

COMMUNITY LEAGUE NEWS SOUTH

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



Aug/Sep 2023

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

Argyll Annual General Meeting

Wednesday, September 27th at 7:00 – 9:00 PM

Argyll Community Hall
6750 88 Street

Each year we hold a general meeting with an open agenda. We review our accomplishments from the past year, then we review our financial situation, announce new initiatives, after which we listen to residents about any issue concerning the neighbourhood. As we only (usually) hold one meeting each year (around the same time) it's a good way to

find out what your League leadership are doing for you and to meet some of the leaders if you've only just become a resident. This year our meeting will be held on Wednesday, September 27th. We try to ensure these meetings do not drag on.

All residents of Argyll are automatically voting members because of your free family membership. Bring ideas, concerns, questions, as well as your curiosity to our next AGM and find out all the things we are doing on behalf of Argyll residents.

THANK YOU, THANK YOU, THANK YOU to our Hazeldean Casino Volunteers!

August 5-6 we successfully staffed and completed our AGLC fundraiser casino! We are very fortunate to have a casino every two years.

It is our largest source of income for the League and really keeps HCL afloat financially. These funds will help with upgrades to the hall, special events, ongoing programs and

much, much, more!

To ALL the volunteers who gave up part of their long weekend to work 5 or 12 (12!) hour shifts, thank you so much! You are the best! A HUGE thank you also goes to our Casino Chairperson Dawn Banner for coordinating the whole event. It was a mammoth undertaking and a huge success!

Old Strath Mini Folk Fest 2023!

The Strathcona Centre Community League is excited to announce our annual Old Strath Folk Festival! The event will take place on Sunday, September 17th, 2:00-7:00 p.m., at the Strathcona Community Hall and rink, 10139 87 Avenue. There will be a variety of music acts from our neighbourhood and beyond - stay tuned to our social media channels for lineup announcements!

There will be food trucks including our old friends at RoxDogz as well as our newest Strathcona coffee shop neighbours, The Columbian (The Coffee Mule)! Kids activities, community info tables and other activities

will round out the day - there will be something for everyone!

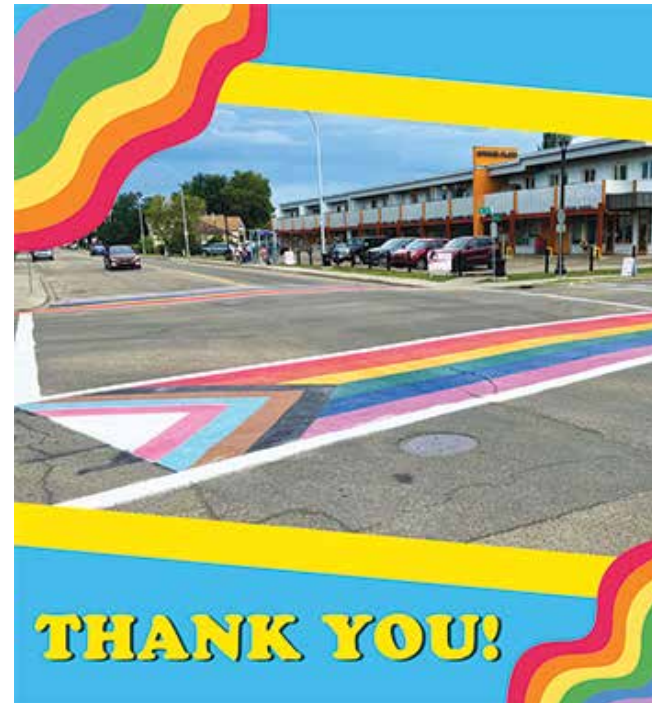
The Edmonton Weavers' Guild is pleased to participate in the Mini Folk Fest. There will be demonstrations on spinning yarn on a spinning wheel, knitting, weaving on a table loom, weaving on a rigid heddle, tapestry weaving, wet felting, and needle felting. Join the Guild members in the upstairs lounge for activities that all ages can participate in and have fun doing them!

Come on out and enjoy music, neighbours, activities, and food as we commemorate the EFCL's Community League Day weekend!

Ritchie: Painted Crosswalks

The moment we have all been waiting for happened in the early hours on a random day at the end of July. The cones were placed, and the equipment rolled out for those first stripes of paint. A few hours later we had our painted crosswalks back! Thank you again to all the fundraising efforts of our Ritchie volunteers and the Ritchie Market businesses who helped make this safety feature of our community a reality! Come check it out for yourself at the intersection of 76 avenue and 96 street.

