

COMMUNITY LEAGUE NEWS SOUTH

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



Feb/Mar 2020

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

Outdoor Soccer Registration

February is Outdoor Soccer Registration for all communities in the Southeast Zone. Online registration for the 2020 Outdoor Soccer Registration opened on February 1st at <https://emsasoccerportal.com/>

Strathcona Community League Soccer Registration

Tuesday, February 18

6:30 – 8:30 pm

Strathcona Community League Hall

Upstairs Lounge

10139 – 87 Avenue

All Southeast Zone Communities

March 4 March 7

5:00 – 8:00 ; 10:00 – 1:00

Bonnie Doon Mall (near Tony Roma's)

8330 82 Avenue

Late Registration for All Southeast Zone Communities

Wednesday, March 18

5:00 – 8:00 pm

South Soccer Center (ESESA Office)

6520 Roper Road

To place your child on a team, you must complete the online registration and attend the mandatory Registration Session with the following:

- Pay online with credit card or bring cash or cheque payable to: ESESA.

- Volunteer (\$150) and Jersey (\$75) deposit cheques payable to ESESA & post-dated June 1, 2020

- 2 copies of your completed online registration forms

- Government issued ID to verify age of player

- 2019/2020 Community League Membership Card - begins with #19-____. For more information, contact your league's soccer director or visit <https://emsasoutheast.com/>

Hazeldean Community League Soccer Registration

Soccer registration starts online: February 1

In person registration will be February 9, from 1-3 pm at the Hazeldean Community Hall

Ritchie Community League Soccer Registration

Don't let the snow on the ground fool you, outdoor soccer begins NOW with a two-part registration process. First register and pay online at emsasoutheast.ca.

Then, come see us! There are two dates and locations to choose between:

Monday, Feb. 17 (Family Day) between 1 - 3 p.m. at the Turf Training Centre (5820 59 Ave. NW)

Sunday, Feb. 23 between 10 - 12 p.m. at Ritchie Hall

Please bring the following:

Two copies of your completed online registration forms

Government-issued ID (passport, provincial health care card, etc.) to verify age of

player

Current community league membership card, beginning #19-____

If you haven't paid the registration fee online, bring a credit card or cheque payable immediately to Edmonton Southeast Soccer Association (ESESA). Deposit cheques for volunteer commitments (\$150) and jersey (\$75). Make payable to ESESA. Please postdate for June 1, 2020. These will not be cashed provided you complete a volunteer duty and return the jersey in good condition.

Ritchie is excited to see our soccer program grow and we need you to make that possible! For questions, please contact Kane: soccer@ritchie-league.com.

Transit Fare Policy

by Councillor Ben Henderson, Ward 8

We have heard a lot of concern about the changes in seniors transit fares and I know it will be hard on some people. We had to make adjustments in order to offer fully free transit for low-income seniors; those who need it most but can least afford it. I know the adjustment to the fare price of a senior annual pass was an abrupt change and that has caused worry for some who are on a fixed income. I appreciate hearing from you and want you to know why these changes were done.

This was not an easy decision for Council to make; however, anyone over 65 years of age is still eligible for discounted fares. The new \$34 monthly senior pass and the \$374 annual pass represents a reduction of about 65% of the regular adult fare. For more oc-

casional users of ETS we have lowered the price of the senior 10-ticket pack from \$23 to \$19 making that option a little more attractive.

The City continues to fund more than half of transit operating costs through taxes and other revenue, with paid fares covering about half of the costs. For a number of years, we were able to provide a very low cost annual pass for seniors, but continuing that and offering the free passes for those in greatest need meant other transit riders or taxes would have to supplement more of the cost.

Public transportation is an essential service and a way for people to keep connected, involved, and mobile. I know for many seniors, this is their only way to get around. The new policy brings seniors fares in line with the other deepest discount, the Ride Transit Pro-

gram for low-income adults. The Province helps with the funding for the Ride Transit Program, but does not contribute funding for the senior pass.

We knew it was not sustainable to offer the level of discount we had offered before, provide the free passes for low income seniors and keep the seniors annual pass at the former price level. Edmontonians told us they wanted to continue to offer discounts to seniors, low-income earners, students, and people with disabilities. We asked Edmontonians what would be fair in aligning those discounts and the proposed fare structure reflects their response.

There are other measures also coming in the future that will help. Options like fare capping and pay-as-you-go will be in place with the launch of the Smart Fare system that

will be coming next year. Fare capping can be used instead of a monthly pass. Essentially your Smart Fare card would continue to add fares as you used transit until it met the amount of the senior monthly pass. At that point, any further rides would be essentially free for that month.

