

# COMMUNITY LEAGUE NEWS SOUTH

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



June/July 2023

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## June is Bike Month for Argyll

Come join us to help Argyll compete. The Challenge is to see which neighbourhood can collectively bike the furthest during the month of June. This is our third time competing. Last year we were a mere 400 km away from winning the "km per capita" category. Let's go for GOLD this year! We have a strong group of cyclists in the Argyll Peloton, but we need more. You can join our cycling team any time throughout June.

Cyclists of all ages are encouraged to help, from run-bikers to senior cycling citizens. E-bike and indoor-

trainer kilometers count too. Participate by recording your kilometers one of two ways:

1. Automatically record your bike travel via the Strava App and by joining our club. Our STRAVA page is here: <https://www.strava.com/clubs/ArgyllPeloton> [if you signed up last year, you don't have to sign up again]

2. Manually record your kilometers and e-mail your weekly total to Argyll.Peloton@gmail.com every Sunday night throughout June.

Only kilometers biked in the month of June count towards the total. Let's go Argyll...

## June Bike Challenge for Strathcona

It's Biking Season! The inter-league challenge coordinated by the Ritchie Community League is simple: ride the most kilometres in the month of June! In 2023, the Edmonton Federation of Community Leagues is helping Ritchie Community League (creator of the Bike Month Challenge) to entice more leagues to participate, and hopefully, offer some sponsorship prizes for Leagues that win.

Download the Strava app onto your mobile device and join our Strava club: Strathcona Community League June 2023 Bike Challenge.



Record your progress between June 1 and June 30. You can also email your weekly mileage to Darcy at [green@strathconacommunity.ca](mailto:green@strathconacommunity.ca). Every individual count, so if you take your kids out on a ride, you can record their kilometres too!

## Hazeldean Community League Upcoming League Events

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.

### -The Green Shack IS BACK!!

Green shack is a fantastic City of Edmonton program that is free and open to the public. It takes place at The 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 [greenshack@edmonton.ca](mailto:greenshack@edmonton.ca) and visit [edmonton.ca/Greenshacks](http://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](http://edmonton.ca/SprayParks).

### -School's Out BBQ June 27, 5pm!

Celebrate the end of the school year with hamburgers, hotdogs, sweets and drinks! This event is free for all community league members (all leagues welcome!), \$5 for non members. This is a great opportunity to buy a membership and eat for free!

### -Casino Fundraiser August 5 and 6.

We are seeking volunteers to staff a Casino on August 5 and 6! This is the community league's primary source of fundraising income so it's very important we are covered.

#### We currently need:

Saturday August 5. 1 day time cashier 11:30 am to 7:15 pm, 2 chip runners 6:30 pm to 3:15 am, 1 cashier 8:30 pm to 3:30 am and 4 persons for the count room 10:30 pm to 3:30 am.

Sunday August 6. 1 day time cashier 9:00 am to 7:15 pm, 1 chip runner 11:30 am to 7:15 pm

Night shift: 2 chip runners 6:30 pm to 3:15 am, 5 persons for the count room 10:30pm to 3:30 am.

For More information please call Dawn at 780-439-0847 or email [hazeldean-league@hazeldean.org](mailto:hazeldean-league@hazeldean.org)

## Ritchie Public Market is back!

Tuesdays  
3:30pm-7:30pm at 7727 - 98 St



## Ritchie Public Market is back!

The 3rd season of the Public Market in Ritchie starts June 6 and will operate from 3:30 to 7:30 every Tuesday until September 26. As in years prior, the market will host fruit, local veggies, artisan handicrafts, meats, seafood, and food trucks! We look forward to having you visit us often this summer. Vendors can call 780-913-2586 to join.

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• Business Law

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#220, 8723 - 82 Avenue

Edmonton, Alberta T6C 0Y9

# Strathcona Centre News

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

website: [www.strathconacommunity.ca](http://www.strathconacommunity.ca)

## STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

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

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

Community League website: [www.strathconacommunity.ca](http://www.strathconacommunity.ca)

**EFCL website:** [www.efcl.org](http://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](mailto: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 August-September 2023 issue of Community League News South August 1, 2023. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at [donna.fong@shaw.ca](mailto:donna.fong@shaw.ca).