For more safety news from our neighbourhood, check out the latest Civics report: ritchie-league.com/news/civics-updates.





the Gutter Doctor

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

780-709-6825 • gutterdoctor.ca

IBAC A+ rating, HomeStars WINNER, A+

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

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	Jacque 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 Safety Board Development	Gord Lacey safety@strathconacommunity.ca 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 October-November 2023 issue of Community League News South is September 18, 2023. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnaafong@shaw.ca.

Hall and Grounds Renewal Update

The Hall and Grounds Renewal Committee has been hard at work on plans for the Strathcona Community League renewal. It has been exciting and challenging to move through the steps with the City's dedicated representatives.

The Committee is now anticipating that the outdoor portion of the project (rink move) will

occur in Spring 2024. The indoor portion of the renewal is on track, with architects being engaged to provide preliminary designs of the main floor space that will be shared with the community over the winter.

As always, any questions or input can be sent to info@strathconacommunity.ca or through the league's social media.

Indoor Soccer Registration

Online registration for the Edmonton Minor Soccer Association (EMSA South) Indoor Community Soccer is open from August 2 to September 6.

EMSA South is the perfect place to be for youths ages 4 to 19. Whether you're looking to just have fun or want to play competitively, they offer a wide range of programs to fit your unique skills and interests. We can't wait to see you on the field!

For more details check out the EMSA website at <https://emsasouth.com/register/register/>

ter/registration-indoor/ If you are registering your child after September 6th, you will be placed on the waiting list and EMSA South will only contact you if there is space available after teams are formed.

The tentative start of the season is October 14th.

If you are interested in volunteering, the program requires volunteer coaches, assistant coaches, and team managers. For more information, visit <https://emsasouth.com/volunteer/>

Legal Education Program

The Strathcona Community League has partnered with Local Legal to offer free legal education seminars this fall, 10:30 am – 12 noon, in the hall, 10139 87 Avenue. Registration and session information available on the league website.

September 23 – Adult Guardianship and Trusteeship Applications - CANCELLED

September 30 – Family Law 101

October 7 – Will & Power of Attorney Essentials

October 14 – It's All About that Probate - RE-SCHEDULED

Each session consisted of a 45 min seminar, 15 min Q&A and 30 min for free private consultations with guest speakers.

Register Today to claim your spot!

<https://strathconacommunity.ca/free-legal-education-fall-sessions/>

For more information, please email info@strathconacommunity.ca.

Pub Nights

Pub nights are typically on the 3rd or 4th Friday of the month at 8:00 pm (we try to work around school holidays), in the Lounge of the community hall building, upstairs, 10139 87 Avenue.

Upcoming pub nights:

Friday, September 22

Friday, October 27

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. Cash, credit and debit are accepted. Subscribe to our mailing list or watch our social media for details as the dates get closer.

Kids are welcome (except on Trivia nights, as we don't have room). Pub nights are for community league members and guests.

Summer Green Shack Program

The City of Edmonton is pleased to offer the free drop-in Green Shack Program at the Strathcona Community League.

Monday-Friday

Last day August 24, 2023

2:30 – 5:30 p.m.

Strathcona Community League

Next to the spray park

10139 87 Avenue

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. For more information, call 311 or visit: edmonton.ca/Greenschacks

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. The directors also attend the meetings to support the Scona District Community Council which has done extensive work on reviewing the City's draft Zoning Renewal Bylaw and addressing concerns. For the latest news on Civics and reference documents, visit the website <https://strathconacommunity.ca/latest-news-civics/>

Board Games Meet Up

The Board Games Meet Ups will be scheduled starting in September, depending on interest.

Follow the Strathcona Community League on social media for updates. Open to mem-

bers of any community league and their guests. You can buy your Strathcona Community League membership at <https://strathconacommunity.ca/league/membership/>

League Programs

New programs will be announced on the league website, social media, and e-newsletter. 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 fall registered programs and single classes are to be paid online (credit card or debit) at the league's website (Programs tab) <https://strathconacommunity.ca/>

-Exhale Fitness Sculpt and Tone Barre with Tiffini Fedoruk

Mondays - September 11-November 20, 2023: 10 classes

Morning: 9:00 – 10:00 a.m. OR Evening: 7:30 – 8:30 p.m.

Fee: \$128.00 per session Single (or multiples): \$15.00 per class

Register and pay online.

