

# COMMUNITY LEAGUE NEWS SOUTH

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



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## Home Alone Safety Course

Saturday April 27th, 9:00 AM - 12:00 PM

Argyll is happy to host this popular class for pre-teens. *Friends from any neighbourhood are welcome!*

This Canada Safety Council safety awareness program is for children age 9+ who are, or will be, staying home on their own for short periods of time. Participants will gain skills to make their experience more comfortable and give them confidence. This course empowers kids

to think clearly during unexpected situations and how to navigate the new challenges of being alone with confidence. The course covers: establishing a routine, feeling scared, dealing with strangers, severe weather, as well as handling emergencies.

Participants leave with a Canada Safety Council Manual and Certificate. \$65.00 (includes GST)

Register at [www.confidencecourses.ca](http://www.confidencecourses.ca)

## Blast of Snow and Fun for Winterfest



A wish for snow came true for the annual Winterfest on Sunday, February 25th, at the Strathcona Community League. The free event attracted about 200 community members for sleigh rides, skating, croki-curl, fire pit gathering, BBQ, indoor arts and crafts, and penny carnival.

The cookie bake-off attracted 16 entries. Congratulations to the winners:

1st Place John Nelson (chocolate chip oatmeal cookies)

2nd Marnie Makela (lemon krinkle)

3rd Sally Hammel (ginger chews)

4th Kristi Anderson (lemon ice box cookies)

Kids Winners: Ada, Adelaide, Parker

The 2024 Winterfest was made possible with the generous donations from

sponsors and the helping hands of our volunteers. A HUGE thank you to Save-On-Foods in Strathcona for the donation of burgers, hot dogs, buns, condiments, hot chocolate, candy and supplies. Thanks to all prize donors: Acoustic Music Shop, Blue Chair Café, Chianti Cafe & Restaurant, Global Pet Foods, Local Legal Services, Pals Sandwiches, Rosso Pizzeria, Sugared & Spice Baked Goods, Councillor Michael Janz, Donna Fong and Kathy Owens.

Thanks to volunteers who assisted with the BBQ, food serving, beverage making, arts and crafts, carnival games, cookie judging, fire pit supervision, sleigh rides, snow clearing, and cookie judging. We also want to extend a big THANK YOU to everyone who attended.

## Gratitude Galore: Hazeldeaners Shine Brighter Than a Leprechaun's Gold!

Ahoy, Hazeldeaners! Thanks to two events in March, that month brought us closer than a sardine can to our neighbours, proving once again that when we connect, our community sparkles brighter than a disco ball at midnight.

First, let's tip our hats to the brave families who lit up a cold night during our Hazeldean Lantern Parade on March 2. Despite frostier weather than a polar bear's picnic, families in our community made the night toasty with beautiful lanterns crafted from milk jugs, pop bottles, and clear containers. And in the cold, they walked around the hall and local greenway space, lighting up the night with their stunning crafts. They did have some warm help—free hot chocolate, apple cider, and donuts from Hazeldean Bakery.

Then came the extravaganza of our annual Hazeldean Shamrock Shaker on March 16. Oh, what a St. Patrick's Day

bash it was! We boogied down with a fantastic deejay, sipped craft beer from Bent Stick Brewing and Omen Brewing and indulged in potatoes that were so massive they were practically Irish legends in their own right. Hats off to those who joined in the shenanigans, including our generous local businesses who donated door prizes, including Time Out Pub, and the City of Edmonton for helping cover the food costs.

Events like these are intended to build connections and new friendships in our community, and they are made possible by hard-working and passionate volunteers in our lovely Hazeldean neighbourhood, including all of our volunteer board members of our Hazeldean Community League. If you want to share feedback about the events, have an idea for future activities in our community, or to be a board member, send us a note at [hazeldeanleague@hazeldean.org](mailto:hazeldeanleague@hazeldean.org).

## New Ritchie Hall

The next step in our journey to a new hall is community engagement. Please join us on May 5 for an information session. We're excited to share more as you take a peek at the drawings and learn about the construction plans directly from project volunteers. If you have questions,

we want to answer them! Our volunteers have been working hard over several years to design the hall that you've requested. Slowly but surely, we are moving forward on this goal and your input will be very important to next steps. Thank you in advance!

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## 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
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Civics and Planning	Maureen Duguay civics2@strathconacommunity.ca
Building and Grounds	Roger Tassie grounds@strathconacommunity.ca
Green Initiatives Co-directors	Darcy Stevens Jason Unger green@strathconacommunity.ca
Community Garden	Jacque Devlin garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Diversity and Inclusion Co-directors	Amy Gainer Lauren Lutig-Muusse diversity@strathconacommunity.ca
Community Wellness and Safety Community Hall	Gord Lacey safety@strathconacommunity.ca Scott Wright rentals@strathconacommunity.ca 780-439-1501 info@strathconacommunity.ca
Information	

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 usually 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 June-July 2024 issue of Community League News South is May 20, 2024. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at [donna.fong@shaw.ca](mailto:donna.fong@shaw.ca).

## Green Initiatives

The Strathcona Community League will host Bike Day (tune-ups) on Saturday, April 13, in the parking lot. Watch for announcements on social media for the annual Mill Creek Ravine Clean Up or contact Jason at [green@strathconacommunity.ca](mailto:green@strathconacommunity.ca).

## Kids Clothing and Toy Swap

Join the playgroup and community members for our kids clothing and toy swap on Saturday, April 20, 9:00-11:00 a.m., in the Strathcona Community League hall, 2nd floor, 10139 87 Avenue. The free event is an environmentally-friendly and fun way to swap clothing and toys with others. Bring a recyclable bag or box for your takeaways. Any items left at

the end of the event will be donated to a local thrift store.

