many Indigenous Peoples, including Cree, Saulteaux, Niisitapi (Blackfoot), M̃s, and Nakota Sioux.

What's been happening in Hazeldean?

Thank You to everyone who attended The Shamrock Shaker!

A huge thanks to the volunteers who put this event together and everyone who attended the party! The first Shamrock Shaker was a huge success with great music, delicious food, lots of door prizes, craft beers, dancing and fun.

The Lantern Parade Was Lit!

Big thanks to the volunteers and attendees who braved the chilly weather to light up the night! This was a great event for kids and adults alike!

Another Great Season at The Hazeldean Snowbank Rink

THANK YOU AGAIN and AGAIN to the small group of volunteers who built and maintained our rink all winter. This is a huge amount of work and we would not have a rink without you!

The First Afternoon Movie was great!

Thank you to the volunteers and attendees who enjoyed a movie, drinks and snacks. See you on April 23 at 12:00pm for the next one!

Calling all soccer enthusiasts!

Hazeldean runs a free drop in soccer program. Our soccer director is unable to commit full time this year and is looking for some volunteers to support the program. Normally this program runs 6:15-7:30pm on Tuesdays. Two age groups 5-7 and 8-10. Support for drill and activities will be available. Please contact Alexis Parker at athletics@hazeldean.org if you have time to support this program.

Casino Fundraiser August 5 and 6.

We need volunteers to staff a Casino August 5 and 6! This is the community league's primary source of fundraising income so it's very important we are covered. Please contact us at hazeldeanleague@hazeldean.org

August is Membership Renewal Month!

Just a reminder to renew your Hazeldean Community League Membership this August. Memberships can be renewed at any HCL event, at Dairy Queen on 99th st, or Hazeldean Drug Mart.



Hazeldean programs



Hazeldean Performing Arts Group

Offering drama classes where community kids ages 6-16 learn about acting, memorization techniques, play analysis, set design, costumes, roles, and director expectations. The program is a great way to gain hands-on theatrical experience. The program is currently full but contact us at paradigmtheatre@hotmail.com for more information or to be put on the waitlist.

The Gardening Club is coming soon!

We've had so many requests for a gardening program, so this year we are doing it! We will plant beds on the HCL grounds, do educational events for kids and adults, swap cuttings and seedlings, nerd out about plants and gardening and more! Stop by the Meet and Greet which will be during the Spring Cleanup on May 7 at the playground. Watch the Hazeldean Community League Facebook page for news, email us at president@hazeldean.org to join the list of participants.

Please Note Changes to Free Community Swim Every Sunday

We have changed our HCL Free Swim to Hardisty Pool. With your HCL membership you and your family can swim for free Sundays 11:15am-2pm at Hardisty Pool. Just show your current membership card during this time for free entry.

20% off At Edmonton Fitness Facilities

Did you know your Community League membership earns you 20% off of annual memberships at all City of Edmonton sport and fitness facilities? Contact us for more info!

Support Free Programming and Events in Your Community by joining the Hazeldean Community League!

Memberships are \$20/year for families and \$10/year for individuals. Memberships can be purchased at the Hazeldean Drug Mart or from the Dairy Queen on 99 Street. For more information about HCL memberships, please email Kirsty at memberships@hazeldean.org

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Can my home be sold without my knowledge?

You may have heard recent news stories out of Ontario where homes were sold without the homeowner's knowledge. Shocking, and rare as it is, all homeowners should be aware this kind of fraud can occur anywhere. Thankfully, there are things you can do to protect yourself.

How can a home sell without the homeowner knowing?

In the Ontario cases, fraudsters used fake identification and other documents to pose as both homeowners and potential tenants.

In one case, a property management company chose tenants for their landlord client, who were later discovered to have used fake identity documents, along with bogus references. The fraudsters, originally posing as the tenants, then impersonated the homeowner to sell their home.

