

COMMUNITY LEAGUE NEWS SOUTH

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



Feb/Mar 2023

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

Helen Gillespie Rink Celebration



The first annual Helen Gillespie Rink Celebration was held on Sunday, January 15th. The Strathcona Community League honoured Helen for over 40 years of working and volunteering at the hall and rink. Helen said "I'd like to thank the Community League for the wonderful day, especially Jeanie McDonnell, Lois Hammeister, Berna Ponich and Cheryl West-Hicks for or-

ganizing the event, all the others who helped out, and all of the friends and neighbours who came by to wish me well. I was very touched." MLA Rachel Notley also nominated Helen for the Queen Elizabeth II's Platinum Jubilee Medal to acknowledge Helen's community contributions, which was awarded at a ceremony in early January.

(Continues on top of page 2)

ARGYLL Skating Party

This has been moved to February 26

Skating, friends & fun. Sounds like a wonderful afternoon doesn't it? Come by the Argyll snowbank rink (on the back side of the playground) to play, visit & have a cup of hot chocolate. Please bring a mug!

SUNDAY, February 26,

2023 from 2:00 – 4:00 PM

The rink is ready for skating right now, and will continue to be worked on throughout the winter. Thank you so much to Dave & team for providing ice for the neighbourhood every year.

Stay connected with events on our Facebook page for upcoming events.

Know Your Rights

An individual's guide when interacting with police

More information is available at
edmontonpolice.ca/KnowYourRights

EDMONTON
POLICE
SERVICE



Or scan the QR code to learn more

Hazeldean Lantern Parade

February 18, 5:30pm.

Looking for a family friendly activity to brighten things up this February? Join us to make LED lanterns and then

parade around the community. Please bring an empty milk jug or 2L pop bottle if you can, but if not we will have some extra.

We will provide lots of craft supplies and the LED lights to make the lanterns. This event is free for HCL members.

minsos | stewart | masson

barristers, solicitors, notaries

• Real Estate

• Wills and Estates

• Business Law

PH: (780) 466.1175

Fax: (780) 465.6717

#220, 8723 – 82 Avenue

Edmonton, Alberta T6C 0Y9

Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

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

Helen Gillespie Rink Celebration

(Continued from front page)

A brief history of the League:

Our league was founded in 1918, and by 1926, had a small clubhouse and two rinks.

Fire destroyed the building in 1955.

In the early 60's the King Edward Home School Society helped to rebuild the rink, and Tubby Bateman donated a house that was moved to this site to serve as a new hall.

Once the League outgrew the building, a group of community members, including Helen and her husband Reg, who was League president, envisioned a new building and began fundraising.

The new hall, completed in 1980, incorporated a community pub to help pay off the mortgage – which happened in 1991.

Helen and Reg were involved extensively in the fundraising, building and running of the hall and rink for more than four decades! Helen retired in 2019.

Over the years, Helen has been instrumental in developing programs and arranging social events. Karen Rowswell, with help from Carolyn Nutter and Della Dennis, provided some examples.

Helen started a tennis club at the hall, arranging tournaments and children's lessons.

She taught aerobics classes and stretch and tone twice a week.

Helen organized children's programs: ballet classes, annual Christmas parties with Santa, concerts with Paul Hann, soccer, Learn to Skate, and annual Pedal Pushers Parade in the parking lot.

She made sure the hall was always available to our local Scout and Girl Guide troops for bottle drives and special parties.

Helen and Reg loaded up the local kids in their own vehicles and took them out of town for hayrides and bonfires/wiener roasts then back to the hall for hot chocolate.

Helen organized men's and women's hockey teams.

She supervised pre-teen and teen dances at the new hall and organized adult dances.



Favourites were the movie "Grease"-themed dances in which attendees dressed and danced in the style of the era. A rented jukebox was available for these ones!

Helen helped hold popular events: knitting and crochet classes attended by residents such as Colleen Lieber; The Fringe which Helen McLean helped facilitate at the hall; silent auctions with generous donations from local businesses with George Durupt's able assistance and many banquets for hockey and soccer teams.

She phoned league members to ask for bingo volunteers for many years.

Helen maintained the Newfoundlanders' Gathering from 1982 – 1993. A group of local Newfoundlanders discovered our warm and comfortable lounge, became league members, and gathered regularly for darts and friendship.

Helen scheduled The Ball Hockey Guys.