Clean kids clothing and gently used toys (no missing or broken pieces) may be dropped off at the hall either on Thursday, April 18, 12:30-3:30 p.m., or after 8:30 a.m. on the day of the event. For more information, contact Donna at [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca).

## Move for Mental Health Challenge

Thanks to community members who participated in Strathcona Community League's Move for Mental Health Challenge, January 19-February 29. Participants who recorded a total of 15+ hours were eligible for a prize draw (Running

Room gift cards). Congratulations to: Jason Desaulniers, Delianne Meenhorst, Severyn Walker, and John P. Walsh. Physical activity can improve your mood, reduce stress and anxiety, and improve positive mental health.

## Pub Nights

Pub nights are for Strathcona Community League members and guests. Memberships available on site, or through our website <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.

Friday, April 19th - Trivia Pub Night

Test your knowledge with Quizmasters Scott and Gordon at Pub Night! Battle for the title of Trivia Champion – plus a cash prize! Come early, get settled, and enjoy a drink. Craft beer, wine, and soft drinks will be available for purchase (debit/credit available). Pens and paper are supplied.

Doors at 7:00 p.m.

Trivia at 8:00 p.m. SHARP

10139 87 Avenue, in the Main Hall (use the ramp on the north side of the building)

\$5.00/person

League Members and Guests (sorry, no kids)

Friday, May 10th – Pub Night

8:00 p.m.

10139 87 Avenue in the Lounge (use the stairs by the rink)

League Members and Guests

Kids welcome

Friday, June 14th – Pub Night

8:00 p.m.

10139 87 Avenue in the Lounge (use the stairs by the rink)

League Members and Guests

Kids welcome

## Diversity and Inclusion Events

The Strathcona Community League hosted a free hands-on workshop "The Anti-Oppression Learning Curve" on March 9th with 20 attendees. The discussions about anti-racism, intersectionality and types of racism were led by Shafana Mitha, a principal with aKollage Consulting Inc. and facilitated by Sisters Dialogue, a grassroots organization created

by Muslim women for Muslim women.

Upcoming Diversity and Inclusion events at Strathcona Community League:

Pride Yoga in the Park - June 2

Indigenous Peoples Day - 2S Drag Bingo and Storytelling and Potluck - June 23

For more information, contact Amy and Lauren at [diversity@strathconacommunity.ca](mailto:diversity@strathconacommunity.ca).

## Board Games Meet Up

Join community members at the Hall to play board games! Keep an eye on our digital newsletter or social media for the dates in April, May and June. No experience necessary, bring a game to play. Open to members of any community

league and their guests. You can buy your Strathcona Community League membership here <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.

## League Programs

New programs will be announced on the league website, social media, and e-newsletter. Adult programs are held in the main hall on the 2nd floor of Strathcona Community League, 10139 87 Avenue (up the ramp on the north side of the building).

Are you interested in any of these potential new programs this spring?

### **Memoir writing workshop**

Paint Night (Teen and Adult)  
Zumba (Teen and Adult)

Please email Donna Fong, Programs Director, at [programs@strathconacomunity.ca](mailto:programs@strathconacomunity.ca). A minimum number of participants are required in order to launch a new program.

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

### **Unlock your Body with Essentrics® with Lynn Bohuch**

Mondays until April 29  
10:30 - 11:30 a.m.

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

Mondays, May 6-June 24  
7 classes

No class on Victoria Day, May 20  
10:30 - 11:30 a.m.

Fee: \$90.00 for complete session  
Single class (or multiples): \$15.00 per

class

Requirement: Valid Community League membership (any league).

Register and pay online.

Instructor: Lynn Bohuch is a fully certified Essentrics® Instructor and also certified with AFLCA. For more information, contact Lynn Bohuch at [essentricsworkoutwithlynn@gmail.com](mailto:essentricsworkoutwithlynn@gmail.com)

### **Yoga Programs with Corinne McNally**

Gentle Yoga

Mondays, until April 29  
10:30 - 11:30 a.m.

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

Mondays, May 6-June 24

7 classes

No class on Victoria Day, May 20  
6:00 - 7:15 p.m.

Fee: \$90.00 for complete session  
Single class (or multiples): \$15.00 per

class

Register and pay online.

### **Hatha Flow Yoga**

Thursdays, until April 25  
9:30 - 10:45 a.m.

Single (or multiples): \$15.00 per class  
Thursdays, May 2-June 27

9 classes

9:30 - 10:45 a.m.

Fee: \$114.00 for complete session  
Single (or multiples): \$15.00 per class

Register and pay online.

\$184.00 combined rate for both Gentle and Hatha Flow programs.

### **Chair Yoga**

Wednesdays, May 1-June 26

9 classes

11:00 a.m.-Noon

Fee: \$114.00 for complete session  
Register and pay online.

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

This class offers a well-rounded variety of modified yoga poses, breathing techniques, and relaxation designed to leave you feeling stronger, more flexible, calm, and energized.

### **Yoga for Tweens**

Wednesdays, May 1-June 26

9 classes

4:45 - 5:45 p.m.

Fee: \$114.00 for complete session  
Register and pay online.

Tweens (ages 10-14) learn to stretch, breathe, and relax in a playful way, creating a lifelong foundation for well-being. Other benefits include building strong, limber, and healthy bodies, improving social interaction, and developing focus, concentration, and attention span.

All yoga programs are taught by Certified Yoga instructor Corinne McNally. For

more info, email [corinne@lotusmoonyoga.ca](mailto:corinne@lotusmoonyoga.ca). Website: <https://www.lotusmoonyoga.ca/>

### **Gentle Hatha Yoga with Laura Harvey**

Tuesdays, April 16-June 4

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.