## Diversity and Inclusion Events

The Strathcona Community League has a committee of volunteers who are passionate about advancing diversity and inclusion in our community. Pride Yoga in the Park was a wonderful event on May 28th led by Shu Tian and joined by drag performers JoJo Mojo and LaDonna Stone. The league offered and De-escalation and Bystander Intervention Training on June 3rd (courtesy of the Mustard Seed and Sexual Assault Centre of Edmonton). The Two-Spirit Awareness Indigenous Peoples Day Event and Potluck will be held at the Strathcona Community League, 10139 87 Avenue, on Sunday, June 25th, 4:00-7:00 p.m. For more information, please contact Diversity and Inclusion Committee co-chairs Amy and Lauren at [diversity@strathconacommunity.ca](mailto:diversity@strathconacommunity.ca)

## Big Bin and Freecycling Event-June 24

It's that time of year again! The BIG BIN & Freecycling Event is back June 24th at the Strathcona Community League, so bring any large items that you have been itching to liberate from your home. In an effort to divert useful items from the landfill, we will also be running a freecycling event again this year. We are always happy to see unwanted items find a new life with someone else. That's the way the planet likes it.

Items we cannot accept but can be taken to the Eco Station are:

- Commercial Waste
- Gas Powered Equipment
- Hazardous Materials

A Strathcona Centre Community League (SCCL) membership is required to participate. Bring your membership cards or verify with our membership list on site. If you don't have one or want to renew, we can do that onsite or you can do it online at <https://strathconacommunity.ca/membership/>

-Time: 9:00 am to 3:00 pm -Location: SCCL Parking Lot, 10139 87 Avenue

## EPCOR Mill Creek Trunk Rehabilitation - Update

### Background

The Mill Creek trunk which carries wastewater and storm water to the Gold Bar Wastewater treatment plant has begun significant repairs after large holes were discovered in 2020. This section will be replaced by a new trunk that runs from 80 Ave to 88 Ave along 97th Street. Portions of the old trunk will be decommissioned and removed from its current home in the Mill Creek Ravine. The estimated time of completion for the entire replacement and landscape rehabilitation process is 2026.

### May 2023 Update

Construction started in March of 2023 and is expected to take place in stages over the next three years.

Stage 1) New Tunnel Construction (March 2023 to Summer 2025) along 97 street and connection to existing upstream combined trunk at 80 Ave and downstream trunk at 88 Ave.

Stage 2) Sewer Redirect (Spring 2025 to Fall 2025) existing sewer flows on 80 Ave between 96 Steet to 97 Street toward the new tunnel.

Stage 3) Trunk Decommissioning (Summer 2025 to Spring 2026) removing the existing combined trunk from 97 Steet to the Mill Creek Ravine.

Most construction will occur underground, using a TBM (tunnel boring machine), with two worksites situated along 97th street.

Worksite #1 at 97 street and 80 Ave began operations in March 2023 with the construction of the entry shaft for the TBM, along with

temporary fences and paths. Crews installed the drill rig and are constructing the entry shaft for the TBM. This is anticipated to be complete in November 2023.

Worksite #2 is at Tubby Bateman Park 9703 88 Ave. A worksite layout has been provided using input gathered at their open house in November 2022, where community members expressed concerns over green space preservation. Based on the configuration of power lines the crane will be positioned at the southside of the shaft, as it has been determined that moving utility lines was not feasible. The site entrance is positioned to avoid conflict with tree stands. As of May 2023, some trees have been removed and an existing watermain has been relocated. Shaft construction is anticipated to start in July 2023. Once shaft construction at sites #1 and #2 are complete, tunneling work to construct the new sanitary trunk will begin. Construction notices will be provided to residents on traffic impacts, timelines and schedules.

### Community Impacts

EPCOR will keep the community updated, but there are a few things to be aware of. Although noise abatement measures will be taken at the 24-hour tunneling sites, some noise pollution can be expected. On a fun note, EPCOR is hosting a kids art contest where students at Mill Creek School decorate the fencing at Worksite #1.

For visuals and project updates visit [EPCOR.com/millcreek](http://EPCOR.com/millcreek).

## League Programs

The spring session of Barre, Essentrics and Yoga programs will end in late June and resume in September.

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 single classes of spring registered programs are to be paid online (credit card or debit) at the league's website (Programs tab) <https://strathconacommunity.ca/>

## Summertime Art at the Hall

Ages 6 and up

Berna Ponich will be hosting two weeks of art classes this summer at the Strathcona Community League Hall for kids who would like to do a little something, but are not looking for a camp. Each week will be different, so register for one or both sessions. We will be drawing and painting and there may also be a few surprises! Fees (\$129) include all in-

struction and supplies.

July 17 - 21

10:30 am - 12:00 noon

July 31 - August 4

10:30 am - 12:00 noon

For more information, please email Berna at [berna@telus.net](mailto:berna@telus.net). To register and pay online, please see the Strathcona Community League website for the link in late June.



## June Pub Night

Friday, June 16  
Beer Tasting  
-Doors at 8:00 p.m. -Lounge, 2nd Floor,  
10139 87 Avenue  
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.  
There will be no pub nights in July and August.