Work With a Licensed Real Estate Agent

Through their education and training, real estate licensees are advised to build strong client relationships and lookout for any red flags. They are further obligated to verify their client's identification as part of providing competent service. When you work with a licensed professional to buy or sell your home, obtain a mortgage, or manage your property, it decreases the probability of fraud occurring.

Red Flags

- incorrect or inconsistent spelling of names across multiple documents
- employment references listed for companies that could not be found online or had no website

ASK RECA

Buying and selling property, reviewing rental contracts, and negotiating a mortgage, can be confusing – there's a lot of information to digest. That's where we come in.

The Real Estate Council of Alberta, RECA, as we are often called, is here to protect consumers. We're experts when it comes to Alberta's Rules and Regulations when trading in real estate, dealing in mortgages, and managing property and condominiums. We ensure the professionals working in these industries have the proper training, background, and licence to operate and ensure they follow the high standards of practice in the public interest. Please reach out with any questions regarding the Real Estate Act and its Rules.

- phone numbers for personal references which, when attempted to be verified, are the wrong number or for out-of-service numbers
- potential clients who are unwilling to meet in-person

Check Your Land Title

It's not something most homeowners do on a regular basis, but checking your land title is a good fraud prevention tool. You likely wouldn't invest a large sum of money without checking in on how it's performing, so similarly, checking in on your land title to ensure it is still in your name is a good housekeeping measure for those who own property. Homeowners can check their land title through any registry office or directly through Alberta land titles.

Consider Title Insurance?

Even with the best client identification procedures in place, fraud can still occur. Title insurance can offer added protection.

Title insurance is relatively inexpensive and protects the policy holder against most losses associated with title fraud and other title-related issues, including challenges against ownership. All homeowners can purchase title insurance through various insurance companies. Title insurance policies typically cover legal expenses and other costs related to restoring title. Even homeowners who did not obtain title insurance at the time of their property purchase can purchase a homeowner policy at any time.

Bicycle Helmet Safety Alberta Health Services - Emergency Medical Services

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 highly 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, or even save a life;
- Brain injuries can cause permanent disability or 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 – always wear 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 is fastened;
 - Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort, and safety



Heather McPherson

Member of Parliament
Edmonton Strathcona

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Language Growth in Preschoolers with Language Difficulties



Do you have a child who is 4, or turning 4 soon?

Are you concerned about their talking or listening?

Speech-Language Pathology researchers at the U of A are looking for research participants!

Who Can Participate?

Children who:

- ✓ Have challenges with language (either diagnosed or parent concerns)
- ✓ Have not been receiving regular speech-language therapy in the past year

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Ritchie News

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 pm (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-at-Large: Robyn Kaulback
 Director-at-Large: Nicole Ritchie

Volunteer with the Ritchie Community League

The Ritchie Community League relies on volunteers and we are always looking for more people to help out. Volunteering with the league is a great way to meet your neighbours and get involved in your community. Whether you are interested in lending a hand for a single afternoon or joining us long-term, we would love to have you join us.

For more information visit: ritchie-league.com/volunteer

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 variety of programs and activities.

Memberships

Family: \$25

Individual: \$15

Associate: \$15 (non-Ritchie resident)

Seniors: by donation

Sign up online at: efcl.org/membership

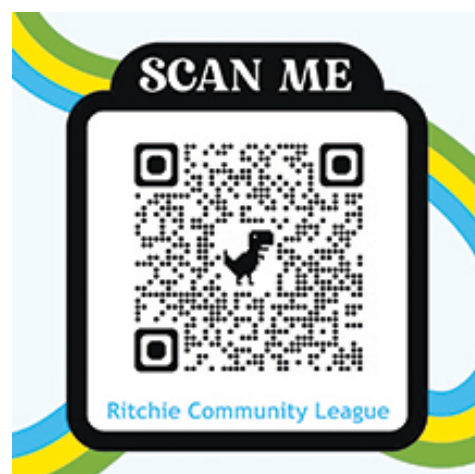
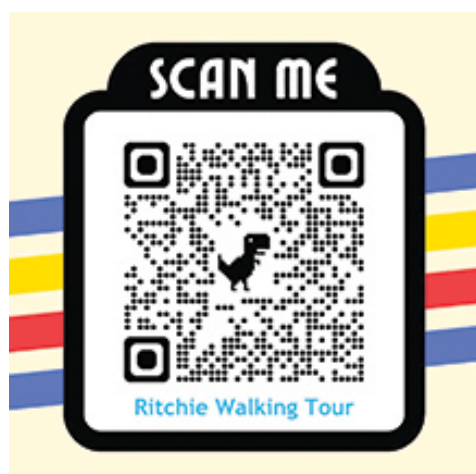