For more information, contact Certified Yoga instructor Laura at [coachlharvey@gmail.com](mailto:coachlharvey@gmail.com)

### **Kids Art at the Hall**

Selected Saturdays, April to June 2024

April 6, 13, 20

May 4, 11, 25

June 1, 8

Times:

10:00 a.m.-11:30 a.m. Ages 6 and up

11:30 a.m.-1:00 p.m. Grade 6 (age 10)

and up

Fee: \$165.00 All materials are included.

Requirement: Valid community league membership (any league)

Register and pay online.

For information about late registration or future art programs, contact instructor Berna Ponich at [berna@telus.net](mailto:berna@telus.net).

## Strathcona Community BANNED Book Club

Hosted by SCCL members Jesse Enns Power & Cheryl West-Hicks

Your Community BANNED Book Club hosts discussions approximately four-five times per year in the lounge of the Strathcona Community League. Our aim is to offer a variety of genres with an emphasis on diverse voices.

Over the last couple of years, we've heard that books are being challenged and banned at an unprecedented rate not only in the United States, but also in Canada. Check out the graphic from the U.S.: 2022 Censorship by the Numbers. The majority of these books are written from historically marginalized communities.

We've also heard that sometimes the challenged books haven't even been read by those asking for their removal! So we thought that it would be great to challenge our community to read banned/challenged books, talk about what we've read, and form our own opinions!

As many of these titles are YA (Young Adult), the Community BANNED Book Club may attract more youth in our neigh-

bourhood too -- we love it when youth attend these discussions!

Community BANNED Book Club titles can be borrowed at Edmonton Public Library. Sometimes these titles will be available as an EPL Kit. In those instances, we will be able to supply you with a book from the kit.

Please contact Jesse at [jessenns@gmail.com](mailto:jessenns@gmail.com) for more information and to be added to the Community BANNED Book Club email mailing list!

Community BANNED Book Club 2024 Schedule - Dates & Times TBA

Location: Strathcona Community League lounge (upstairs), 10139 87 Avenue

April 11, 7:00-9:00 p.m.: Maus: A Survivor's Tale, Art Spiegelman. Non-Fiction, Graphic Novel (No EPL kit)

June: The Perks of Being a Wallflower, Stephen Chbosky. YA Fiction (EPL Kit)

September: The Marrow Thieves, Cherie Dimaline. YA Sci-Fi (EPL Kit)

November: The Bluest Eye, Toni Morrison. YA Fiction (No EPL kit)

## How to become a member?

The SCCL is working hard to make our community a great place to live so please help us out by purchasing your 2023-2024 membership. Please visit the website <https://strathconacomunity.ca/league/membership/>

If you have any questions, email [membership@strathconacomunity.ca](mailto:membership@strathconacomunity.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

-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.

## Playgroup at the Hall

The Strathcona Community League hosts a parent-led playgroup once a week in the main hall, 10139 – 87 Avenue, up the ramp on the north side of the building.

Day/time: Every Thursday, 2:00-4:00 p.m. until June 2024 (TBD).

Cost: Free

Requirement: Community League membership required (any league). To join Strathcona, purchase at

<https://strathconacommunity.ca/league/membership/>

Register: Not required – just drop in when you can!

Description: 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. Bring your own peanut-free snacks and refreshments. A coffee maker and kettle are available for use in the kitchen. To check if the playgroup is running each Thursday, please contact Saralyn at [sriddell@ualberta.ca](mailto:sriddell@ualberta.ca).

## 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 (EPS), Old Strathcona Business Associa-

tion, YESS, and others. Director Gord Lacey can be reached at [safety@strathconacommunity.ca](mailto:safety@strathconacommunity.ca). Gord is a member of the Hall and Grounds Renewal Committee.

Two EPS constables attended the March 11th board meeting for their presentation on crime in the Strathcona community. They covered their areas of focus for the Whyte Avenue beats: offender management, social disorder and homeless issues (referral to the downtown navigation and support centre). The Strathcona Community League would like to invite the EPS to a summer community event.

## Movie Events

Our league was buzzing with excitement with 55 movie-goers including over 30 kids in attendance for The Super Mario Bros. Movie and free pizza to celebrate MAR10 Day. Thanks to hall manager Scott Wright for the equipment set-up and to the volunteers for setup and cleanup. We might have more themed movie days on weekends, e.g. Star Wars Day and Poké mon day in the summer.

Movie events for participating community leagues are made possible through the Edmonton Federation of Community League's license with Audio Cinema. Our league hope to stream at least one film each month, subject to the availability of the hall and event volunteers. For more information, contact Emily, Social Director, at [social@strathconacommunity.ca](mailto:social@strathconacommunity.ca). Watch social media posts for future movie events.

## Civics and Planning Report

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. To learn more about issues and proposed development projects, please contact Maureen Duguay at [civics2@strathconacommunity.ca](mailto:civics2@strathconacommunity.ca).

For the latest news on Civics and reference documents, visit the website [https://](https://strathconacommunity.ca/ongoing-projects/)

[strathconacommunity.ca/ongoing-projects/](https://strathconacommunity.ca/ongoing-projects/)  
Old Strathcona Public Realms Strategy  
District Plans – 15 Minute Cities  
Mill Creek Trunk Rehabilitation  
Scona Bridge Rehab  
Updates and resources about District Planning and Plans are available at:  
[https://www.edmonton.ca/city\\_government/urban\\_planning\\_and\\_design/district-planning](https://www.edmonton.ca/city_government/urban_planning_and_design/district-planning)

## Strathcona Nursery School Summer Wheels Party

Join Strathcona Nursery School and the Strathcona Community League for a car display, outdoor games, and fun!