## Board Games Meet Up

Since March, the Strathcona Community League has been running Board Games Meet Ups on various Friday and Saturday dates in the Lounge, 2nd floor, 10139 87 Avenue.  
Next Meet Up: Friday, June 23, 7:00-10:00 p.m.  
Open to members of any community league and their guests. You can buy your Strathcona Community League membership at <https://strathconacommunity.ca/league/>

membership/  
If this presents a barrier for you, please contact us at [info@strathconacommunity.ca](mailto:info@strathconacommunity.ca) for options.  
Adults and older children who don't require help to play the games. We may branch out into a parented "kids meet-ups" as we get established. No experience necessary. Bringing games is greatly appreciated but not required.

## Legal Education Program

The Strathcona Community League partnered with Local Legal Law Offices to offer free legal education seminars this past spring. Topic sessions included Will Essentials, Power of Attorney, Personal Directives, Real Estate for Beginners, For Sale By Owner-Considerations for Selling Privately, and Be-

ing an Executor. Each session consisted of a 45 min seminar, 15 min Q&A and 30 min for free private consultations with guest speakers. Fall sessions will be announced at a later date on the league website <https://strathconacommunity.ca/?s=legal+education> and social media.

## Summer Green Shack Program

The City of Edmonton is pleased to offer the free drop-in Green Shack Program at the Strathcona Community League.  
-July 4 - August 24, 2023 -Monday-Friday 2:30 - 5:30 p.m.  
Strathcona Community League, Next to the spray park. 10139 87 Ave

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/Greenshacks](http://edmonton.ca/Greenshacks)

## Fun in Strathcona Park

10139 87 Avenue  
The Strathcona Nursery School will host a kick-off party to celebrate the opening of the summer Green Shack program in the park for families with young children on Tuesday, July 4th, 2:30-5:30 pm. Frozen treats and fun activities.  
The Strathcona Spray Park is open daily

for the 2023 season, 9:00 a.m.-9:00 p.m. For the locations and operating hours of other spray parks in Edmonton, visit [https://www.edmonton.ca/activities\\_parks\\_recreation/spray-parks-water-play](https://www.edmonton.ca/activities_parks_recreation/spray-parks-water-play)  
If you have any questions or concerns regarding a spray park, please contact 311.

## Outdoor Swimming Pools

The City of Edmonton's outdoor swimming pools are now open.  
Queen Elizabeth Outdoor Pool: 9170 Walterdale Hill.  
Fred Broadstock Outdoor Pool: 15720 105 Avenue.  
Oliver Outdoor Pool: 10315 119 Street  
Borden Park Natural Swimming Pool: 7615 Borden Park Rd.  
For admission prices, visit [https://www.edmonton.ca/activities\\_parks\\_recreation/admission-memberships](https://www.edmonton.ca/activities_parks_recreation/admission-memberships)  
Reserving in advance will guarantee admis-

sion and avoid line-ups. Admission to these pools is included with all City of Edmonton Recreation Centre memberships, including the Summer Youth Pass. Visitors to outdoor pools are asked to book a time slot at Move Learn Play on the City of Edmonton's website <https://movelearnplay.edmonton.ca> to ensure they can access the pool when they arrive. All admission types are validated upon arrival at the facility.  
The Summer Youth Pass will be available for purchase between June 19 - August 31. It is \$35 for this monthly pass for Youth and Children aged 2-17 years of age.

## 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](mailto:civics2@strathconacommunity.ca).  
For the latest news on Civics and reference documents, visit the website <https://strathconacommunity.ca/latest-news-civics/>

## Community Swim Program

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


Recreation Centre will be closed for maintenance, starting July 3rd until the end of August. The Community Swim Program will resume in September 2023.  
Eastglen Leisure Centre: 11410 68 Street  
The Centre has a 25-metre gradual depth salt water swimming pool, whirlpool, steam room, and pool toys.

## Strathcona Playgroup

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

izing. Toys, ride-on vehicles, books, and tables are available to use at the hall. Many thanks to the parent volunteers (led by Chris Hancock) for their commitment to the playgroup since last October. If you have any questions, contact Donna at [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca)

## Important Notice to Property Owners in the City of Edmonton



### 2023 Property Tax

If you own a property, you should have received your 2023 property tax notice in the mail. **Your property tax notice includes:**

- + Municipal taxes, which help pay for civic services like police, fire rescue, public transit, libraries, recreation centres, road maintenance and more.
- + Education taxes, which go directly to the Government of Alberta to fund education.

If you have not received your notice in the mail, contact the City of Edmonton by phone at 311.