So you would still have the benefit of a monthly pass but if you travelled less than the monthly pass would have cost you then you would save money in that month. Based on how much you use the service and how regularly, this may in fact get you closer to the price of the old annual pass.

As always, I welcome your feedback and input on our transit goals, and any other city matter. Please feel free to contact me at (780)496-8146, ben.henderson@edmonton.ca or @ben_hen on Twitter.

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• Real Estate

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• Business Law

Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

President	Maureen Duguay president@strathconacommunity.ca
Past President	Jeff Samsonow pastpresident@strathconacommunity.ca
Vice-President	Delianne Meenhorst vicepresident@strathconacommunity.ca
Treasurer	John de Haan treasurer@strathconacommunity.ca
Secretary	Anya Manukyan secretary@strathconacommunity.ca
Membership Chair	Lois Hameister membership@strathconacommunity.ca
Communication Chair	Delianne Meenhorst communication@strathconacommunity.ca
Programs Chair	Donna Fong programs@strathconacommunity.ca
Social Chair	Nathan Carroll social@strathconacommunity.ca
Soccer Co-Chairs	Cheryl West-Hicks Jenn Costigan soccer@strathconacommunity.ca
Civics Chair	Derek Kaplan civics2@strathconacommunity.ca
Occupational & Safety Officer	Yixi Song safety@strathconacommunity.ca
Building and Grounds	Brian Moffat grounds@strathconacommunity.ca
Green Initiatives	Kasia Kaputa green@strathconacommunity.ca
Community Garden Chair	Daniel Augergarden_co@StrathconaCommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Community & Neighbourhood Liaison	Kirsten Goa liaison@strathconacommunity.ca
Community Hall	Scott Wright rentals@strathconacommunity.ca 780-439-1501
Website Manager	Karen Rowsell webmaster@strathconacommunity.ca
Information	info@strathconacommunity.ca

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

Community League website: www.strathconacommunity.ca

EFCL website: www.efcl.org

Community Leagues...where neighbours meet and great things happen!

Board meetings are held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information phone 780-439-1501 or e-mail at info@strathconacommunity.ca

The Strathcona Centre Community League is on Facebook. Follow us on Twitter @StrathconaCL

The copy deadline for the April-May 2020 issue of Community League News South is March 23, 2020. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

Winter Green Shack Program

The City of Edmonton will be offering the FREE drop-in Green Shack program at Strathcona Community League, 10139 – 87 Avenue, February 1-27, 2020, on Tuesdays and Thursdays, 3:30-6:00 pm and Saturdays 1:00-5:00 pm. The program leader will engage children aged 6-12 in cooperative

games, outdoor cooking, sports, crafts, music, and more!

Children under the age of 6 are welcome but must be supervised by a parent or guardian at all times.

For other locations in Edmonton, visit www.edmonton.ca/greenshacks

Community Swim at Bonnie Doon Leisure Centre

As a member of Strathcona Centre Community League (SCCL) you can now enjoy a free swim at the Bonnie Doon Leisure Centre, 8648 81 Street. Every Saturday from 5pm – 7pm you can take a splash in the pool that reopened on January 15, 2020 following the three-year rehabilitation work. Please make sure to take your community membership with you to receive FREE entry.

To buy a community league membership, you can:

Contact the Membership Co-chairs at membership@strathconacommunity.ca

Phone Jeanie at 780-803-0900 or Lois at 587-785-4174, or

Purchase it online through <https://efcl.org/membership> (\$5 administration fee)

The SCCL has three types of paid memberships:

Family \$20 A family or 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

Membership year: September 1 to August 31.

SCCL set up a rental agreement with the City of Edmonton at Bonnie Doon Leisure Centre from February 1 to June 27, 2020.

If you have questions about the community swim program, please contact Donna Fong, Program Chair, at programs@strathconacommunity.ca

Strathcona Rink Hours of Operation

Regular Hours:

Small rink

Skating from 3:30 – 9:00 pm

Mon to Fri (starts at 2:30 on Thursdays)

Sat and Sun Noon to 9:00 pm

Hockey rink -

Hockey Parent/Children

Mon, Tues Wed 3:30 – 6:30 pm

Sat, Sun Noon – 4:00 pm

Open Skate (sticks/ puck OK)

Tues 7:30 - 9:00 pm

Thurs 7:00 – 9:00 pm

Fri 7:00 - 9:00 pm

Sat 4:00 - 7:00 pm

Sun 4:00 - 7:00 pm

Adult hockey

Mon, Wed 7:00 -9:00 pm

Sat, Sun 7:00 - 9:00 pm

Youth hockey

Tues 6:30 - 7:30pm

Fun skate (no sticks/pucks)

Fri 3:30 - 5:30 pm

Skaters are welcome on the ice prior to opening times if ice maintenance is not in progress. Shoveling may be required.