Location: 10139 87 Avenue (league parking lot)

Time: Saturday, June 1, 11:00 a.m.-3:00 p.m.

Bring your friends and family to help celebrate our incredible school!

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## Don't miss out!

The Taproot Edmonton Calendar is your guide to **local events**.



[edmonton.taproot.events](http://edmonton.taproot.events)

## 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](mailto:rentals@strathconacommunity.ca) or 780-439-1501.

Additional charges apply for set-up or clean-up day, and kitchen use by caterer.

Discounts may be available for multiple bookings.

All renters must purchase third party liability insurance.

Kids' birthday party rate for members



of at least 6 months, Sundays 1pm to 5pm: \$50

Members of at least 6 months and non-profit groups receive a 25% discount on rates

A/V equipment available to rent.

### 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 have implemented 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.

## Community Swim Program

The Strathcona Community League is pleased to offer free swim time at the Commonwealth Community Recreation Centre. Just show your current membership card (digital or printed) to the attendant at the facility for free entrance during the community league swim time.

Participants in the Community Swim Program should review the Use of Premises and Pool Safety Rules

<https://strathconacommunity.ca/community-swim/community-swim-use-of-premises-and-safety-rules/>

provided by the City of Edmonton as

part of its agreement with the Strathcona Centre Community League.

Sundays, until August 25, 2024 1:00 p.m. – 3:00 p.m.

No Community Swim on June 30th.  
Commonwealth 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, gymnasium and steam room. Community league members may use the pools as well as the fitness centre and gymnasium during the booked time.



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](mailto:edmonton.strathcona@assembly.ab.ca)

 @RachelNotley

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## Drinking Alcohol is Not Risk Free

Many people enjoy drinking alcohol, and it may have a place in cultural and family traditions. Most people usually do it safely. But it's important to remember that drinking alcohol is not risk-free.

If you choose to drink alcohol, the key is to keep your intake at the lowest levels possible to reduce your risk of harm.

### Alcohol and You

Alcohol is a depressant that impacts the whole body, including the central nervous system (the brain, cardiovascular system (the heart), and respiratory system (the lungs and breathing). When someone drinks too much alcohol or too quickly, it can overwhelm or suppress the healthy performance of these systems in the body. This can lead to a person passing out or having alcohol poisoning which includes symptoms such as vomiting, throwing up while passed out, not waking up after throwing up, not responding when being talked to or shouted at, fast heart rate, and other symptoms which are found by searching Alcohol Poisoning on MyHealthAlberta.ca.

What are the health risks associated with drinking alcohol?

When you drink alcohol, you may be putting your health and safety at risk. Your risk of harm increases with each drink that you have.

Drinking alcohol may:

- Harm your liver, pancreas, nervous system, heart, and brain.
- Cause high blood pressure, depression, stomach problems, or sexual problems.
- Contribute to the development of some cancers, such as cancers of the mouth, throat, esophagus, liver, colon, and breast.
- Cause memory loss and affect your

ability to think, learn, and reason.

- Cause harm to your developing baby (fetus) if you drink during pregnancy.
- Lead to problems at work, school, or home.
- Increase the risk of car crashes and violent behaviour.
- Cause you to develop an alcohol use problem.

Using alcohol or other substances can affect your health, work, school, and relationships. It can change how well you make decisions and control your actions, how you think, and how quickly you can react. Alcohol patterns may vary. Some people drink large amounts of alcohol at specific times, such as on the weekend. Others may be sober for long periods and then go on a drinking binge that lasts for weeks or months. Some people drink and may be intoxicated every day.

If you think you are drinking too much, you may want to seek help. Talk to your doctor about whether you need to withdraw from alcohol under medical care.

What can you do?

Less is best! Research shows that drinking any amount of alcohol can have risks. Canadian health experts say your risk of harm from alcohol is:

- Low if you have two standard drinks or less per week
- Moderate if you have between three and six drinks per week
- High if you have seven or more drinks per week

Having more than two drinks in one sitting increases your risk of harm to yourself and others. Keep in mind that age, sex, weight, and health history can cause



alcohol to impact people differently.

In Canada, a standard drink is equal to:

- A bottle of beer (12 oz., 341 ml, 5% alcohol)
- A bottle of cider (12 oz., 341 ml, 5% alcohol)
- A glass of wine (5 oz., 142 ml, 12% alcohol)
- A shot glass of spirits (1.5 oz., 43 ml, 40% alcohol)

Try to drink less by paying to how much you drink by setting a weekly target and make sure you do not have more than two standard drinks per day. If you choose to drink, here are some things you can do to reduce your risk of getting sick or injured:

- Have a meal or a snack with your drink. Don't drink on an empty stomach.
- Drink slowly. Don't have more than 2 standard drinks in one sitting.
- Have a glass of water or non-alcoholic, caffeine-free beverage (such as a soft drink or fruit juice) between drinks.
- Avoid risky situations and activities. Don't drink and drive, and don't get in a car with a driver who has been drinking.
- Don't take over-the-counter or prescription medicines that interact with alcohol.

Limit how much you drink. Who should not drink alcohol at all? Although most people can have a drink now and then, some people should not drink at all.

Don't drink alcohol if:

- You're pregnant or trying to get pregnant. Alcohol can harm the developing baby (fetus). Alcohol can pass into the

baby's blood. It can damage and affect the growth of the baby's cells. During pregnancy, not drinking alcohol is the only safe option.

You breastfeed your child. If you choose to drink, breastfeed just before you drink alcohol. And wait to breastfeed at least 2 hours after you have a drink to reduce the amount of alcohol the baby may get in the milk.

You're taking over-the-counter or prescription medicines that interact with alcohol.