### Taxes Due by June 30

Property taxes are due in full by June 30, 2023. Property tax bills can be paid at most financial institutions, by telephone/online banking and by mail. The City also offers a monthly payment plan; for more information on paying monthly, please contact 311 or check out [edmonton.ca/taxes](http://edmonton.ca/taxes).

Did your taxes go up or down? Find out more about how your property taxes are calculated and how your property assessment compares to overall assessment changes at [edmonton.ca/taxes](http://edmonton.ca/taxes).

You can also view your property tax notices online at [MyProperty.edmonton.ca](http://MyProperty.edmonton.ca). Sign up for your MyProperty account using the unique access code found on your tax notice.

For more information, call 311 or visit [edmonton.ca/taxes](http://edmonton.ca/taxes).



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## 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**



## Heather McPherson

Member of Parliament  
 Edmonton Strathcona

Contact my constituency  
 office for assistance with:

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- Old Age Pensions
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- 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](http://www.heathermcpherson.ndp.ca)

Follow on



## 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

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

-Discounts on hall rental

-Children's soccer and skating

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

-Free one-year Membership at the Edmonton Tool Library

-10% discount Pressd Sandwich Shop,

10377 78 Avenue

-10% discount Global Pet Foods, 7904 104 Street

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

### Discounts on Hall Rentals

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

## Hall Rentals

Main Hall: capacity 105

Seats 60 to 80 depending on table arrangement

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

Lounge: capacity 60

Seats 30-35 depending on table arrangement

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

Concession/Small Meeting Room

Seats 8 to 10

Amenities include kitchen.

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

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

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

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

**Alberta Health Services**  
Emergency Medical Services

### Heat Related Illness

EMS would like to remind everyone to stay safe in the heat and sun this season. While children, elderly and individuals with varying underlying health conditions may be more susceptible to the effects of heat and sun, all should take basic prevention measures to avoid a heat related illness during periods of hot and humid weather.

<p style="text-align: center;"><b>Heat exhaustion</b></p> <ul style="list-style-type: none"> <li>Heat exhaustion can occur due to excessive fluid loss during periods of prolonged sweating in a hot and/or humid environment (indoors or outdoors);</li> <li>Patients may suffer headaches, weakness, fatigue, nausea/vomiting, thirst, chills, and profuse sweating;</li> <li>The patient is usually cold and damp to the touch and the skin may appear pale, or dusky gray.</li> </ul>	<p style="text-align: center;"><b>First aid</b></p> <ul style="list-style-type: none"> <li>First aid for all heat related illness begins with removing or sheltering the patient from the hot environment;</li> <li>Remove excess, or tight-fitting clothing, and allow them to rest in a cool environment;</li> <li>If the patient is conscious and alert, provide suitable fluids such as: water, juice, or a sports drink;</li> <li>If you are concerned, seek medical attention.</li> </ul>
<p style="text-align: center;"><b>Heat stroke</b></p> <ul style="list-style-type: none"> <li>Heat stroke is a medical emergency which, without prompt treatment, could be fatal;</li> <li>It occurs when the body is unable to cool itself naturally (e.g., perspiration). The body's temperature will continue to rise to dangerous levels;</li> <li>Due to severe dehydration and the inability to sweat, the patient may appear flushed, and skin may be hot and dry to the touch.</li> </ul>	<p style="text-align: center;"><b>Prevention</b></p> <ul style="list-style-type: none"> <li>Stay well-hydrated by drinking water;</li> <li>Be aware that excessive alcohol and caffeine consumption may promote dehydration;</li> <li>Wear a broad brimmed hat to keep the sun off your face and neck;</li> <li>Apply (and reapply) waterproof sunscreen with a minimum SPF of 30+, especially for children. The sun's UV rays peak between 11am-3pm, even on cloudy days.</li> </ul>



# Argyll News

## 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](mailto:ArgyllSocial@gmail.com)  
Look for the orange sign at the park!

## Bikes & Beers

Explore Happy Beer Street with your neighbours. Ride your bike to 99th Street, taste some beers at local breweries, and make some new buddies; all on August 19th. Watch the Argyll website & Argyll Facebook for further details.

## Argyll Music Concert - Mark your Calendar now!

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. Mark your calendar for the evening of September 16th, you won't want to miss it.

## Casino Volunteers

We were finally able to honour our casino volunteers (and families) at our joint Banquet last month. As both the EJCA and ACL help each other out with Casino events we hold these appreciation dinners to thank the families who usually have to make special arrangements for their adult members to offer their time for each

group's Casino dates. It was calculated that each volunteer hour generated \$640 in funding to Argyll. We thank all our volunteers once again for helping us keep this facility operating. As special thanks go to Anita Kelm who coordinates these events as it takes a lot of preparation each time we have a casino scheduled.