The rink is closed when the temperature, including wind chill, is -23° C or colder, or when the ice is too soft for skating.

Please pay attention to posted signs. Thank you!

Strathcona Winterfest - Many Thanks!

Our annual Winterfest in early February was a lovely day of enjoying the outdoors and our community! The Strathcona Community League event featured sleigh rides, ice skating, chili cook-off, City of Edmonton fire pits, kids carnival (indoors), warm drinks, and a free BBQ.

Thanks to Nathan Carroll, Social Chair, the team of coordinators (below) and all of our wonderful neighbourhood volunteers for

your help in making this event happen!

Jessica Nelson - Food

Jeanie McDonnell - Chili Cook-Off

Bernie Rosselie - Outdoor Environments

Berna Ponich - Kids Carnival

Many thanks to the local businesses that sponsored our event and provided prizes! A complete list of the businesses will be recognized in the next newsletter and league website.

2019-2020 Community League Membership

The membership year started September 1st. Memberships are available:

online through the EFCL at <https://efcl.org/membership> (the EFCL charges a \$5 admin fee)

at any Servus Credit Union

from one of our membership Directors (see contact info below)

at League events such as Pub Night

Cost: \$20/family, \$15/single, \$5/senior

Benefits of a membership:

A voice in your community – provide a consolidated voice to City Hall re transportation, zoning, housing, etc.

Free membership at the Edmonton Tool Library (a not-for-profit society which lends hand, power, and garden tools to its mem-

bers)

Soccer programs for kids

Skating and hockey – rink time and lessons
Playgroup

City of Edmonton discounts at recreation centres such as Kinsmen Sports Centre

Social events – monthly pub nights, annual fall BBQ and Winterfest

Annual big bin event

Discount on hall rentals

League programs: Yoga, Zumba Fitness, Pound Fitness, Urban Poling, Art classes for kids

Contact: Jeanie McDonnell (cell 780-803-0900) or Lois Hameister at (cell 587-785-4174), or email membership@strathconacommunity.ca

LEAGUE PROGRAMS AND ACTIVITIES

ADULT Programs

Art, Wine and Skate

Join us for a night of craft, a glass of wine, a good conversation and skating this winter. Lots of laughter and fun. Each night is a different art or craft (sometimes a small charge).

What: Art, Wine and Skate

When: Thursdays, 7:00-9:00 pm, February-March

Where: Kitchen at the community league hall (main floor)

Who: 18 years and up

Participants can join for one evening or all evenings. For more information about the weekly activity, call Jan Black Stewart at 780-432-0577.

YOGA - Monday Evenings with Corinne McNally

Late Winter Session March 2-April 27, 2020 6:00-7:15 pm

Registration fee: \$84

Drop-in fee: \$14 per class (please bring exact change or cheque)

Use the ramp to come up to the main hall.

Spring Session May 4 – June 22

6:00-7:15 pm Registration fee: \$84

Drop-in fee: \$14 per class (please bring exact change or cheque)

Use the ramp to come up to the main hall.

Description: Yoga is a holistic practice that can open & strengthen your body, revitalize your energy and bring peace to your mind. Hatha Flow & Yin styles of yoga are taught by certified yoga instructor Corinne McNally. These classes are perfect for both beginners and seasoned practitioners. Instructor Corinne McNally lives in Old Strathcona and has been teaching for over 10 years.

Requirement: Community League membership required (any league), membership available on-site.

For more info, contact Corinne McNally at corinnemcnally@gmail.com, 780-239-6164.

YOGA - Tues/Thurs Mornings with Kyla Fischer

Spring Session Tuesday Morning Yoga

March 3 - April 21, 2020 Fee \$96.00

9:30 - 10:45 am

Thursday Morning Yoga

March 5- April 23, 2020 Fee \$96.00

9:30 - 10:45 am

*Sign up for both Tuesday and Thursday classes for \$176.00

Drop-in fee: \$14.00

Requirement: Community League membership required (any league).

Register: Contact: Kyla Fischer at fischerk@telus.net or 780-430-0229.

Description: These holistic yoga classes are perfect for beginners as well as those with previous yoga experience. Yoga postures, breathwork and meditation will be taught to promote balance in the body, mind and spirit. Throughout the session, students will develop an understanding of alignment and breath while developing physical strength and flexibility. All levels are welcome!

POUND FITNESS with Melanie Kidder

Spring Session Wednesdays

April 8-May 27, 2020

7:15 - 8:00 pm

Full program: \$96 PLUS one-time of \$25 to purchase RipStix

Drop-in fee: \$14.00 per class

Use the ramp to come up to the main hall.