She got team sponsors from many local businesses such as Batemans, Tony's Drugs, and Todd Cleaners, all of whom supported the teams for many years.

Helen ran the concession as needed, serving hot chocolate and cookies when the rink was open.

But beyond this, Helen was a friend and helper to many who came to the Strathcona Community League.

Winterfest 2023

Winterfest 2023 featured a spaghetti sauce cook off, sleigh rides, ice skating, arts and crafts, and indoor carnival games at the Strathcona Community League.

Thanks to Farhana Nurani, Social Director,

and the team of volunteers for running the annual event on Sunday, February 5th. A complete list of sponsors will be acknowledged in the next newsletter and social media. Winterfest

Community Swim Program

The Strathcona Community League is pleased to offer free swims at two of the City's indoor pools until August 27, 2023. Just show your current membership card (digital or printed) to the attendant at either facility for free entrance during the community league swim time.

Sundays

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.

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 **April-May 2023 issue** of Community League News South is **March 27, 2023**. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca.

Strathcona Rink Hours

Monday, Tuesday, Wednesday, Friday
3:30 pm-8:00 pm

Thursday 2:30-8:00 pm

Saturday, Sunday 1:00 pm-8:00 pm

Hours are subject to change due to weather conditions and maintenance. The hall is not

always open during rink hours. For the safety of little skaters, sticks and pucks are not allowed on the small rink. The Crokicurl rink is open for play next to the small rink. Rules for this winter sport that combines curling with crokinole are posted on the sign.

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/>

A minimum of six full registrations are required to run adult programs. Refunds will be issued if a specific program is cancelled.

If you would like to participate in an adult registered program but cost is a barrier, please contact Donna at programs@strathconacommunity.ca for subsidy options.

Exhale Fitness Sculpt and Tone Barre with Tiffini Fedoruk

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

Winter Session

Mondays

Until March 20, 2023

No class on Family Day, February 20

Morning: 9:00 – 10:00 a.m.

OR

Evening: 7:30 – 8:30 p.m.

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.

Registration for the spring session of Barre, April 3-June 19, will open in late March.

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

Following a hiatus from dance, during which she completed several diplomas in nutrition, Tiffini eventually returned to the world of movement, this time from a fitness perspective. First becoming a barre instructor through Xtend Barre, she then dove into

Pilates and other related brands, earning her STOTT PILATES® Mat and Reformer Certification, Garuda® Apparatus, Matwork, and Seated Standing, Brick, Merrithew™ Fascial Movement®, Piloxing® SSP, Piloxing® Barre and most recently TRX Suspension Training. Website: <https://www.exhalefit.ca/>

Unlock your Body with Essentrics® with Lynn Bohuch

Winter Session

Mondays

Until February 27, 2023

No class on Family Day, February 20

10:45 – 11:45 a.m.

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

Spring Session

March 6-April 24, 2023

7 classes

No class on Easter Monday, April 10

Fee: \$90.00 for complete session

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

Requirement: Valid Community League membership (any league).

Register and pay online.

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

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

Winter Session

Gentle Yoga

Mondays

Until February 27, 2023

No class on Family Day, February 20

6:00 – 7:15 p.m.

Single (or multiples): \$15.00 per class

Requirements: Community league mem

bership (any league). Bring your own yoga mat and props.

Register and pay online.

Hatha Flow Yoga

Thursdays

Until February 23, 2023

9:30-10:45 a.m.

Single (or multiples): \$15.00 per class

Requirements: Community league mem

bership (any league). Bring your own yoga mat and props.

Register and pay online.

Spring Session

Gentle Yoga

Mondays

March 6-April 25, 2023

8 classes

6:00 – 7:15 p.m.

Fee: \$102.00 for complete session

Single (or multiples): \$15.00 per class

Requirements: Community league mem

bership (any league). Bring your own yoga mat and props.

Register and pay online.

Hatha Flow Yoga

Thursdays

March 9-April 27, 2023

9:30-10:45 a.m.

Fee: \$102.00 for complete session

Single (or multiples): \$15.00 per class

Requirements: Community league mem

bership (any league). Bring your own yoga mat and props.

Register and pay online.

\$184.00 Combined rate for both Gentle

Yoga and Hatha Flow programs.

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

Gentle Hatha Yoga with Laura Harvey

Winter Session

Tuesdays

Until February 28, 2023

9:30 – 10:45 a.m.

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

Spring Session

Tuesdays

March 7-April 25, 2023

8 classes

9:30 – 10:45 a.m.