You have health problems made worse by drinking, such as liver problems, heart failure, uncontrolled high blood pressure, or certain blood disorders.

You have a mental health problem and are using alcohol to try to make yourself feel better.

You have problems controlling how much you drink, or you had alcohol problems in the past.

You're at work.

You plan to drive or operate tools or machinery.

You plan to play sports or take part in physical activities.

You're taking care of someone or supervising others.

You need to make important decisions.

Talk to your doctor about whether drinking alcohol is a good choice for you. And if it is, ask how much is okay.

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## Bicycle Helmet Safety



Head injuries are the leading cause of serious injury and death to kids on wheels\*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

### Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

### Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

### Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

\*Parachute Canada  
<http://www.parachutecanada.org/injury-topics/item/wheeled-activities1>

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



## Window & Balcony Safety

With the return of warmer weather, Emergency Medical Services (EMS) would like to remind parents and caregivers of an often-overlooked hazard in the home – access to open windows. Every year, paramedics respond to emergencies where a child has fallen from an open window, often from the second floor. These can be mitigated by following safety measures. Take the time to assess potential window and balcony hazards in your home before a preventable fall occurs.

### Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of children's reach. Wrap excess cord around cleats, or tie-downs to avoid a choking hazard;
- Remember, screens are not safety devices. They are designed to keep bugs out, not children in.

### Balconies

- Do not underestimate a child's ability to climb. Furniture and other items stored on balconies and decks can be used to climb resulting in falls over the railing;
- Ensure that your balcony railings are not more than 10 cm (4 inch) apart. This will eliminate access between the vertical bars of a balcony, or deck.

### Further prevention tips

- Toddlers & preschoolers are at highest risk of falling from a window, or balcony, but it may happen at any age;
- Direct supervision of children is the single most effective way to prevent falls from windows and balconies;
- Install safety devices which limit the distance in which a window can be open to a maximum of 10cm (4 inches);
- Ensure the safety device can be released quickly, so the window can be used for escape in case of emergency.
- Consider purchasing a portable air conditioner, which will enable windows to stay closed & secure.

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



## Mill Creek Ravine Clean-Up

Sunday April 28th — 10:00 AM Start  
We all enjoy living next to such a beautiful ravine, so let's show it some love! We will meet in front of the Argyll hall to start

the day with coffee & a treat. All clean-up supplies will be provided & you can cover as much or as little ground as you want. All effort is appreciated!

## Community League Family Swimming

Commonwealth Community Recreation Centre is where to find our Community Swimming this year. Each Saturday, from 3:00:PM – 5:00:PM, members of Argyll community can swim in the pool.

Argyll families have a regular two-hour period of pool use exclusively for Community League Members. Of course, you must present your family membership card for entry. There are some health restrictions posted and the usual poolside

behavior rules will apply. There are also restrictions about what you can bring with you. If you contact the venue in advance they can explain what is allowed.

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 spring. Use of the pool does not include access to any other leisure facilities within this location.

## Argyll Community Garden

Watch for more news as we approach the growing season. Some residents of Argyll may be contacted directly regarding registering for a plot as well as offering some time to the garden as a volunteer. Details are still being worked out, but expect some con-

tact with the Garden Group if you previously showed interest in having space in the community garden for yourself, family, or interested group. Information about the garden may also appear in your mailbox along with this year's family membership cards.

## Argyll Memberships

Watch for a new (2024) membership card in your mailbox soon. We deliver one to every household in Argyll, so you need to keep an eye out for it among all your usual mail and brochures. We offer Family Memberships at no charge so you

don't need to sign up for anything or pay any fees. For sports sign ups you can use these cards and if you lose one some time through the year, you can get a replacement by e-mailing: [president@argyllcl.ab.ca](mailto:president@argyllcl.ab.ca).

## 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).

ab.ca

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

Look for current events on our Facebook page as well.

## Parking Issues

If you are experiencing any parking issues related to non-resident visitors to our neighbourhood it is recommended you call 311 (or use the handy "Edmonton 311" app on your phone) to notify them of a problem. The problem might be related to parking in a prohibited zone, blocking access to your property, or parking on public parkland. A picture can also be posted through the 311 app, showing the problem.

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).

Our situation is not unique and will continue to be a concern for residents well into the future. A little history around Argyll's parking situation appears on the "Issues" page of our web site.

## Argyll has a new Facility Manager

A new manager has begun working at the hall, with limited hours, to oversee maintenance, cleaning, and dealing with programs about their needs. Some residents may have already met Ai Nakamura, our Centre Manager, and now we have a Facility Manager.

The Centre Manager continues to handle Bookings and coordinates most use of the centre for Special events, programming, and Clubs. The new Manager is John Duchalard (pronounced DOO sha lard) and he can be reached at the Office number 780-466-8166.

Office@ejca.org emails are answered

by the Centre Manager. Use this email for requests about Rentals, Room bookings, General inquiries and Event information in English (or Japanese). The Centre Manager is generally in their office from 9:00 AM to 1:00 PM Monday to Friday.

Facility@ejca.org emails are answered by the Facility Manager. Use this email for reporting Maintenance issues, Furniture repair requests, Cleaning questions, and supplies. John Duchalard will respond in English. John is generally at his office in the mornings, Monday to Friday unless he is doing work after or before some weekend events.

## Argyll Neighbourhood Babysitting

Argyll has a babysitting "registry". Qualified local teens are ready to babysit kids within the neighbourhood. We are pleased to offer this service as a way for families & teens to connect. We are not responsible for matchmaking or interviewing.

A list of our qualified sitters can be acquired by sending an e-mail to: [argyllsocial@gmail.com](mailto:argyllsocial@gmail.com) with your home address and e-mail address. If you know of any other sitters seeking work, please e-mail their contact information so they could be added to the list.