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

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 PI-

LATES® 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

Mondays: September 11-October 30, 2023: 7 weeks

November 6-December 18, 2023: 7 weeks
Fee: \$90 for complete session Single class (or multiples): \$15.00 per class

Requirement: Valid Community League membership (any league). Register and pay online.

\$162 for two sessions

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, doc-

tors 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

-Yoga Programs with Corinne McNally

Gentle Yoga

Mondays: September 11-October 30, 2023: 7 classes: 6:00 - 7:15 p.m.

Fee: \$90 for complete session Single (or multiples): \$15.00 per class

-Hatha Flow Yoga

Thursdays: September 14-October 26, 2023: 7 classes 9:30-10:45 a.m.

Fee: \$90 for complete session

Single (or multiples): \$15.00 per class: \$162 for both classes

-Chair Yoga

Wednesdays: September 13-October 18, 2023: 11:00 a.m.-Noon 6 classes

Fee: \$76 for complete session Single (or multiples): \$15.00 per class

If limited mobility or injuries are holding you back from enjoying your body to the fullest, then you owe it to yourself to give this class a try!

Chair Yoga is a gentle class, especially suited for those who prefer not to be down on the floor. All yoga postures will be done seated on a chair or standing, using the chair to help with support and balance.

This class offers a well-rounded variety of

modified yoga poses, breathing techniques, and relaxation designed to leave you feeling stronger, more flexible, calm, and energized.

-Yoga for Tweens

Wednesdays: September 13-October 26, 2023 6 classes 4:15-5:15 p.m.

Fee: \$76 for complete session

Tweens (ages 11-14) learn to stretch, breathe, and relax in a playful way, creating a lifelong foundation for well-being. Other benefits include building strong, limber, and healthy bodies, improving social interaction, and developing focus, concentration, and attention span.

Tweens will learn invaluable skills to help them face the challenges of growing up and to develop physical and emotional strength. They will cultivate self-esteem and self-acceptance through a non-competitive activity, and most importantly, they will have fitness fun.

This class combines traditional hatha yoga postures and pranayama (breath control). Your child's class will include yoga, games, meditation, and relaxation.

Register and pay online.

All yoga programs 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.

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 2023-2024 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 (TBD)

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 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

Thank You to Community Members and Presenters



The Diversity and Inclusion subcommittee of the Strathcona Community League extends a big thank you to community members who attended the June events: Indigenous Teachings on National Indigenous Peoples Day (in collaboration with King Edward Educational Parent Society and King Edward School Council), Community Celebration panel teaching

and drag show, and De-escalation & Bystander Intervention training. Many thanks to Elders Jerry Saddleback and Jo-Ann Saddleback, Edmonton 2 Spirit Society, Indigi-Hauz, the Mustard Seed, and the Sexual Assault Centre of Edmonton for your powerful presentations. To learn more about future initiatives, contact diversity@strathconacommunity.ca.

Kids Art at the Hall

Art programs for children age 6 and up will be resume in the fall (TBA). For more information, please contact instructor Berna Ponich at berna@telus.net.

Love to Sing? Join a choir!

The Edmonton Columbian Choirs



are accepting new members, ages 6 to 17. We rehearse Tuesday evenings in the Fulton area.

Registration
Tuesday, September 5,
6:00 - 8:00 p.m.

For more information, please contact Elaine Dunbar at dunbarstudio@gmail.com/ 780-461-1539

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.



Edmonton Aikikai

<http://www.edmontonaikikai.org/>

Come learn Aikido, the way of harmony Tuesdays and Thursdays, 7pm - 9pm Strathcona Community Centre

Phone: 780.433.8732

Email: mckellar@telusplanet.net

Seeking Volunteers for Strathcona Playgroup



Subject to the availability of parent volunteers, the free drop-in playgroup will resume in September on Thursday afternoons (new date and time) 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/care-

givers, babies and children for unstructured play and socializing. Toys, ride-on vehicles, books, and tables are available to use at the hall. If you are interested in helping, contact Donna at programs@strathconacommunity.ca. A meeting will be held with volunteers prior to the start-up of the playgroup.