Fee: \$102.00 for complete session

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

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

Register and pay online.

Join Certified Yoga Instructor Laura Harvey for Gentle Hatha Yoga. This class fuses a unique blend of sustained poses with dynamic flow, joyful exploration, and calming mindfulness meditation. Classes focus on releasing tension, connecting with the breath, developing strength, flexibility, bodily relaxation, and 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.

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

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 (22-23)

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

- Discounts on hall rental
- Children's soccer and skating
- Access to Programs such as Barre, Essentrics, Yoga, Art, and more
- Free one-year Membership at the Edmonton Tool Library
- 10% discount Pressd Sandwich Shop, 10377 78 Avenue
- 10% discount Global Pet Foods, 7904 104 Street

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

Discounts on Hall Rentals



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

Strathcona Playgroup

The free drop-in playgroup runs on Wednesdays and Fridays, 9:00 – 11:00 a.m., until June 30, 2023, in the main hall (2nd floor). The entrance is up the ramp on the north side of the building.

The playgroup is open to parents/caregivers, babies and children for unstructured play and socializing. Toys, ride-on vehicles,

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

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

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 be-

ing 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/>

Outdoor Community Soccer Registration

Registration will be accepted online from February 1st to March 15th.

<https://emsasouth.com/register/register/registration-outdoor/>

The Edmonton Minor Soccer Association

(EMSA) South aims to place all players as long as there are teams and coaches. The approximate start date for all age categories is TENTATIVELY May 1, 2023.

Pub Nights

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

Upcoming Friday pub nights:
February 24

March 17

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

Play Rangers

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

Leaders are facilitators providing outdoor fun activities and ensuring safety for everyone. Parents and caregivers are responsible for their children at all times and must be available in the event of an emergency. Programming will still be available on rainy and snowy days but may be cancelled during severe weather.

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.

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 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>

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 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>



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



Argyll News

Community League Family Swimming

Our Swim Program now has two locations Commonwealth Community Recreation Centre and the Eastglen Leisure Centre are both venues for our Community Swimming this year. Eastglen Pool is more of a traditional pool with swimming lanes and less in the way of play areas. Each Saturday, from 3:00:PM – 5:00:PM, members of Argyll community can swim in those pools. These bookings will continue each Saturday until August 27, 2022.

This is a free swimming opportunity for Argyll families to have a regular 2 hour period of pool use exclusively for Community League Members. Of course, you must present your family membership card to the pool staff for entry. There will be some health restrictions

posted and the usual behavioral rules will apply for being in the pool area. There may also be restrictions about what you can bring with you, where you will store your clothing, and how you enter or leave the pool area. If you contact the venue in advance they can explain all of the restrictions and changes.

Argyll Community League is pleased to be able to offer this to our residents and families and we hope it is useful to you through the 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 is just for this year and may change in the future.

Parking Issues

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

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

Argyll Online

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

Our web site address is: www.argyllcl.ab.ca

If you wish to be added to our EVENTS e-mail distribution list get your name into argyll.social@gmail.com.



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.rmrff.com



LUNCH 'n' LEARNS



**Upcoming Lunch 'n' Learn:
Employment and
Engagement in Later Life**

Join us online:
Wed, February 15, 2023 | Noon to 1 PM

Register here:



For more info:
agefriendly@seniorscouncil.net
<https://seniorscouncil.net/lunch-n-learns>

Income Tax Considerations An Essential Part of Estate Planning

Do you want the Canada Revenue Agency (CRA) to receive a larger portion of your estate than is legally required?

This frequently happens when you don't engage an accountant, who is knowledgeable in the taxation of final tax and estate returns. Most people, including many accountants, are not aware of the optional income tax returns which may be filed in addition to the final return. Generally, there may be T3 Trust tax returns required following death, which have different rules.

Some examples of ways to lower the tax bills of deceased taxpayers include:

Subsection 70(2), called a Rights and Things return (R&T's), is the most common. This transfers qualified income, payable at death, but received after death, to a separate return. My experience has been approximately 50% of the returns we complete qualify for R&T's returns. Clients have realized tax saving ranging from \$1,000+/- to \$80,000+, when R&T's returns have been used.


Subsection 150(4), these returns may be used where the deceased had either propri-

etorship or partnership income. The business may have a fiscal year that does not start or end on the same dates as the calendar year. If the person died after the end of the business's fiscal period but before the end of the calendar year in which the fiscal period ended, you can file an optional return for the deceased.