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## Garden Competition: Give Your Neighbours Pumpkin to Talk About

Oh my gourd, Hazeldean gardeners. Does the Hazeldean Community League have a competition for you this growing season?

If you have the green thumbs to grow massive pumpkins in your garden, we want to hear from you to take part in a months-long competition. Plus, prizes

are up for grabs for the biggest gourd growers in the neighbourhood, including gift cards from Sea Change Brewing Co., ACME Meat Market, and Farrow Sandwiches. If you think you have the chops to be the best grower in the pumpkin patch,, register your name and address before April 1 to [social@hazeldean.org](mailto:social@hazeldean.org).

## Cha-cha-changes for Hazeldean Swimming

With the Hardisty Leisure Centre closed until May 6 for renovations, there are still plenty of opportunities for community league members to enjoy free swimming in the meantime. Swimmers who are members of the community league can now enjoy free sessions every Sunday from 4:15 p.m. to 5:45 p.m. at the Bonnie Doon Leisure Centre.

And yes, you read that right. Not only do your community league memberships land you free Sunday swimming sessions,

but you also get 20% off discounts when purchasing your annual memberships of all City of Edmonton sports and fitness facilities. Community league memberships are also affordable.

They are \$20 a year for families and \$10 for individuals. Memberships can be purchased at the Hazeldean Drug Mart or from the Dairy Queen on 99 Street. For more information about memberships, email Kristy at [memberships@hazeldean.org](mailto:memberships@hazeldean.org).

## What's What on Facebook in Hazeldean?

Did you know Hazeldean Community League has its own Facebook page managed by volunteers? That's right! We're Facebook-famous. At [Facebook.com/HazeldeanCommunityLeague](https://www.facebook.com/HazeldeanCommunityLeague), you can like or follow us to stay informed about events, volunteer opportunities, and important news in our community.

There's also a public group page on Facebook called Hazeldean Community. While the public group page isn't managed

or created by the Hazeldean Community League, it's a place to network with your neighbours—similar to NextDoor, a smartphone app used to connect people with their neighbours. However, the Hazeldean Community League is not responsible for content posted on that public forum, including posts that appear defamatory or are anonymous. To report issues about the public group page, notify the page's admins on Facebook, Jackie Craig and Troy Pavlek.

## Mark Your Calendars! Markets are Springing Up, & Nights Out at the Movies

Add to your spring wardrobe or find some delicious treats at the Hazeldean Community Artisan on April 13 and 14 and another one on May 25 and May 26 at the Hazeldean Community Hall. Each market offers a diverse range of local vendors and small businesses that provide everything from food to art. And, if the weather's nice, there's nothing better than sitting outside our lovely community hall eating something delicious from the food trucks or other vendors at the event. To learn more, visit [thehazeldeancommunitymarket.ca](http://thehazeldeancommunitymarket.ca).

Also, hey there, family movie aficiona-

dos and popcorn enthusiasts. Grab your highlighter and circle these dates and times with a red marker on your calendar: April 21 at 2 p.m. and June 23 at 2 p.m. Those dates are showtimes! That's when volunteers will be airing free movies at our Hazeldean Community Hall. Stay tuned to our Facebook page for what G or PG-rated Hollywood film will be played. All you need to bring is your comfy seats, such as lawn chairs, bean bags, and blankets. There's also a cash concession available for your Hollywood movie-snacking needs. Chairs are also available at our lovely community hall.

## Help our Neighbours at the Dr. Gerald Zetter Care Centre

Do you know our neighbours at the Good Samaritan Society Dr. Gerald Zetter Care Centre, at 9649 71 Ave., need volunteers? They're looking for all types of volunteers to help residents who are frail or are living with chronic illnesses, or have disabilities. Staff at the not-for-profit centre are looking for friendly dog owners to help patients alone in the centre. Or volunteers who can provide movie nights, sing-alongs, gardening experiences, or outdoor walks. Volunteers are also needed to help

with physical therapy programs. There are also opportunities to help as mealtime assistants and be loving spoonful mealtime companions at the centre. These opportunities are rewarding as you're helping make residents feel welcome in our community. Plus, the staff will provide you with all the necessary training. To learn more about these opportunities, contact Edith Kendall, the centre's volunteer coordinator, at [ekendall@gss.org](mailto:ekendall@gss.org) or by phone at 780-431-3614.

## FREE Edmonton Tool Library Access for Hazeldean Community League Members!

**Great news, Hazeldean!**

Your annual Hazeldean Community League Membership now gets you full access to the Edmonton Tool Library! If you want to borrow tools from this fine organization, simply show them your 2023/24 family or individual HCL membership.

To learn more, follow this link: <https://edmontontoollibrary.weebly.com/>

Need to purchase a HCL membership? It's only \$10 for an individual, or \$20 for a family. What an amazing deal! Follow this link to purchase one online: <https://efcl.org/membership-purchase/>

## Calling All Young Thespians!

Spring is here, which means plenty of opportunities for kids and youth who have always wanted to perform in a theatre—everything from plays to musicals. The Paradigm Theatre Company will return to our Hazeldean Community Hall this May

for its Performing Arts Theatre For Children and Youth.

If you have a young one who is interested in being under or behind the spotlights, email the company at [paradigmtheatre@hotmail.com](mailto:paradigmtheatre@hotmail.com).

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## Classes and Socials

We have something happening in the hall every day! Wow! Spring classes are starting back up again with dance, adult ballet, drama for kids, and more. We're continually adding new ways to socialize with your neighbours. More info, including registration details, can be found online.