SUDOKU

7	9			1			6
1		8		3			
4		8		6		2	1
8		1	2			5	
	9			4			8 3
		3	5		8	4	
5			9		2		8
	8		6	1			2
1			3		5	7	9

6	9	4	7	5	8	3	6	2	1
9	8	7	6	1	4	3	2	5	
8	6	1	2	7	6	4	3	5	
7	6	3	5	9	8	4	1	2	
2	9	5	1	4	7	6	8	3	
8	4	1	2	7	6	3	5	9	
4	5	8	7	6	9	2	3	1	
6	1	2	8	5	3	9	7	4	
3	7	9	4	2	1	8	5	6	

BOOK ROAD TEST

Strathcona Registry
 Authorized Registry Agent

HOURS OF OPERATION

MONDAY TO FRIDAY
 8:30am to 7:00pm

SATURDAY
 9:00am to 5:00pm

SUNDAY
 12:00pm to 4:00 pm
Closed the second Sunday of every month

OPEN 7 DAYS A WEEK AT STRATHCONA REGISTRY

WWW.STRATHCONAREGISTRY.COM
INFO@STRATHCONAREGISTRY.COM
[/STRATHCONAREGISTRY](https://www.facebook.com/STRATHCONAREGISTRY)
 (780) 430-1154

10375 - 78 AVE NW, EDMONTON
 SOUTH OF SAVE ON FOODS

www.albertadriverexaminer.ca/?registry=177

Argyll News

Yoga Registration

Our Hatha Yoga classes are led by René Giamarioli, Physiotherapist and YAA certified yoga instructor, with twenty years of teaching experience. The programme resumes this fall.

Yoga helps mobilize the spine and joints of the body. It stretches and tones all the major muscle groups. It will give you more strength and lead to more self care. The practice of yoga connects you to your breath and pro-

vides a route to better relaxation.

The program is on Wednesday evenings from 5:30 to 6:45 PM. Fees remain the same as previous years; 12 weeks for \$140. Register in person on September 13 and the programme runs until November 29. Check in with René by e-mail at: reneegiamarioli@hotmail.com or send her a text to 780.903.1911 if you wish to register early.

Community Day Concert

Coming soon

Back again this fall, for Community League Day, we have a fresh line-up of local artists to entertain us, a magician to wow us, and food trucks to feed us. Sounds like the perfect

night to hang out in Argyll. Be there on the evening of September 16th, and bring your while family. Performer details can be found on our Facebook page. If you want to help out just contact ArgyllSocial@gmail.com

Bikes and Beers event

Bikes and Beers is now scheduled for August 26. It's a cycling tour of some of the smaller breweries along 99 Street.

This is a casual event and you can find out more from our argyllsocial@gmail.com contact e-mail.

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.

Fix - Replace - Repair Wooden Items in your Home

Skilled Craftsman, from outdoor storm windows to cabinets, custom furniture and antique repairs. Custom Millwork services available.

I will work in the material of your choice, but specialize in hardwoods. I've worked in my licenced shop, located in South Edmonton, for 18yrs.

I take one Project at a time, fair rates with many pictures. References available.

Finer Woodworking Projects by Vance Inc. pwrsl32@gmail.com

Parent & Tot Playgroup

On the last Saturday of every month, between 9:00 and 11:00 AM, bring your little ones and join your neighbours for a visit & play at the Argyll playground. It's the perfect way to meet

others in the neighbourhood and to make new friends. If you're interested in being involved, please reach out to ArgyllSocial@gmail.com

Look for the orange sign at the park!

Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now

offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program



INDIVIDUALLY TAILORED
ONE ON ONE CARE AVAILABLE

OFFERING

Companion Care - Dementia Care - Recreation Therapy

SPECIALIZED RECREATION THERAPISTS
WITH OVER 10 YEARS EXPERIENCE IN
CLIENT CARE & RECREATION.

Align yourself or your loved one with
the best care out there!

☎ (780) 837-1704

📍 Edmonton & Area

🌐 www.recwell.ca

✉ info@recwell.ca

Hazeldean Drug Mart FREE DELIVERY
9611-66 ave
780-435-4649



We are proud to be your
local community pharmacy

www.hazeldeandrugmart.ca

The Hazeldean Drug Mart Presents

REAL:

Thrifty

Good Things Come to Those who Thrift



SAT **SEPT 23** &
SUN **SEPT 24**



Explore **5** of Edmonton's
finest homes in support of

ballet
edmonton



TICKETS: behometour.ca

Whether you've played for years
or want to try something new,
Saville Community Sports Centre
offers some of the best curling
facilities in Canada. With a full
service restaurant and lounge onsite,
it's a great place to get active, be
social and have fun – at any age!

SLIDE INTO THE GREAT SPORT OF

CURLING!