The Winter Session: Pound Fitness classes are continuing on Wednesdays until April 1.

7:15 - 8:00 pm Drop-in: \$14.00 per class

Description: Pound Fitness is a cardio and strength class that is inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Come make some NOISE with us! Participants report they improve their coordination and core strength. No previous fitness or drumming experience required.

Requirements for all Pound Fitness classes: Community League membership required (any league), membership available on-site. Bring TWO Yoga mats to class. You will need to two so that you can arrange them around you and not hit the RipStix on the hardwood floors.

Registration: To pre-register and for more information contact Melanie Kidder at 780-722-7558 or melstrand_5@hotmail.com. Registration and RipStix can be paid for at the first class. Please come 15-30 minutes early. You can pay by cash or cheque (cheques made out to Strathcona Centre Community League). SCCL Community League Memberships will also be sold at the first class.

ZUMBA with Melanie Kidder

Spring Session Wednesdays

April 8 - May 27, 6:30 – 7:15 pm

Full program: \$96.00

Drop-in fee: \$14.00 per class

Age Group: Adults and Teens aged 16+ can attend with an adult.

Use the ramp to come up to the main hall.

The Winter Session: Zumba classes are continuing until April 1, 6:30 - 7:15 pm

Drop-in fee: \$14.00 per class

Let the Music Move You! Using Latin and International rhythms these Zumba Fitness classes are fun, energetic and make you feel amazing. In a Zumba class, participants do what they can, making it perfect for people of all fitness levels. Melanie Kidder lives in Old Strathcona and has been teaching Zumba Fitness for seven years. She is licensed to teach many Zumba formats.

Requirements: Community League membership required (any league).

Register: To pre-register, contact Melanie Kidder at 780-722-7558 or melstrand_5@hotmail.com. Registration can be paid for at the first class. Please come 15-30 minutes early. You can pay by cash or cheque (cheques made out to the Strathcona Centre Community League).

SUNDAY MORNING YOGA with Dawn Lamothe

Spring Session April 5 - June 7

Registration: \$96; Drop-in Fee: \$14 per class

The Winter Session: Sunday Morning Yoga classes continue until March 29, 2020. 9:30-10:45 am

Drop-in Fee: \$14 (please bring exact change or cheque)

Requirement: Community League membership required (any league). Memberships available on-site.

For a registration form or for further questions, please contact Dawn at iamtsunami@gmail.com.

Description: This vinyasa (flowing and creative sequences) will vary and progress. It is a form of yoga that is more challenging as it flows continuously. Each class will have a warm up, standing sequences to strengthen the legs; balancing sequences to train your natural proprioception and foot strength; various options for backbends and back strengtheners as well as core exercises. Please join Dawn Lamothe ERYT (Experienced Registered Yoga Teacher). These classes are for intermediate to advanced practitioners.

MOVE WITH EASE AND JOY with Kim Novotny

Spring Session Tuesdays

April 28 – June 23, New time: 11:00 am – 12:15 pm

Full program fee: \$180. No Drop-ins.

Fridays May 1 – June 26, 9:30– 10:45 am

Full program fee: \$180. No Drop-ins.

Winter Session: Move with Ease and Joy classes: Tuesdays (10:50-12:05 pm) and Fridays (9:30-10:45 am) continue until April 14th & April 17th, respectively. Drop-in not available.

Requirements: League Membership (any league), comfy clothing, socks, yoga mat, hand towel.

Essential Somatics is a neuromuscular movement therapy that re-educates how your brain senses and moves your muscles, changing habitual patterns in a lasting way!

To express interest in movement therapy classes with Kim Novotny (Move with Ease and Joy), please contact the instructor at kim@novotny.ca. The instructor will confirm with students in advance that they are medically fit to participate in a group class.

URBAN POLE WALKING

Wednesday mornings 7:30 am

Thursday evenings, 6:30 pm

Cost: Free

Requirement: Community League membership required (any league).

Description: Stay active and meet some new friends! Join the Strathcona Pole Walking Group. Meet one of the walk leaders, Melanie Kidder (Wednesday) and Delianne Meenhorst (Thursday) inside the league hall and then head out for an energizing pole walk through our friendly neighborhood.

We will be on sidewalks and river valley paths. Walks are between 45-60 minutes. Several sets of poles are available for use or bring your own.