- Fit for Life, Mondays at 10:30 am
- Ballet and Jazz 6-wk Program (ages 6-11), Mondays at 5:15 pm
- Improv 101 (ages 18+), Mondays at 6 pm
- Start to Play, Tuesdays at 6 pm (ages 6-7), 7 pm (ages 8-9), 8 pm (ages 10-12)
- 4th Edmonton Sparks (ages 5-6) Girl Guides, Wednesdays at 6:15 pm
- 2nd Edmonton Embers (ages 7-8) Girl Guides, Wednesdays at 6:15 pm
- 2nd Edmonton Pathfinders (ages 12-14) Girl Guides, Wednesdays at 7 pm
- Ballet With Your Neighbour, Thursdays at 7:15 pm



- Bridge, Fridays doors open at 11 am, games start at 12 pm
- Skateboarding Club, Fridays at 6 pm
- Men's Shed, Saturdays at 10 am
- Grindstone Drama Discovery (ages 12-15), Sundays at 9:30 am
- Grindstone Drama Discovery (ages 9-12), Sundays at 11:15 am
- Jr. Wolves Ball Hockey summer camp, July 2-5
- Board Meeting, 1st Thursday, 7 pm
- Ritchie Volunteer Meetup, 2nd Sunday, 12:30 pm
- RAD Self Defence, 3rd weekend, 8:30 am
- Ritchie Members' Potluck, 6 pm (various dates)

## Memberships and the Ritchie Crew

There are four membership levels available (Individual, Family, Seniors, Associate), or you could join our Ritchie Crew subscription package which includes a membership AND perks such as RCL swag and discounts to community businesses!

Sign up online here: <https://www.ritchie-league.com/membership>

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

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

## Annual General Meeting

Save the date for Ritchie Community League's AGM on May 23. What to expect? A celebration of all the amazing things we accomplished in 2023, a review of our financials, and board member elections. Oh, and snacks! All members of the League are welcome to attend.

## Get in Touch!

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

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

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

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

Phone: (780) 433-7137

Stay informed! Do you want more timely info about the events and programs happening in our League? Sign up for our email newsletter! We send two to three editions every month with all the best news and info for you to have fun in Ritchie!

## Rent the Ritchie Hall!

Looking for a great venue for your next event? Ritchie Hall has it all! We have two rental spaces within the building and a court area outside. With room to accommodate up to 150 guests, we've hosted

birthday parties, weddings, and markets. Whatever your rental needs, we'd love to chat about how Ritchie can help you out! Contact our amazing Hall Manager Jill to get started. [inquiries@ritchie-league.com](mailto:inquiries@ritchie-league.com)

## Community Garden

Applications are now open for garden beds in the West Ritchie Community Garden! We know that green space is hard to access in West Ritchie - the shops are

close, but the green space is not! We are so excited to get started on our growing season with you, and offer a calm respite from the bustle of the city.

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## ELLA Expands Learning Options

Harry Wagner, a retired teacher, has always been interested in learning. When his cousin recommended that Edmonton Lifelong Learners Association (ELLA) had some interesting courses, he registered for his first spring session. That was 10 years ago, and what he liked about it then, he still likes about it now: the diversity of courses available.

"I took Tai Chi, a class on the oil sands, social media, and photography... and just loved it" claims Harry. "You can follow your heart and take courses in areas that interest you, or delve into subjects that you have no background or experience in, just to find out more. Last year I took a course on insects, and I have no science background."

Now Harry is the Chair of the Program Development Committee that determines the courses offered during the winter online and upcoming spring session at the University of Alberta. "I think what sets ELLA apart is it's entirely a volunteer-driven organization. Our committees look at suggestions from our members to identify topics that might be possible. The speakers are people in our community who have



interesting things to say."

New to the ELLA's spring session is a class on Archeology in Alberta, plus Introduction to Cults, and Inuit Literature and Arts. Returning favourites are What's Behind the Barn Door?: issues in animal agriculture in Alberta complete with field trips, and Wonders of the Night Sky for people curious about the stars above. There are nearly 40 courses available covering intellectual, artistic, and physical-activity realms.

Harry acknowledges it's a bit of a commitment to travel to the University to take classes, but the payoff is the positive social aspect. "It's a chance to socialize with people who

have similar interests. And we've responded to people's needs. Maybe you can't commit to a full day, but the morning is available. Now you can register for 2, 3 or 4 courses – whatever works for you."

What works for Harry is the continuing opportunity to learn. "It's so important for all of us to remain curious and engage in lifelong learning. At least it is for me."

The Edmonton Lifelong Learners Association (ELLA) Spring Session runs weekdays from April 29 to May 17 at the University of Alberta campus. To register, and for more information, visit [my-ella.com](http://my-ella.com).

Deborah Forst

## Spring waste collection has started

Green food scraps carts switch to collection every week from every two weeks, while black garbage carts continue to be collected every two weeks. Recycling collection continues on a weekly basis. Collecting food scraps carts weekly throughout the spring and summer supports Edmontonians by reducing odours and allows for more space in carts during periods of time where residents look to dispose of increased yard waste. Yard Waste Collection The beginning of spring collection also means yard waste collection days are around the corner. Between April 22 and June 17, running each Monday, every curbside residence will receive two yard waste collection days. Edmontonians can find collection dates by downloading the Waste Wise app or visiting [edmonton.ca/WasteWise](http://edmonton.ca/WasteWise). Printed collection calendars can be printed from the website, by calling 311 to request a printed copy be mailed at no charge, or by visiting a local Edmonton

Public Library branch to have one printed for between \$0.10 and \$0.50. Please set out yard waste in see-through plastic or double-ply paper bags on your seasonal yard waste collection days in spring and fall. Keep bags light enough to lift with one arm, using additional bags to achieve this, if needed. Eco Stations Starting April 2, Eco Stations will move to summer operating hours and be open seven days a week from 8 a.m. to 6 p.m. until November. This year, Eco Stations are opening an hour earlier than previous years. The City made this data-informed change to accommodate higher levels of demand the stations see in the morning, allowing us to serve more Edmontonians. Eco Stations are convenient waste drop-off sites for your batteries, electronics, household hazardous waste and more. For more information visit [edmonton.ca/EcoStations](http://edmonton.ca/EcoStations). For more information: [edmonton.ca/Waste](http://edmonton.ca/Waste)

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## Events

We are hosting a lot of great events over the next few months that are open to all neighbours.