Curling Season starts in October!
Register now at uab.ca/curl



UNIVERSITY
OF ALBERTA

COMING SOON
KellyGrant.ca

*** MIXED RETAIL & MULTI-FAMILY NEW-BUILD ***

COMPLETION
SEPTEMBER 15

3200 SQ. FT. DEVELOP
3 BLOORING LEVEL

A QUALITY
LINK

PREMIUM INVESTMENT:
New Retail / Multi-Family
Building by Vanguard &
NAIT, Owner Occupy or
Investment 100% Leased
with Completion Sept. 15
List Price: \$1,298,000

SOLD
KellyGrant.ca

***** SOLD ABOVE LIST
PRICE (7 OFFERS) in
Maple Crest!! 2017
Built 'Homes by Avl'
2-Storey Tri-Plex
with many upgrades,
excellent condition.
Immed. Possession!**

NEW PRICE
KellyGrant.ca

Suite 805

*** NEW PRICE in The Marquis
Downtown – 8th Floor with
Great Views, Tennis, B-Ball,
Recreation – only \$129,800!!**

Visit www.KellyGrant.ca or Follow Me on Twitter / GETTR / LinkedIn / Facebook
to Download My **NEW 2023-Q2 Quarterly Residential, Rural, & Commercial
Real Estate Investment Guides** for Southeast and All of Greater Edmonton!!

©2023 KellyGrant.ca

*** Both SELLERS & BUYERS Gain DISTINCT ADVANTAGES with Ultra
3D Matterport, Drone Imaging, plus Cinematic Virtual Tour Videos
& Photographs ... Call My Office for an Appointment! 780-414-6100;
Text Me Direct: 780-717-9290; or Email Me: SOLD@KellyGrant.ca !!**



**Rachel
Notley**

MLA, Edmonton-Strathcona

Constituency Office
Suite 101 10328 - 81 Avenue NW
Edmonton, AB T6E 1X2

(780) 414-0702
edmonton.strathcona@assembly.ab.ca
@RachelNotley

Music Lessons
REGISTRATIONS OPEN
GUITAR and PIANO LESSONS
for Kids and Adults!

BOOK TODAY your FREE Intro Session
Call Now: 780 637 0513
Or visit our website
www.EdmontonGuitar.com



WEISS-JOHNSON
HEATING, AIR CONDITIONING & PLUMBING SERVICES

WEISS-JOHNSON.COM
780-463-3096

OUR FAMILY HELPING YOUR FAMILY SINCE 1977.
OVER 45 YEARS IN BUSINESS!



**GET AN AIR CONDITIONER OR FURNACE
FROM DAIKIN!**

NO PAYMENTS, NO INTEREST FOR 1 FULL YEAR!

**INDUSTRY LEADING
12 YEAR PARTS LIMITED WARRANTY**



**COMPASSIONATE
COUNSELLING**
780-482-1847
EDMONTONCOUNSELLING.COM

Hazeldean News

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), Métis, and Nakota Sioux.

We Are Your Hazeldean Community League!

Welcome to the HCL! 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!

What's been happening in Hazeldean?

-School's Out BBQ was a record breaker!

We served upwards of 300 people burgers and hotdogs at our School's Out BBQ (We aren't sure that's a new record, but we like to think it is). The weather was great and we were thrilled to see so many friends and neighbors, new and old. THANK YOU so much to all the volunteers who organized and ran this event!

-Rock Snake

If you look closely near the chain link fence

in front of HCL you will see a colourful rock snake! This is an ongoing project that we hope will continue all summer. Feel free to add to the snake with your own painted rock!

-Pop up Planters at the Hall

The pop-up garden is growing strong! There are some veggies and lots and lots of flowers! We are thrilled to be nominated for the 2023 Front Yards In Bloom program. Thank you to the volunteers who have been planting, weeding, dead-heading, and watering.

Upcoming League Events at Hazeldean Community League (9630 66 Ave.)

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.

-Kickball Tournament August 19, 1pm start.

We are hosting a Kickball (aka Soccer Baseball) tournament with a beer garden, food trucks and more! Even if you aren't playing come by and cheer us on, it will be a great outdoor event for the whole family. If you would like to play in the tournament or volunteer please contact us at president@hazeldean.org or message us on Facebook! Check out the Hazeldean Community League Facebook page for more info.

-Community League Day, September 16

Community League Day programming coming soon!! Stay tuned to The Hazeldean Community League Facebook Page for more information.

-Annual General Meeting

The HCL Annual General Meeting will be held in October. This is a great opportunity for anyone to learn more about your community league, ask questions or join the board! Watch our Facebook Page for more info.