Melanie, 780-722-7558 (call or text) or email melstrand_5@hotmail.com

Delianne, 587-986-7832

KIDS Programs

ARTAGOGO Art at the Hall

Wednesday Art Classes with Berna Ponich April 8 - June 17, 4:00 - 5:15 pm

Concession Room

Fees: \$200; Drop-in fee: \$20 per class

Fee includes all instruction, art materials, and a sketchbook (Payment can be broken up)

Saturday Art Classes with Berna Ponich

April 4 - June 20, 2020 (10 weeks)

10:00 am - 11:30 am (Age 6 years and up)

11:30 am - 1:00 pm (Teens)

Concession Room

Registration fee: \$200; Drop-in fee: \$20

Fee includes all instruction, art materials, and a sketchbook

(Payment can be broken up)

The Winter Session: Artagogo Saturday Art classes continue until March 28, 2020.

10:00-11:30 pm (Age 6 years and up)

11:30 am-1:00 pm (Teens)

Drop-in fee: \$20

Description: Art classes for children and teens with a focus on skill development through creative exploration and risk taking. The objective is to provide the students with the skills and confidence they need to become life long participants in art through thoughtful and encouraging instruction, confidence building, and encouragement to take chances and try new things without fear of judgement.

Requirement: Community league membership (any league). Contact Berna Ponich, B.Ed, at berna@telus.net for information and to register.

PLAYGROUP

The playgroup operates until June

Every Mon. & Wed. 10am-12pm. Cost: Free

Requirement: Community League membership required (any league). Memberships available on-site.

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

Description: Parents/caregivers, are you looking for an activity for your young children during the week? The Strathcona Playgroup provides a safe and happy environment for babies, children and caregivers to meet, socialize and have fun. Upstairs in the main hall – come up the ramp on the north side of the building.

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Please contact Gina to discuss your requirements: innovatebookkeeping@gmail.com

Civics and Community Planning

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. Derek Kaplan is the chair of the League's Civics and Planning Committee. When the City sends notices to the League announcing appeals to the Subdivision and Development Appeal Board (SDAB), or telling of rezoning applications, or outlining variances that are being requested by a property owner, the committee investigates. We try to determine what the neighbours think, poll our committee members, and then decide whether or not to take action.

Derek summarized a list of active developments and public hearings at the Board meeting of January 20, 2020:

Gas station 99 Street and 87 Avenue (No news)

99 Street and 83 Avenue 6-storey development (The committee concluded that the development's key features outweighed the additional proposed height.)

Bateman Development (No news)

99 Street and 90 Avenue (Request to the City of Edmonton for a summary report on public engagement feedback) ***

End of Steel Signage (Received confirma-

tion that our league would be consulted before any changes are made)

Gondola (A private initiative that is currently in concept development. Strathcona and Rosedale community leagues will write to City Council to express concerns about the lack of consultation with the leagues about this development.)

Rezoning for Ritchie Mill area to include Liquor Store (Public hearing February 4, 2020, City Hall)

Public Hearing for Bylaw to revise the Strathcona ARP based on recommendations from the Plan Whyte Study (Public hearing February 4, 2020, City Hall)

***A public engagement session was held about the rezoning of 9009 & 9013 99 Street NW, 9854 & 9860 90 Avenue NW. In the following report you can find a summary of this session as well as letters received. The report was prepared by Planning Coordination, Development Services, of the City of Edmonton.

<https://strathconacommunity.ca/wp-content/uploads/2020/01/LDA18-0647-What-We-Heard-Report.pdf>

To learn more about issues and proposed development projects, please contact Derek at civics2@strathconacommunity.ca

Hall Rentals

Main Hall
Capacity 105
Seats 60 to 80 depending on table arrangement
Amenities include hardwood floors, balco-

ny, stage, bar, full kitchen, dishes and cutlery, tables and chairs.

\$150 - \$400

Lounge

Capacity 58

Seats 30 -35 depending on table arrangement

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

NOW RECRUITING

NEW STUDENTS FOR FALL 2020 PRE-SCHOOL PROGRAM



Strathcona Nursery School

is a parent led co-operative that welcomes 2.5-5 yrs old children to come learn and play.

Our Pre-school Program features:

- 2 dynamic teachers
- A positive respectful environment
- Mixed-Age classes with flexible schedule
- Enrollment opportunities throughout the year
- 2.5 hour sessions (morning or afternoon)

Children are not required to be potty-trained

Open House February 12, 2020
1 Day Only 4:30-6:00pm

For more information please contact us!

Email: info@strathconanurseryschool.com

8530-101 St. Edmonton, Alberta
King Edward Elementary School

Phone: 780-432-9226

Website: www.strathconanurseryschool.com



Discovery Daycare

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- 7 am to 6 pm
- Drop-in available

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

Pub Nights

Pub nights are typically on the 3rd Friday of the month at 8:00 pm, in the upstairs lounge of the community hall building, 10139 87 Avenue. Please use the south door by the rink. Upcoming pub nights:

Family Skating/Pub Night - February
Starting at 5pm

This month Pub Night will start early – so if you want to combine it with the Friday Fun Skate you can. Come and skate (weather permitting) or just stop by for refreshments.