## General Parking Issues

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

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

## Neighbourhood Improvement

Thanks to everyone who contributed to the Improvement Survey last month. The results have helped us move forward with our plans. More information will be available soon regarding a timeline for the installation of our projects, subject to City policy adjustments and fundraising efforts.

## EJCA Summer Festival

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

## 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](http://www.argyllcl.ab.ca)

If you wish to be added to our EVENTS e-mail list, get your name into [argyll.social@gmail.com](mailto:argyll.social@gmail.com).

## Staying healthy when you travel

The best way to stay healthy on your trip is to plan ahead. Talk with your doctor several months before you travel to another country.

It's important to allow enough time to get the vaccine doses that you need. For example, if you need the hepatitis A vaccine, you'll need two doses spaced at least six months apart.

Also ask your doctor if there are medicines or extra safety steps that you should take. Check with your local health unit or travel health clinic for other travel tips.

Get necessary vaccines

- Make sure you are up to date with your routine shots. They can protect you from diseases such as polio, diphtheria, and measles. These diseases are still a problem in some developing countries.

- Get other vaccines you need. Your doctor or a health clinic can tell you which ones you need for your travels. Here are some examples:

Your doctor may also prescribe an antibiotic to take with you. If so, take it as directed. This can treat diarrhea if you're going to an area where

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## 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](https://www.edmonton.ca/programs_services/leisure-access-program)

Those who fall under the Low Income Thresholds may be eligible for a 2-year approval term. Those who apply using AISH documentation may be eligible for a 5-year approval term.

## 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>

modern medical care isn't readily available.

Make safer choices as you travel

- Practice safer sex. Using condoms can prevent sexually transmitted infections.

- In areas where mosquito-borne illnesses are found, use DEET insect repellent. Wear long pants and long-sleeved shirts. Use mosquito netting to protect yourself from bites while you sleep.

- Many developing countries don't have safe tap water. Only have drinks made with boiled water, such as tea and coffee. Canned

or bottled carbonated drinks, such as soda, beer, wine, or water, are usually safe. Don't use ice if you don't know what kind of water was used to make it. And don't use tap water to brush your teeth.

- Be aware that you could be injured in cars, boats, or public transportation. Driving can be dangerous due to bad roads, poor driver training, and crowded roadways. Always wear your seat belt if available. If you hire a driver or taxi, ask the driver to slow down or drive more carefully if you feel unsafe.



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Our Parents' Home is pleased to extend an invitation to you and a guest to enjoy refreshments and delicious appetizers created by our New Revera Chef and kitchen, while you meet and mingle with local businesses in the Oliver area who cater specifically to the needs and interests of seniors.

Join us on the 14th floor for some pretty amazing views, good conversation and great food.

**June 29, 2:00 – 4:00pm**  
Our Parents' Home - 10112 119 Street

Please RSVP to Tracy by June 27th (as space is limited)  
[Tracy.Shaw-Ache@reveraliving.com](mailto:Tracy.Shaw-Ache@reveraliving.com)  
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# 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](mailto: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?

### -Thank you to everyone who helped us clean up!

The Spring Cleanup was a huge success! Even though it was a bit chilly, we had our best turnout ever. A huge thank you to Hazeldean Drug Mart for being a great community partner and for providing snacks and drinks. Thanks also go to the City of Edmonton Naturalization team for handing out free plants!

### -The Theatre Group Performance was SOLD OUT!!

Congratulations to the HD Performing Arts Group on a sold out performance of Meet the Figments! This original play, written by Brian Wissink, directed by Richelle Wissink and choreographed by Rae Gale, was a huge hit and loved by all. We couldn't be more proud of this fully volunteer run program. We can't wait for the next production! Please email [paradigmtheatre@hotmail.com](mailto:paradigmtheatre@hotmail.com) for more information

### -Movie afternoon

Thanks to everyone who attended our showing of Puss in Boots! See you at the next one!

### -New board member alert!



Jeff Cummings has joined the board as our volunteer director. Welcome to the board Jeff! We look forward to working with you.

### -Pop up Planters at the Hall

Wondering what those planters are by the basketball courts? It's a pop up garden from the City of Edmonton! (Or it will be soon enough!) We have been a bit delayed getting the water source organized but we should be planting soon! Do you have extra seedlings or plants you would like to donate? Email us at [president@hazeldean.org](mailto:president@hazeldean.org). Watch Facebook for more news and information!

## 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

## Calling all soccer enthusiasts!

Hazeldean runs a free drop-in soccer program. Our soccer director is unable to commit full time this year and is looking for some volunteers to support the program.