purchase/ (search for Ritchie)
 Sign up in-person at: RCL events and Ritchie Foods (9606 76 Ave.)

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.



Wander 'Round Ritchie with the A Little Bit Ritchie podcast

On September 17th, 2022—Edmonton's Community League Day—Ritchie celebrated its centennial anniversary with live music, food trucks, and historical walking tours. On this special episode of A Little Bit Ritchie, we'll introduce you to 13 of Ritchie's historical hotspots. Tie on some walking shoes, grab a pair of headphones, and join us on a two-hour adventure to Wander 'Round Ritchie.

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.

Be sure to print out the walking tour map before you go.

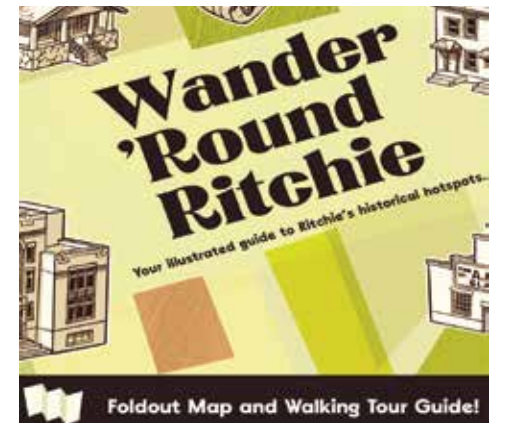


Ritchie Community League is hosting Men's Shed

The Ritchie Community League Board is supporting the development of a Men's Shed and hosting the Shed at the community hall. This is an opportunity for men to gather weekly over coffee to share stories, attend presentations around men's health, bounce around ideas for community projects that need doing, and maybe even build or fix something!

Visit us at 10:00 am on Saturdays

For more information visit: <https://www.ritchie-league.com/mens-shed>



Regular and Upcoming Events

(Events are held at the Hall 7727 98 STREET NW unless otherwise noted)

Regular Programs

RCL Cribbage, next social June 2; learn at 7 pm, play from 7:30 - 9:00 pm

RCL Fit for Life Mondays 11 am - noon

Start to Play by FreePlay Tuesdays 7:30 pm for ages 9-12 (4 spots available)

Playgroup social for ages 0-5 Wednesdays at 9 - 11 am

RCL Euchre social Wednesdays at 7 - 9 pm

RCL Book Club evenings, see website for

details

RCL Bridge Fridays doors open at 11 am, games start at 12 pm

Members: keep an eye out for an email and complete the program survey. RCL wants to hear from you and about what you want to see in Ritchie.

Upcoming Events

Crafternoon May 14th, noon

Ritchie Community League AGM May 25th, 7 pm

Flag Football for kids is coming to Ritchie

Flag football Alberta and Edmonton Federation Community Leagues are putting together a flag football program for kids at participating communities, and Ritchie wants to host a league! This program is for community member boys and girls ages 4-17; there is a recreation league for U6, U8, and

U10 and competitive league for U12, U14, and U16. Skills and games in Ritchie - \$250 registration fee covers trained coaches and equipment - KidSport funding available. You just need shoes to play.

Registration starts this April - details will be available online!