This is a family-friendly event – but you don't need to come as a family! All ages wel-

come. (come around 8 pm if you want to miss the fun and noise of the kids).

Friday, March, 2020

8:00 pm

Theme: Wine tasting

Pub nights are for community league members and guests. Memberships available on site.

Subscribe to the League email list (scroll to the bottom of our website) or follow us on Facebook to get reminders!

Contact social@strathconacommunity.ca with any questions.

\$75 - \$260

Concession/Small Meeting Room

Seats 8 to 10

Amenities include kitchen. \$20 - \$75

To check rental availability and for rate details, visit

www.strathconacommunity.ca/facilities/hall-rentals

To rent hall facilities, please download and review the Hall Rental Agreement Form

(PDF) and contact Scott Wright, Hall Manager, at 780-439-1501 or email rentals@strathconacommunity.ca.

Community League members of at least 6 months receive a discount on rates. Rentals are not confirmed until payment is made and the rental contract signed.

If your event is public, we can help you advertise. Contact the hall committee chair to have your event posted to our website.

WE HAVE MOVED

HOURS OF OPERATION	
MONDAY TO FRIDAY	8:30am to 7:00pm
SATURDAY	SUNDAY
9:00am to 5:00pm	12:00pm to 4:00pm

WWW.STRATHCONAREGISTRY.COM
INFO@STRATHCONAREGISTRY.COM
 /STRATHCONAREGISTRY
 (780) 430-1154

10375 - 78 AVE NW, EDMONTON
• NEXT TO SAVE ON FOODS ON GATEWAY BLVD •

Argyll News

Argyll Online

As always, our web site has the most current information. Check-in weekly to see what's changed. Send us things you think the community would be interested in. A new section has been added to the web site which features announcements and news about the Committee work various residents

are involved in. Look for it the next time you visit our site.

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

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

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre the last Friday of each month from 10:00 AM – 12:00 Noon.

This volunteer run program is for parents/ caregivers and their young children (ages 0-5) to drop by and make friends with other

families in Argyll; as well as have fun together. This is a free program for community residents with no snacks & beverages. Grandparents are most welcome to join in.

If you would like to help out contact: Erin Raudebaugh by e-mail at: [<mack_329@yahoo.com>](mailto:mack_329@yahoo.com)

Jammers Music

Each week a group of musicians spend a little time together playing songs and keeping time. They meet on Thursdays from noon until 3:00 PM in the main hall of the Argyll Community Centre. They welcome any instrument you are willing to jam with. Electric and Acoustic instruments are both welcome.

If you want to sit-in on what they get up to each week, then contact Ken by phone and get the details for their next jam. You can come and sing, play along or just relax and enjoy the music. Call Ken 780.466.8127 for more information. There is a \$2.00 fee for use of the hall.



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency
office for assistance with:

- Employment Insurance
- Old Age Pensions
- Income Tax
- 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

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centre.lacolombe2@gmail.com

120- 8627- 91 Street NW Edmonton, AB, T6C 3N1

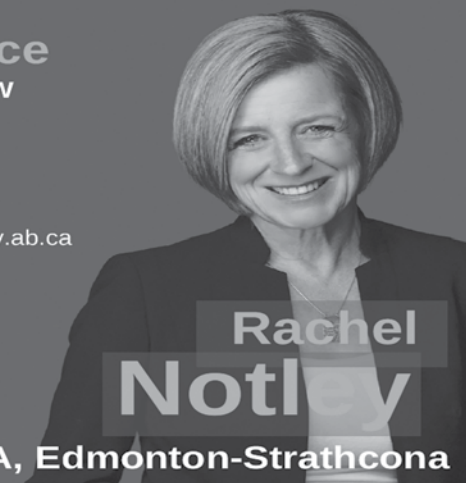
Constituency Office

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

(780) 414-0702

edmonton.strathcona@assembly.ab.ca

@RachelNotley



MLA, Edmonton-Strathcona



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bgcbigs.ca/volunteer



Boys & Girls Clubs



Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area






FamilyDay

AT THE LEGISLATURE

Monday, February 17
11 a.m. to 4 p.m.