-Hazelscream, 4 Tales of Spooky Terror

The Hazeldean Performing Arts Group is presenting their next production! Join us at the community hall for Hazelscream, 4 Tales of Spooky Terror on October 29 at 7pm. Tickets are available on Eventbrite.

-The Green Shack

Green shack is a fantastic City of Edmonton program that is free and open to the public. It takes place at The Green Shack located next to the Hazeldean Playground and Spray Park.

Each day of the week you will get active and experience a variety of crafts, games, sports, and free play! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. This program will run July 4 – August 24, 10:30am - 1:30pm, Monday - Friday. For more information email green shack@edmonton.ca and visit edmonton.ca/Greenshacks

-The Hazeldean Spray Park Is Open!

Official spray park hours are 9am-9pm. Please remember all children under the age of 6 years must be accompanied by an adult or responsible person of 13 years (or older) actively supervising them at the water play area. For more information visit edmonton.ca/SprayParks.

-Summer is ON at Edmonton Public Library!

Summer Starts is a public library program that engages children in reading, learning and creating in order to prevent a slide in learning over the summer months. At all Library branches, children will have opportunities – all FREE – to track their summer reading, make their own buttons, play games and participate in fun events in which they explore concepts in science, technology, engineering and art. Plus, they have the chance to win some great prizes. Visit your local Edmonton Public Library for more information.

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 board-

room, 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.

Hazeldean programs

-Hazeldean Performing Arts Group

Offering drama classes where community kids ages 8-16 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. Registration for the fall session closes August 11. Please contact paradigmtheatre@hotmail.com for more

information.

-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.

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.

These are your Hazeldean Community League Board Members:

Ian Hussey, president

Matt Dow, vice president

Kristopher Skinner, secretary

Christine Borchuk, treasurer

Kirsty Stewart, memberships

Michael Corpuz, civics

Kylie Stang, social

Alexis Parker, athletics

Karen Wong, fundraising

Brian Wissink, director at large

Richelle Wissink, director at large

Jeff Cummings, volunteer director

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



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

10045 81 Avenue T6E 1W7



www.heathermcpherson.ndp.ca

Follow on



Enjoy water activities safely this summer

Summer means it's time to get outside and enjoy the weather. For many Albertans, that may mean time at the lake or by a pool or river.

There is always a risk of injury when you're around water or swimming, especially in unmonitored bodies of water. Here are some ways you can prevent water-related injuries and illness:

- Wear a Canadian-approved life jacket or personal flotation device in a boat and make sure it fits.
 - Young children should wear life jackets when they are in, on or around the water. Stay right beside your child and be aware of fast-moving water.
 - Swim with others when there is no life-guard present and be cautious in open water such as lakes or rivers.
 - Avoid alcohol, cannabis and any other substance that may affect your judgment before and during water activities.
- Lakes, rivers and streams may also contain

disease-causing microorganisms or parasites that can cause allergic reactions (swimmers' itch). Not all beaches are monitored for biological, chemical, and physical hazards. Check cyanobacteria (blue-green algae) advisories by visiting Active Health Advisories | Alberta Health Services or look for posted advisory signs at public beaches. Reduce your chance of getting swimmers' itch:

- Dry yourself with a towel as soon as you leave the water.
 - Avoid beaches where swimmers' itch is a problem.
 - Wash your hands and rinse your body off after swimming or wading in lakes, streams or rivers.
 - Don't wade or swim in areas with weeds.
- Call Health Link at 811 for more health advice and information 24 hours a day, seven days a week. In case of an emergency, visit your nearest emergency department or call 911.



Free quotes

Stump removal

Tree pruning

Tree removal

Tree assessments

citytreeYEG@gmail.com
780-271-8733

Certified and insured arborists Edmonton owned and operated

CITYTREEYEG.CA
@CITYTREEYEG



Join Us **BA** and After School at Bonnie Doon Out of School Care, Bilingual Center



Healthy snacks provided morning and afternoon.

Staff Level 1 and Level 2. Caring and knowledgeable staff with over 25 years' experience.

Program Plan based on Child Directed Interest.

Enroll for January school start

Subsidy Available

8817- 92 Street Tel: 780-440-0048

Ages 6 -12
Open 7:00 am to 5:30 pm

Reveralicious

June 1st to September 30th

At Revera, every day is fresh, fun, and fulfilling. With plenty of options to choose from and a community of friends to share them with, you can live your best life, everyday!

Get a taste of what it is like to live at Our Parents' Home

More living starts here.