Normally this program runs 6:15-7:30pm

on Tuesdays. Two age groups 5-7 and 8-10. Support for drill and activities will be available. Please contact Alexis Parker at [athletics@hazeldean.org](mailto:athletics@hazeldean.org) if you have time to support this program.

## Summer Starts 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 boardroom,

the community room, or the large hall.

To inquire about rentals, contact hall administrator Dawn Banner by email at [hazeldean-league@hazeldean.org](mailto:hazeldean-league@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. The new semester starts in August! Please contact [paradigmtheatre@hotmail.com](mailto:paradigmtheatre@hotmail.com) for more information.

### -The Gardening Club is a work in progress!

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

### -Please Note Changes to Free Community

### Swim Every Sunday

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

### -20% off At Edmonton Fitness Facilities

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

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

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

[memberships@hazeldean.org](mailto:memberships@hazeldean.org)

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## Call for help with child development questions



Parents, guardians and caregivers who have concerns about their child's development and well-being can now receive free advice and guidance through a new phone service.

By calling Health Link at 811, Albertans with concerns about their child's development — including speech, movement and hearing — can be redirected to the new Pediatric Rehabilitation Line and speak with an occupational therapist or another appropriate allied health professional.

The new Pediatric Rehabilitation Line provides advice to parents and caregivers of infants, children and youth (birth to 18 years) who have concerns about developmental milestones in areas such as:

- Moving and playing (e.g., crawling, walking, coordination, playing with toys, using utensils).
- Talking and listening (e.g., babbling, using words and sentences, speech sounds, understanding directions, stuttering, voice quality).
- Taking care of self (e.g., dressing, toileting, sleeping).
- Managing emotions (e.g., calming self, becoming overwhelmed or overstimulated).
- Difficulty eating or swallowing (e.g., coughing, gagging).
- Hearing (e.g., responding to sounds, noise, voices, words).

The Pediatric Rehabilitation Line can also help callers who are looking for local services and/or current rehabilitation resources (e.g., links to information or webinars), or need support to help a child or youth recover from COVID-19.

AHS also offers free webinars that cover developmental topics for children and youth from birth to 18 years. Topics range from toilet training and tummy time to emotional regulation and speech development.

Hosted by pediatric rehabilitation professionals, the AHS webinar series is designed for all parents and caregivers. It may be especially beneficial for those with children and youth who may be developing differently or have medical conditions that are affecting their development.

Most sessions are live, meaning participants can ask questions during the session. Some sessions are pre-recorded.

Each webinar is free of charge and will focus on a specific developmental skill such as walking, talking, listening and more. Parents and caregivers will build skills and gain confidence by learning practical ways to help children and youth improve their skills while supporting development.

The free webinars are delivered on Zoom and require registration in advance. Information and registration for the free webinars can be accessed at [myhealth.alberta.ca/pediatric-rehabilitation/webinars](http://myhealth.alberta.ca/pediatric-rehabilitation/webinars). You may also find information by searching "pediatric rehab" at [together4health.albertahealthservices.ca](http://together4health.albertahealthservices.ca).



Emergency  
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## Backyard Play Safety

Emergency Medical Services (EMS) would like to encourage parents and caregivers to ensure that their backyard play area(s) is made safe for children. Although direct supervision is the best method to reduce the chance of injury, always ensure play equipment in your yard is in good repair and is suited to the age and skill of the children using it. Check the equipment often; replace or repair any worn or broken parts.

### Water hazards

- Drowning contributes to unintentional injury-related death among young children;
- Children can drown in just a few centimetres of water if it covers their mouth and nose;
- Ensure all backyard swimming pools are fenced. The fence must be at least 1.8 metres(\*) high and have a self-latching, self-closing, lockable gate.

(\*Alberta Building Code)

### Lawn and garden tools

- Keep young children away from outdoor power equipment;
- Serious burns may result from touching hot engine surfaces;
- Ensure that all sharp tools, fuel, chemicals, and other hazardous substances are stored in a secure, locked area. A simple latch may not be sufficient.

### Insect bites and stings

- Minimize the risk of attracting insects by not wearing strong perfumes or scented lotions;
- Avoid wearing brightly coloured clothing outdoors;
- Consider destroying or relocating hives and nests situated near your home;
- To avoid injury through inadvertently stepping on a stinging insect, always wear footwear outdoors;
- If your child has received an 'EpiPen Junior' prescription from your physician (for anaphylactic reactions) ensure they understand when and how to use it;
- If your child experiences a severe reaction to an insect sting, or other environmental cause, seek medical attention, or call 9-1-1.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

## Are you struggling with gambling?

Gambling is risking money or something else of value on an activity that has an uncertain outcome. That can mean a lot of things. Playing cards or videogames for money, buying raffle tickets, betting on who's going to win a pool match, or betting your in-game video purchases or digital currency on a hockey game—it's all gambling.