#abfamily |     | assembly.ab.ca



Hazeldean News

Hazeldean Board of Directors

President	Deepika Mittra	president@hazeldean.org
Vice President	Ryan Godfrey	
Secretary	Maggie Smith	secretary@hazeldean.org
Treasurer	Lien Le Kavanagh	
Facilities	William Elgert	
Publicity	Rachel Sinn	communication@hazeldean.org
Memberships	Heather Chiponski	
Soccer	Alexis Parker	hazeldean@southweastsoccer.ca
Director at Large	Rineke Steenbergen	movies@hazeldean.org
Director at Large	Alys Caswell	
Hall Administrator	Dawn Banner	hazeldeanleague@shaw.ca
Social	Christine Drysdale	
Civics	Caleb Sinn	civics@hazeldean.org

Upcoming Events

Check out www.hazeldean.org for the latest updates on upcoming community events.

Weekly Activities

Okinawan Style Karate

Monday & Wednesday

Cell 780-439-0847 for more information

Get Fit Classes by Jen

Tuesdays and Thursdays, 6pm.

Contact Jen Hamel at 780-660-9214

onthehofitness@shaw.ca

CASINO Volunteers Needed!

Our biggest source of revenue for being able to put on Community League events and keep our hall running comes from casino fundraising. We need your help to make it happen this year!

When? May 6 & 7, 2020 – Various shifts

Where? Grand Villa (Rogers Place)

If you can help us out, please call Dawn: 780-439-0847

Thank you!

Get your COMMUNITY LEAGUE MEMBERSHIP today!

Benefits of Membership:

Stay informed and have a voice on community issues

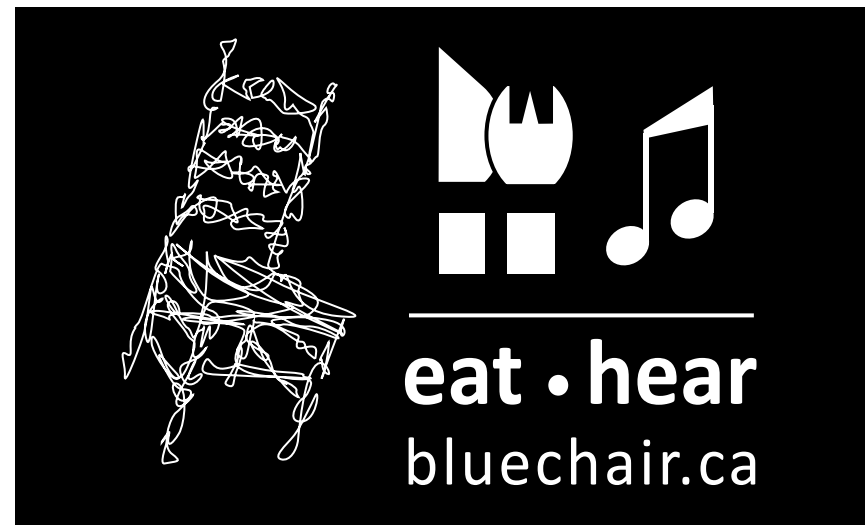
Support fun community events and activities

Up to 20% discount at City-owned rec centres

tres

Discounts on hall rentals

Community League Memberships available at Hazeldean Drug Store and the Dairy Queen on 70th avenue and 99th Street. \$10 for single memberships or \$20 for a family.



BLUE CHAIR

The local eatery for 15 years
at the Ritchie Corner

Something for everyone!

9624 76 Ave. (780) 989-2861

Tuesday-Friday from 7am

Saturday - Sunday from 9am

Breakfast • Lunch • Dinner • Live Music • Brunch

Stay in touch!



Phone: 780-439-0847

Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

Facebook: www.facebook.com/Hazeldean-Community

Twitter: @hazeldeanyeg

Thank You!



We appreciate the wonderful business in the Hazeldean community that make this neighbourhood such a great place to live!



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Cannabis edibles aren't risk-free

Baked goods, beverages, and candies, are the latest cannabis products to arrive in Alberta cannabis stores. What do you need to be aware of if you're planning to use them? Edible cannabis may affect you differently compared to smoked. Here are a few steps you can take to reduce your risks. First, consider the amount of THC in each product. Choose products that have 2.5 mg of THC. It can take up to four hours to feel the full effects of edible cannabis. Taking more within that time can increase the risk of adverse effects.

There is no known safe amount or form of cannabis to use while pregnant or breastfeeding. The chemicals in cannabis may affect your baby's brain development and may result in learning and behavioural issues that last throughout their life. Edible cannabis products increase the risk of unintentional consumption and cannabis poisoning in children, as they may be mistaken for regular food or drinks. If a child is exposed to cannabis and shows signs of distress, contact Poison & Drug Information Service (PADIS) (toll-free 1-800-332-1414) or Health Link (call 811 or 1-866-408-5465 for Internet phone users).

A reaction to cannabis may include a rapid heartbeat, anxiety, vomiting or more serious effects such as psychotic episodes or seizures. If you are concerned about your own or someone else's use of cannabis, alcohol, or other drugs, contact Health Link at 811 or the Addiction Helpline at 1-866-332-2322.