Our Parents' Home

10112 119 st. Edmonton
780-935-5922

Tracy.Shaw-Ache@reveraliving.com

*Some terms and conditions apply. To receive a copy, contact Our Parents' Home

Come try our seasonal menu and enjoy a meal on us!

Call to reserve your seat today.




REYNOLDS MIRTH RICHARDS & FARMER

Clarity in your plan for the future
Confidence in the advice you receive
Comfort in the process

Our Estates & Trusts team can help you with:

- Estate planning for every milestone and stage of life
- Complex estate advice
- Estate administration and advice for executors
- Dispute resolution

www.rmr.com

Ritchie News

Events and Programming

-Current Programs at Ritchie Community League Hall

Green Shack, Monday-Friday, 10:30 am - 1:30 pm

Ritchie Public Market Tuesdays, 3:30 - 7:30 pm (until Sept 26)

Bollywood Dance Classes, Tuesdays starting August 29, 7-8pm

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

RCL Drop-in Pickleball, Tuesday 10am & Thursday 6 pm

Men's Shed, Saturdays at 10 am

Co-Volunteering Meetup, Sundays starting August 20 at 4 pm

Ballet Summer Camp August 14-18, Ages 6-9, presented by Move and Be Moved

-Programs starting in Fall 2023

NAFFA Flag Football, Registration is open



for kids, starts in September
Indoor Soccer with EMSA South, Registration is open, starts in October

RCL Fit for Life, Mondays 11 am - noon

Start to Play by FreePlay, Watch for fall registration soon!

Yoga, Watch for fall registration soon!

-Events

Kickball Challenge, August

19, 1 pm

Crafternoon, August 20, 12-4 pm

Community League Day, September 16, more info coming soon!

RCL is looking for member input on what programs we should explore in the future, who the programs should serve, what they should cost, and what barriers do members have in participating. Scan the QR code to fill out our survey!

Get in touch!



Website: www.ritchie-league.com

Facebook: facebook.com/WelcometoRitchie

Twitter: @RitchieYeg

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

Hall Manager: inquiries@ritchie-league.com (780) 433-7137

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.

SARAKALKE.COM

Sara Kalke, REALTOR®, RE/MAX Real Estate

REALTOR® Member of The Canadian Real Estate Association and more. Each RE/MAX office is independently owned and operated.

Stollery Superstars

We've got amazing folks living in Ritchie - even down to the smallest kiddo. Take this heartwarming story as proof. On July 8, youth from 75 Ave held a lemonade and treat sale with all profits benefiting the Stollery Children's Hospital Foundation. Set up near the Ritchie market on a warm sunny day, the friends, mostly aged 5 and under, sold lemonade, freezies, and other treats. Funds raised were donated to the Stollery Children's Hospital Foundation to help build a new indoor and outdoor playground at the hospital, giving young patients a chance to engage in play. Thank you to all the Ritchie neighbours and friends who popped by to support the lemon-



ade stand. In total, \$631.80 was donated to the hospital. Special shout out to Griffin, Bennett, Alistair, and Stanley for leading these efforts!

Memberships and the Ritchie Crew

August is membership renewal month! Snag your 2023-2024 memberships now and start taking advantage of all the perks. We have four levels of regular memberships, and six tiers for our Ritchie Crew subscriptions. If you have questions about these opportunities, please contact Gary volunteers@ritchie-

[league.com](http://ritchie-league.com)

Sign up online at: efcl.org/membership-purchase/ (search for Ritchie)

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

Get your Ritchie Crew subscription here: <https://www.ritchie-league.com/rcl-support>

Volunteers

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 make a difference in your community. Whether you are interested in lending a hand for a single afternoon or joining us long-term, we would love to hear from you. You can also join us on Sundays at 4 pm (starting August 20) to help with a weekly hall cleanup, maintenance, organizing and more.

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



Choosing the best plant-based beverages

Someone may choose to drink plant-based beverages because of allergies, vegetarian diet, intolerance to cow milk, or cultural or personal taste preferences. These beverages look like milk and are often called "milks" but the nutrients they provide may be different.

Plant-based beverages are made from legumes, nuts, seeds and grains, such as oat, soy, coconut, cashew or almond.

Guide to choosing a plant-based beverage

With so many options, it is important to pick a plant-based beverage that meets your nutrition needs. Read the Nutrition Facts table on beverages before you buy and then select a beverage that:

- Is unsweetened or has less than 15 per cent Daily Value (less than 15 g) of sugar per one cup (250 mL).
- Has at least six grams of protein per one cup (250 mL).
- Has at least 23 per cent Daily Value of calcium per one cup (250 mL).
- Has more than 10 per cent Daily Value of vitamin D per one cup (250 mL).