Visit the Ritchie Hall at

7727 98 STREET NORTHWEST, EDMONTON, AB, T6E 5C9 (780) 433-7137

Hall Manager: (inquiries@ritchie-league.com)

Find us online at:

Website: www.ritchie-league.com

Facebook: facebook.com/WelcometoRitchie

Twitter: @RitchieYeg

Instagram: [ritchie_league](https://instagram.com/ritchie_league)



Cooking Basics for Beginners

There are many benefits to cooking. It may save you money because you may order out less. It can also help you manage how much salt, sugar or saturated fat you eat. If you are a beginner at cooking, here are some tips. Keep reading to learn a few cooking terms, how to measure ingredients, plus some tips on kitchen and food safety.

Common cooking terms:

- Pre-heat – Turn on the oven so it reaches the required temperature before baking.
- Beat – Stir quickly.
- Blend – Stir until all ingredients are mixed evenly.
- Dash – Very small amount, measured by

pinching an ingredient between your thumb and finger.

- Dice – Cut into small cubes.
- Fold – Gently stir two or more ingredients to combine.
- Grease – Put oil or cooking spray on pan or baking sheet to prevent sticking.
- Mince – Cut into very small pieces.
- Simmer – Cook on a stove top at a low temperature (one to three on the range), below the boiling point.

Measuring:

- Use measuring spoons for spices, baking powder and oils typically used in small amounts.



- For dry ingredients used in large amounts, such as flour or sugar, scoop into a measuring cup.
- For dry ingredients used in large and small amounts, level each measurement with the back of a knife to ensure you get the exact amount needed.

- For yogurt, nut butters, and cottage cheese, use dry measuring cups.

Safety tips:

- Open pot lids or tinfoil away from you to prevent burns.
- It may be beneficial to purchase a meat thermometer to cook foods to the proper internal temperatures.
- After handling raw meat, wash your hands with hot soapy water for 15 seconds.
- Use separate cutting boards for raw meat and vegetables or fruits.
- To prevent the growth of bacteria that can cause food poisoning, keep cold foods cold and hot foods hot.

Do you know the signs of a stroke?

A stroke occurs when a blood vessel in the brain is blocked or bursts. Without blood and the oxygen it carries, part of the brain starts to die. The part of the body controlled by the damaged area of the brain can't work properly.

Brain damage can begin within minutes. That's why it's important to know the symptoms of stroke and to act fast. Quick treatment can help limit damage to the brain and increase the chance of a full recovery.

What are the symptoms?

Symptoms of a stroke happen quickly. A stroke may cause:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.

- A sudden, severe headache that is different from past headaches.

If you have any of these symptoms, even if they go away quickly, call 911 or other emergency services immediately.

Remember: FAST.

The acronym "FAST" is a simple way to remember the main symptoms of a stroke. Recognizing these symptoms helps you know when to call for medical help. FAST stands for:

- Face: Is it drooping
- Arms: Can you raise both?
- Speech: Is it slurred or jumbled?
- Time: To call 911 right away.

It's important to act fast and to call for medical help if you have stroke symptoms. Quick treatment may save your life, and it may reduce the damage in your brain so that you have fewer problems after the stroke.

For more information about a stroke, including the signs and symptoms, visit myhealth.alberta.ca

Load up on legumes for lunch

Have you thought of packing legumes in your lunch?

Legumes are plant-based proteins. Some of the most common legumes include chickpeas, kidney beans, black beans, black-eyed peas, cannellini beans, split peas and mung beans.

Canada's Food Guide recommends eating plant-based protein. Legumes are a good example because they are easy to find and easy to pack, and they often cost less than meat, too.

In addition to being a source of protein, le-


gumes are rich in vitamins and minerals such as folate, zinc, calcium, potassium, iron and magnesium.

They are also high in fibre. They contain two types of fibre: soluble and insoluble. Both are important for our bodies to function.


If you are buying canned legumes, rinse them well under cold running water to remove extra salt. Canned legumes are already cooked so you can add them directly to your favourite dishes after rinsing.

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