Subsection 70(6), this deals with deferring taxes by using a rollover of assets. The transferring of property to the taxpayer's spouse, common-law partner, or a testamentary trust of the spouse or common-law partner defers taxes. The spouse only pays taxes as the assets are sold. Often the assets end up being sold over multiple years and in a lower income tax bracket, thereby reducing the overall taxes payable.

When the first T3 Trust return is filed, it has to be classified as a graduated rate return. If it isn't, then it and any subsequent T3 returns will be taxed at the highest personal tax rates, not the lower graduated personal rates.

These are just a few ways a knowledgeable accountant can save your estate money.



BOOK ROAD TEST

STRATHCONA REGISTRY
Alberta
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
(780) 430-1154

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

www.alberta.ca/riverexaminer.ca/?registry=177

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

Edmonton GUITAR MUSIC SCHOOL

GUITAR and PIANO LESSONS for Kids and Adults!
Want to learn or get better at playing Guitar or Piano?
Come and see us at Edmonton Guitar Music School! We will help YOU grow your Passion for MUSIC!


BOOK TODAY your FREE Intro Session
With one of our Teachers
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

8540 109 STREET, EDMONTON



OFFICE SPACES FOR LEASE

- Ideal for marketing/design, accounting & other professional services
- Affordable Gross monthly rent | Shorter terms considered
- Anchored by Upper Crust Cafe | Elevator access | In-suite kitchenettes
- Located in the desirable Garneau neighbourhood with close proximity to U of A

CONTACT

Erin Kobayashi
Partner & Associate
780-218-7585
erin@aicrecommercial.com

Meadow Kenney
Associate
780-271-4845
meadow@aicrecommercial.com



aicrecommercial.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.

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 fun 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!

Join 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 at the Dairy Queen on 99st.

For more information about HCL memberships, please email Kirsty at memberships@hazeldean.org

The Hazelgreen Shamrock Shaker

March 17, 7pm to 2am.

Celebrate St Patrick's Day at HCL! Tickets are \$15 each and include food, one drink ticket, and entry into one of our door prize draws. Live music (details TBA) and DJ. Great eats by Doppers Food Truck and a cash only bar featuring local beers and spirits!. This event will be adults only. Tickets can be purchased online through Eventbrite. To purchase tickets go to the Shamrock Shaker Event on the Hazeldean Community League Facebook page.

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
Megan Kyriacoa,
facilities

Kylie Stang,
social
Alexis Parker,
athletics
Karen Wong,
fundraising
Brian Wissink,
director at large

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!

Hazeldean Toddler Playgroup

Thursdays 10am to 1230pm at Hazeldean community hall (9630 66 Ave.). Drop in when you can! We have tones of toys and activities! Mamas and Dads can socialize and so can the littles.
This program is free for HCL members.

Community Swim

With your HCL membership you can swim for free Saturdays 5-7pm at Bonnie Doon Pool. Just show your current membership card during this time for free entry.

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! To inquire about rentals, contact hall administrator Dawn Banner by email at hazeldeanleague@shaw.ca or by phone 780-439-0847.

Gardening Club 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! Do you want to join us and have ideas about what we should do? Watch the Hazeldean Community League Facebook page for news, email us at president@hazeldean.org to join a list of participants.

Afternoon Family Movie

Come watch a family friendly movie with us on April 23, 12:00pm. We have chairs or bring your own blankets and pillows. Popcorn and snacks available for purchase (cash only). Follow Hazeldean Community League on Facebook and Instagram to see which movie we will be showing closer to the date. This event is free for all HCL members. *Cash only, no ATM on site.

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 paradigntheatre@hotmail.com for more information or to be put on the wait list.

HD Performing Arts Group presents "Meet the Figments"

This will be an original play performed by The Hazeldean Performing Arts Group, April 23, 630-730pm. Tickets are \$5 available on Eventbrite. Email paradigntheatre@hotmail.com for more information on HD Performing Arts Group.

The Hazeldean Snowbank Rink

What we need to say here is THANK YOU! To our volunteers who build and maintain this rink THANK YOU! We would not have a rink without you! The HCL snowbank rink is free to use by any City of Edmonton Community League member. We do ask if you use the rink to please purchase an HCL membership. This year we purchased a new large water hose and some other tools to help our volunteers water and maintain the rink. Your membership dollars help to support our efforts and keep the rink going! If you would like to help our volunteers maintain the rink please contact us at president@hazeldean.org

Upcoming League Events



Hazeldean Community League (9630 66 Ave.)
More event details will be released closer to event dates. Follow Hazeldean Community League on Facebook and Instagram for all the latest information.