People with gambling problems may also have trouble in other areas of their lives where they need support. These could include health concerns, financial problems, feeling lonely, mood



swings, school issues, using digital technology too much, or, in the case of young people, school issues or conflicts with parents or guardians.

### Where to get help

If you are worried that you or someone you know may be having problems with gambling, there is help available. Addiction treatment services are voluntary and confidential. For more information and to find an addiction services office near you, call the Addiction Help Line at 1-866-332-2322. Help is available 24 hours a day, seven days a week.



# Ritchie News

## Meet the 2023/2024 Ritchie Community League Board

### 2023/2024 DIRECTORS

Our board members are Ritchie residents who volunteer their time and expertise to pursue events and programming that meet RCL's mission and values. We meet on the first Thursday of every month at 7 pm (except in July and August). Everyone is welcome to attend. We just elected our new board at our recent AGM!

-President: Carly Steiger (president@ritchie-league.com)

-Vice-President: Nicole Ritchie (vice-president@ritchie-league.com)

-Secretary: Lisa Kercher (secretary@ritchie-league.com)

-Treasurer: Yetayale Tekle (treasurer@ritchie-league.com)

-Fundraising Director: Bradley Lafortune (fundraising@ritchie-league.com)

-Civics Director: Corina Ganton (civics@ritchie-league.com)

-Events Director: Robyn Kaulback (events@ritchie-league.com)

-Hall Revitalization Director: Jeff Ollis (hall-revitalization@ritchie-league.com)

-Volunteers and Membership Director: Gary Ritchie (volunteers@ritchie-league.com)

-Director-at-Large, Special Projects: Dan Desnoyers

## Get in touch!

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

Facebook: [facebook.com/WelcometoRitchie](https://facebook.com/WelcometoRitchie)

Twitter: @RitchieYeg

Instagram: ritchie\_league

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



## Programs and Events

(Programs/Events are held at the Hall 7727 98 ST NW unless otherwise noted)

### Regular Programs

-RCL Cribbage 1st Sunday of the month learn at 7 pm, play from 7:30 - 9:00 pm

-RCL Fit for Life Mondays 11 am - noon (paused for July & August)

-Bollywood Dance Classes Tuesdays 6-7 pm

-Start to Play Basketball by FreePlay Tuesdays 7:30 pm for ages 9-12

-Public Market Tuesdays 3:30 - 7:30 pm (starts June 6)

-Playgroup for ages 0-5 Wednesdays at 9 - 11 am (paused for July & August)

-Adult Ballet Thursdays 7:15 - 8:15 pm

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

-Men's Shed Saturdays at 10am

## Summer Camps

Registration is now open for our kids' summer camps!

July 17-21, Kompany Family Theatre presents a full-day drama camp for ages 6-12.

July 31-Aug 4, Move and Be Moved presents a half-day dance camp (urban jazz style) for ages 8-12.

Aug 14-18, Move and Be Moved presents a half-day magical ballet camp for ages 6-9.

RCL members receive a discount on the registration costs.

## Memberships and the Ritchie Crew

You can be a part of the Ritchie Community League in a variety of ways. We offer memberships, and Ritchie Crew subscriptions. There are lots of perks with either!

Family: \$25

Individual: \$15

Associate: \$15 (non-Ritchie resident)

Seniors: by donation

Sign up online at: [efcl.org/membership-purchase/](https://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.

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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.

**Ritchie Summer Camps**

**REGISTRATION NOW OPEN!!**

**JULY 17-21**  
FULL-DAY DRAMA CAMP FOR AGES 6-12  
BY KOMPANY FAMILY THEATRE

**JULY 31-AUG 4**  
HALF-DAY URBAN STYLE AND STREET JAZZ CAMP FOR AGES 8-12  
BY MOVE AND BE MOVED

**AUG 14-16**  
HALF-DAY MAGICAL BALLET CAMP FOR AGES 6-9  
BY MOVE AND BE MOVED

## The final episode of A Little Bit Ritchie is available!

Tune into the final episode of A Little Bit Ritchie, where host Lydia Neufeld is joined by members of the Ritchie Community League Board to reflect on the past, present, and future of this dynamic neighbourhood. Community members share their perspectives on what makes Ritchie unique and explore the challenges and opportunities that lie ahead for the neighbourhood. Throughout the series, A Little Bit Ritchie has delved into the stories and experiences that define Ritchie. Join us for this celebratory finale as we bid farewell to the Centennial Celebration and



look forward to the next chapter in Ritchie's vibrant history. Head over to <https://www.ritchie-league.com/a-little-bit-ritchie-blog/episode-09> to listen.