First up, our casino fundraiser on April 16 & 17. This is the event that helps to pay for the rest of the events! If you would like to volunteer for a shift, please sign up online.

April's "RCL Presents" is a screening of the Join or Die! documentary film, followed by a public discussion on community building. Funding provided in part by the City of Edmonton and Not Ladylike Community.

May is spring cleaning season! Like you, we can't wait to clean up our yards, sheds, and junk drawers. Join us at the hall for a Rummage Sale and FreeCycle event on May 5 and snag a new-to-you item.

If you can't get enough clean up, please swing by the hall on May 12 for our Mill Creek Cleanup event. This one is super popular for families—littles love those trash grabbers!

Rounding out our May events are two new traditions for RCL: West Ritchie Garden Block Party and Crafternoon. On May 19 you can join your West Ritchie neighbours for food and fun at our community garden location (79 avenue and 101 street). And on May 26, grab your knitting needles, embroidery floss, scrapbooking, and fabric as we host our quarterly Crafternoon. As with all of our events and classes, all information and registration details are online.

## Ritchie Meetup

Volunteer meetups are now monthly events at the hall. If you're interested in volunteering with RCL, but don't know where to start, this is a great opportunity! Socializing is the top priority at our meetups! We always have snacks and bevies, tunes, and an opportunity for training on a task that keeps our League running. Your skills and interests are wanted at RCL—let's work together to match you up with an appropriate role. Upcoming dates: April 14, May 12, June 9

Monthly Members' Potluck

Who attends a potluck? Families with

kids of all ages, seniors, young adults, singles, and couples. Everyone who enjoys a family dinner! Due to AHS regulations, this event is for Ritchie members only. You can confirm your membership in advance, then sign up online to share your favourite dish. This is also a great opportunity to volunteer with the League. Washing up, putting away tables, welcoming attendees, selling memberships at the door—all training is provided and covers the "cost" of providing a dish. More details online. Upcoming dates: April 19, May 17, June 21

## 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 Com-

munity Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>



## Volunteer With Fringe!

Did you know you can play a vital role by opening your home to host a visiting Artist? We're seeking new Host Volunteers to open their hearts to our travelling Artists, making sure they have a place to rest after a long day of fringing. Hosting is easy and Host Volunteers can make a significant contribution to the Festival without demands on their time.

Learn more at [fringetheatre.ca](http://fringetheatre.ca)

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## Keys to Good Oral Health

A person's smile has an important link to overall well-being and health. Our mouths and teeth aren't just for chewing. Oral health impacts our speech, the enjoyment of food and the way we express feelings and emotions. Good oral health gives us confidence to live, work and play.

Did you know? April is Oral Health Month in Canada. In other words, there's no better time to shine a light on different ways to prevent oral diseases. Let's unlock our healthiest smiles!

### Oral Health and You

Good oral health means more than having a nice smile! Your mouth can tell you a lot about the health of your body.

Oral health and general health have a two-way relationship. Oral diseases can cause poor general health, which can lead to oral health problems. For example, diabetes increases the risk of gum disease and gum disease can make diabetes harder to

manage.

### Preventing Common Dental Problems

Tooth decay, gum disease, and oral cancer are chronic oral diseases. A chronic disease is a health condition that lasts a long time and can affect people of all ages. Most chronic diseases can be prevented, but they are still the leading cause of poor health, including poor oral health.

The most common dental problem is tooth decay (cavities). Bacteria in the mouth mix with sugars from foods and drinks to make acids which weaken the teeth causing tooth decay. But it is preventable. Through good oral habits and consistency, you can ensure your beautiful smile lasts a lifetime.

Here are some tips on how to protect against tooth decay and other oral health problems:

- Brush your teeth and floss at least two times a day



### AHS Wellness Articles

- Eat a healthy diet and limit sugary food and drinks

- Visit your dentist for regular checkups or if oral health problem starts

- Avoid tobacco use

Taking good care of your teeth and gums each day is an important way to prevent tooth decay and gum disease. Finding and treating dental problems early leads to better oral health. Good oral health lowers the risks linked to diabetes, heart disease, cancer, and chronic respiratory diseases.

Fluoride can also protect against tooth decay in both children and adults. Getting an early start using fluoride has life-long benefits.

Adults have less tooth decay if they start using fluoride when they're children. Fluoride

is an important mineral that keeps teeth healthy and for decades it has been used to prevent tooth decay. It's found naturally in soil, air, and water. Fluoride strengthens the tooth's outer surface (enamel) and repairs damage caused by tooth decay acids. Fluoride is available in different forms such as:

- in some communities' tap water;
- oral care products such as toothpaste and mouth rinse; and
- in fluoride varnish or gel applied by dental health professionals.

For more information about fluoride visit 10 Fluoride Facts.

Did you know? Your child may be eligible for free fluoride varnish services. AHS offers a fluoride varnish program for children in preschool and school-aged children.

Visit [ahs.ca/oralhealth](https://ahs.ca/oralhealth) to learn more.

## Leisure Access Program

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

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



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