Discovery Daycare

Place of Fun and Learning



- Subsidy available
- Accredited daycare
- Infants to 6 years old
- 7 am to 6 pm
- Drop-in available

8703 91 Street 780-468-3475
Across the street from Rutherford School

Join Us B4 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.

Subsidy Available

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



Enroll for January school start

8817- 92 Street Tel: 780-440-0048

Keep your heart healthy by walking



February is Heart Month. You can improve your heart health simply by walking.

A form of aerobic exercise, walking is one of the easiest ways to increase your physical activity and improve your heart's health.

Physical activity increases your heart rate, strengthens the heart muscle, and increases blood circulation through your body, bringing more oxygen and nutrients to your organs. Exercise also increases your lungs' ability to take in oxygen. It lowers blood pressure and helps to reduce body fat. It also improves blood sugar and cholesterol levels.

- Have a checkup before beginning an exercise program. If you have heart problems, your doctor may want to do tests to find out how much activity your heart can safely handle.

- Start out slowly, with a warm-up in the beginning. Get faster in the middle of your walk. Then have a cool-down at the end.

- Use a phone app or buy a pedometer to count your steps every day. Set a goal to increase the number of steps you take each day or week. Many people work toward a goal of 10,000 steps a day but set a target that works for you.

- To stay motivated, walk with friends, co-workers or pets. Ask friends and co-workers to join you. Turn a walk into a brainstorming session with a co-worker. Join a walking group or club. Plan family outings around walks together.

- Set goals. Work towards doing at least 2.5 hours of moderate to vigorous exercise a week. One way to do this is to walk 30 minutes a day, at least five days a week.

- Schedule walks on your business calendar.

- Walk whenever possible. Take opportunities such as walking to work, school, around an entire park, to do errands the grocery store, or to a restaurant.

- Set a goal to participate in an organized fitness walk.

- Walk before or after work, or on your lunch break. Instead of taking a snack or coffee break, take a walk break.

- If the weather is bad, use a treadmill. Or take comfortable shoes to the mall and walk several laps inside.

- Wear comfortable shoes and socks that cushion your feet.

- Drink plenty of water. Take a bottle with you when you walk.

- Be safe and know your surroundings. Walk in a well-lit, safe place.



Emergency
Medical
Services

Burns and Scalds



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

Degrees of burn

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

First Aid for burns

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

Prevention of burns

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

www.albertahealthservices.ca

Reducing the salt in your diet

February is Heart Month, a time when you may want to think about taking care of your heart.

Reducing salt in your diet is one way to improve your heart health. Eating too much salt (sodium) may cause high blood pressure. If you lower your blood pressure, you may lower your risk of heart attack, heart failure and stroke.

The top sources of sodium in our diets include ready-made bread, crackers and muffins, as well as takeout pizza and lasagna, and processed meats such as deli meat and sausages. Cheese, soups and condiments such as soy sauce and ketchup are also very high in salt. If you reduce the amount of processed, fast food, take-out food and restaurant meals you eat, you may reduce the so-

dium in your diet.

Another way to lower sodium is to prepare food at home. When cooking at home, you can use little or no salt.

Try flavouring your food with garlic, onions, herbs, spices, lemon juice and vinegar instead of salt.

Do you need some tips on cooking with less sodium? The AHS South Health Campus

Wellness Kitchen in Calgary will host Low Sodium Tasty Tips and Tricks, a free online cooking demonstration.

A registered dietitian will lead the two-part series, which will include information on reading labels, lower sodium substitutions and preparing healthy lower-sodium foods that still taste great. Anyone in Alberta is welcome to sign up.

Ritchie News

2022/2023 DIRECTORS

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

Visit the Ritchie Hall at:

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

Hall Manager: Jaclyn Segal (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)

Regular and Upcoming Events

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

Regular Programs

Fit for Life Mondays at 11 am

Start to Play by Free Play Tuesdays at 6:30 pm for ages 6-8 | 7:30 pm for ages 9-12

RCL Euchre Wednesdays at 7 - 9 pm

Playgroup for ages 0-5 Wednesdays at 9

RCL Bridge Fridays at 10 am

RCL Dance Fitness, see website for schedule

RCL Book Club evenings, see website for details

Upcoming Events

Black History Month Celebration February 26th 3 - 9 pm

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

Ritchie Community League Rink Rules

We've loved seeing so many community members enjoy the rink this winter, but we just have a few reminders about our safety rules.