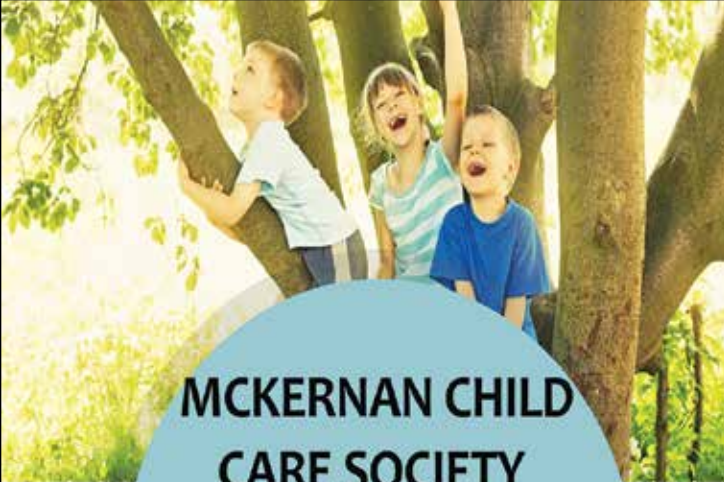
## Volunteer with the Ritchie Community League

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. Wheth-

er you are interested in lending a hand for a single afternoon or joining us long-term, we would love to hear from you.

For more information visit: [ritchie-league.com/volunteer](https://ritchie-league.com/volunteer)





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## Organ donation saves lives

Did you know that a single organ donor can save up to eight lives and improve the lives of 75 others, who may receive tissue from a donor?

What is the difference between organ donation and tissue donation?

Organ donation is when an organ (e.g., heart, lung, kidney) is removed from one person and transplanted into another person.

Tissue donation is when tissues in the body (e.g., skin, corneas, bone) are removed from one person and transplanted into another person.

### About Organ Donation

Donations from a deceased donor usually occur when the donor dies suddenly after a severe brain injury. This often happens because of a motor vehicle accident, bleeding in the brain, or a trauma such as a very bad fall.

In this case, organs can only be donated if:

- there has been severe brain damage and the person is no longer alive and the person has been maintained on a ventilator until the organs are removed.

Other times, an organ donor may be a living donor. This means that donating the organ will not harm the person. An example of this is when a brother gives one of his two kidneys to his sister or a mother gives part of her liver to her child.

### About Tissue Donation

Tissues do not require the same conditions as organs to survive, so tissue donation is possible after the heart and lungs have stopped working.

Tissues for donation must be removed within 12 to 24 hours after a person dies. The donor doesn't need to be maintained on a ventilator.

Who can donate organs and tissues?

The criteria for organ and tissue donation can change and there may be certain reasons a person can't donate. It's often related to a person's medical or social history, or illnesses. The organs and tissues have to be healthy and the donor must not have any diseases that could harm the recipient.

Which organs and tissues can be transplanted?

Organs that can be donated include:

- heart
- lungs
- liver
- kidney
- pancreas

- pancreas islet cells

- small bowel

- stomach

Tissues that can be donated include:

- cornea

- sclera (white of the eye)

- heart valves

- skin

- bone

- tendons

- amniotic tissue

How many people in Canada need transplants?

• There are more than 4,500 Canadians waiting for a transplant that will save their lives. Even more people are waiting for tissue transplants that will improve their quality of life.

• There are more than 700 Albertans on transplant waitlists.

Can I donate organs or tissues while I am still alive?

Yes. You can donate a kidney, part of the liver, or part of a lung. To learn more, ask your family doctor to refer you to a specialist, or call the Living Donor Program for more information.

There are Living Donor Programs in Calgary and Edmonton. You can make a living donation of a kidney, part of a lung, or part of a liver to someone you know at The University of Alberta Hospital in Edmonton. You can make a living kidney donation at The Southern Alberta Transplant Program in Calgary.

In 2022, 491 organ transplants were performed in Alberta, exceeding the previous record of 462 set in 2017. This overall record includes 107 liver transplants and 254 kidney transplants, both records. Alberta's deceased donation rate of 21 donors per million population in 2022 was the highest ever in the province, and among the highest in Canada.

More than 844,000 Albertans have legally registered to affirm their wishes to donate their organs and/or tissues on the province's online organ and tissue donation registry since its launch in 2014. Search "organ donation registry" at [myhealth.alberta.ca](http://myhealth.alberta.ca) to find out more.

Albertans can also document their desire to donate organs and/or tissues at their local registry agent when they renew their driver's license or other identification.





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