Read the ingredient list to see if vitamins and minerals have been added to the drink. If they have been added, the drink has been forti-

fied. This information usually appears on the ingredient list as "Vitamin and Mineral Blend." If you choose plant-based beverages, serving advice is as follows:

Children under the age of two

Plant-based beverages do not contain enough fat, calories and nutrients to help children's brains and bodies grow and develop. Feed your child breastmilk or infant formula.

For others

- Offer two cups of a fortified plant-based beverage daily to children aged two and up.
- Older adults can meet their needs with

one to two cups of a fortified plant-based beverage while also eating other protein foods as part of their diet.

- Two cups of a fortified plant-based beverage and a daily vitamin D supplement of 400 IU will help meet your nutrient needs when pregnant.

In addition to selecting a nutritious plant-based beverage, choose a variety of protein foods at meals and snacks. Try beans, lentils, tofu, eggs, nuts and seed butter, fish, poultry, and lean meats.



Spending time in the sun

A sunburn is skin damage from the sun's ultraviolet A and ultraviolet B (UVA and UVB) rays. Most sunburns cause mild pain and redness but affect only the outer layer of skin (first-degree burn). The red skin might hurt when you touch it. These sunburns are mild. They can usually be treated at home.

Skin that is red and painful and that swells up and blisters may mean that deep skin layers and nerve endings have been damaged (second-degree burn). This type of sunburn is usually more painful and takes longer to heal.

Other problems that can occur along with sunburn include:

- Heatstroke or other heat-related illnesses from too much sun exposure.

- Allergic reactions to sun exposure, sunscreen products, or medicines, such as antibiotics, some acne medicines, and some diabetes medicines.

- Vision problems, such as burning pain, decreased vision, or partial or complete vision loss.

Long-term problems include:

- An increased chance of having skin cancer.
- Having more cold sores.
- More risk of problems related to a health condition, such as lupus.
- Cataracts from not protecting your eyes from direct or indirect sunlight over many years. Cataracts are one of the leading causes of blindness.

- Skin changes, such as premature wrinkling or brown spots.

People with white or freckled skin, blond or red hair, and blue eyes usually sunburn easily.

People with darker skin don't sunburn as easily. But they can still get skin cancer. It is important to use sun protection, no matter what your skin colour is.

Your age also affects how your skin reacts to the sun. Children's skin is more sensitive to sunlight.

You may get a more severe sunburn depending on:

- The time of day. You are more likely to get a sunburn between 11 a.m. in the morning and 3 p.m., when the sun's rays are the strongest. You might think the chance of getting a sunburn on cloudy days is less, but the sun's damaging UV light can pass through clouds.

- Whether you are near reflective surfaces, such as water, white sand, concrete, snow, or ice. All of these reflect the sun's rays and can increase your risk of getting a sunburn.

- The season. The position of the sun on summer days can cause a more severe sunburn.

- Altitude. It's easy to get sunburned at higher altitudes. That's because there's less of the earth's atmosphere to block the sunlight. UV exposure increases in elevation.

- How close you are to the equator (latitude). The closer you are to the equator, the more direct sunlight passes through the atmosphere.

- The UV index of the day, which shows the risk of getting a sunburn that day.

Preventive measures and home treatment are usually all that's needed to prevent or treat a sunburn.

- Protect your skin from the sun.
- Don't stay in the sun too long.
- Use sunscreen and wear clothing that covers your skin.

Find the ten differences between the two pictures.



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>

Community Safety Data Portal

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

Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



Ask about the
CORNERSTONES
PROGRAM



Southwoods COURT NORTH

- Independent Retirement Living
- Monthly rates with meals on select suites
- 1 bedroom + den with full kitchens
- In-suite washer/dryer, spacious balconies

Christenson Hub Open 1-5pm
9433 - 67A Avenue NW, Edmonton, AB
or phone Lynne at 780-975-2509

Southwoods TOWNHOME RENTALS

- 2 + 3 Bedroom Family Townhomes
- Ask about Internet & cable TV incentives
- In-suite washer and dryer
- Near school, daycare and tot lot

Visit Our Rental Office, 1-5pm daily
6621 - 96 Street NW, Edmonton, AB
or phone Diane 780-432-3222

Future Development

Local boutique shops and cafés will complete your urban village. Just steps from your door at the 4-way stop.



CDLhomes.com