- A community league (any league) membership is required to use the rink.
- Skaters use the rink at their own risk
- Helmets and protective equipment are strongly recommended
- Children should be supervised by an adult or other responsible person
- We recommend folks do not carry infants or text while skating
- Skaters must maintain stick and puck control at all times
- No alcohol consumption permitted
- No smoking, spitting, foul language, body checking, or pushing



Once the snow is removed, our rinks are open from 9 am to 10 pm daily, unless temperature is below -20°C or above 0°C. The hockey rink is closed on Tuesdays from 6:30 to 8:30 pm for our Start to Play program.

Black History Month Celebration

BLACK HISTORY Celebration

AFRICA CARIBBEAN SHOWCASE

26 FEBRUARY 2023

LIVEBAND - FOOD - DANCE - FASHION SHOW - RAFFLES - BEER

TICKETS: \$30/PERSON
BOOTHS: \$50 PER TABLE / \$100 AFTER FEB 10TH

email: events@ritchie-league.com

Market open: 3pm - 5:45pm
Show Time: 6pm-9pm

VENUE: RITCHIE COMMUNITY LEAGUE, 7727 98 STREET NW

FOR TICKETS, BOOTHS, AND SPONSORSHIP, CONTACT 5877844804

Visit us on Instagram @achalliance / @Ritchie_League

On Sunday, February 26 from 3 to 9pm at Ritchie Hall we will be celebrating Black History Month with a Showcase of African & Caribbean Culture & Heritage

Tickets are \$30 and the evening will include:

- a live band
- dancing
- food tasting
- fashion show
- and marketplace of local vendors

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.



Have you heard the A Little Bit Ritchie podcast?

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

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

In the latest episode, we look at three community transitions, each shaped by the community's needs and desires and marked by a collection of buildings: the shantytown of Ross Acreage, Wartime Housing Limited homes, and Redeemer Lutheran Church. A key theme throughout is the movement towards modernization, which so often occurs after periods of upheaval.

This episode was produced in collabora-



tion with local popular historian Dane Ryksen, who shares the history of a Redeemer Lutheran Church.

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

FOLK & whimsy

NOW OPEN!

A Family Boutique
Pregnancy to Early Childhood

6549 99 St NW
www.folkandwhimsy.ca

Property Assessment Mail Out



More than 400,000 assessment notices have been mailed to Edmonton property owners.

The assessed value of your property represents its market value as of **July 1, 2022** and is used to determine your share of provincial education and municipal property taxes. Provincial education taxes are collected by the City of Edmonton on behalf of the Government of Alberta to fund public education, while municipal taxes are used to fund City programs and services such as transit, road maintenance, fire rescue services, recreation centres, libraries and more.

When you receive your property assessment notice:

- + **Review** the details on your assessment notice. Accurate information ensures you only pay your fair share of property taxes – no more, no less.
- + **Check** what makes up your property's assessment value and **compare** it with similar properties in your neighbourhood using the tools on edmonton.ca/assessment.
- + **Contact** the City, if you have any questions. Call 311 for one-on-one support. Our staff can answer most assessment-related questions with no formal complaint fees required.

More online tools are available at myproperty.edmonton.ca, including the assessment and tax history of your property and the ability to sign up for electronic notices. Use the individual code on your paper notice to register for your MyProperty account.

For more information, call 311 or visit edmonton.ca/assessment.

Estate Income Tax Preparation & Planning

Estate Tax Returns frequently have optional returns and credits which may result in substantial tax savings.

With numerous years of experience specializing in Estate and Personal Income Tax returns, Lorn Stanners, CPA, CMA, can guide you through the process and lend his expertise in the following areas: Business Succession Planning, Trust and Estate Taxation, Estate Plans, Deceased Taxpayers Tax Filings, Post Mortem Tax and Estate Planning.



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

#300 10328 81 Ave NW Edmonton, AB T6E 1X2 P 780.413.7211 F 780.413.7226 yateswhittaker.ca

Live close to what you love.



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.



CHRISTENSON

SOUTHWOODS URBAN VILLAGE AT HAZELDEAN



Ask about the
CORNERSTONES
PROGRAM



- 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



- 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