Ben Henderson
Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

Ritchie News

Connect with Ritchie Community League

7727 98 Street | Edmonton, AB | T6E 5C9
| 780-433-7137 | inquiries@ritchie-league.com

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.

BOARD

President: Cecilia Oteiza Ayres (president@ritchie-league.com)

Vice-president: Peter Willetts (vice-president@ritchie-league.com)

Treasurer: Ehab Zeidan (treasurer@ritchie-league.com)

Secretary: Maureen O'Neil (secretary@ritchie-league.com)

Casino & Fundraising Director: David Woo

Civics Director: Allan Bolstad

Communications Director: Keesa Elickson and Karl Jensen (communications@ritchie-league.com)

Community Engagement Directors: Amanda Bird (ACE@ritchie-league.com)

Events Director: Dan Tyrkalo (events@ritchie-league.com)

Facilities Directors: Ed Retzer and Len

Wampler

Green Initiatives Director: Carly Steiger (environment@ritchie-league.com)

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

Membership & Volunteer Director: Avnish Nanda (volunteers@ritchie-league.com)

Programs Director: Tracy Price (programs@ritchie-league.com)

Soccer Director: Kane Dozorec (soccer@ritchie-league.com)

Rink Director: Leonard Wampler

Director-at-large: Dan Munch

Director-at-large: Cristian Munoz

MONTHLY MEETINGS

Board meetings are 7 p.m. on the first Thursday of every month at Ritchie Hall except in July and August. Everyone is welcome and encouraged to attend. AGM and elections in May.

Newsletter: Keri Walmsley (newsletter@ritchie-league.com)

Hall Managers: Dee Armstrong and Stephanie Tremblay (inquiries@ritchie-league.com)

Website: www.ritchie-league.com

Facebook: facebook.com/WelcometoRitchie

Twitter: @RitchieYeg

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

Learn together at Ritchie

Photo supplied by Maureen O'Neil

Senator Paula Simons (left) visited Ritchie Hall in January to tell a tall-but-true-tale from Edmonton's history, heard by an audience of 40. Pictured with her from left, Ritchie board members: Peter Willetts, Maureen O'Neil, Leonard Wampler, Karl Jensen, Keesa Elicksen, Cecilia Oteiza Ayres and Avnish Nanda.

Proving once again that we have much to learn from each other, Climate Conversation, a follow-up to a well-attended fall session, is



planned Feb. 23, starting at 1 p.m. Read all about this neighbourhood initiative inside.

Have your say Feb. 26 on slower speeds

Last fall, community leagues asked their members what they thought of various traffic safety measures, including lower speed limits on select roadways in the city's core.

The survey was answered by 1,500 residents across 117 leagues (including 67 from Ritchie). Results were forwarded to city administration tasked, since 2009, with investigating this issue.

Feb. 26, administration will present different scenarios for neighbourhood speed reductions to city councillors who sit on the community and public services committee.

Part of that committee meeting will include a public meeting where you can speak up again. City council asked its administration to consider: A city-wide default speed limit of 40 km/h on both local residential and collector roadways

A default speed limit of 30 km/h on both local residential and collector roadways in high density neighbourhoods located in central Edmonton, which is being referred to as the Core Zone. The survey of Ritchie residents found that a majority would like to see reduced speed limits for minor collector roads and residential streets applied consistently across the



city. They favour 40 km/h for the former (like 96 Street and 76 Avenue), but are evenly split between 40 km/h or 30 km/h for residential roads. The Feb. 26 public hearing will be held in the River Valley Room at City Hall.

If you wish to speak at it, fill in the Request-to-Speak form at edmonton.ca/meetings OR call the Office of the City Clerk at 780-496-8178.

You may send written comments to the Office of the City Clerk or by e-mail to city.clerk@edmonton.ca

For more information on this project:

Project overview and timeline: edmonton.ca/safespeeds

Speed Safety Survey final report: online at EFCL.org <https://efcl.org/traffic-safety#sthash.gCcmIkSW.DtLscUaF.dpbs>

Facing the climate emergency at home

Workshop Feb. 23 @ 1 p.m.

Join Irene and John McDermott, Ritchie residents and city-certified climate change ambassadors (as well as professional facilitators), as they help us figure out what the climate emergency means in our homes and in our neighbourhood. It's not a lecture, but a conversation among participants.

Their first Climate Conversation, in November, was attended by 20 residents who shared many fears following Edmonton's declaration last March to prioritize adapting to climate change and lowering carbon emissions.

While participants reported having already taken some steps to mitigate and adjust to climate change, they also recognized the need to do more, especially at the community level to support the work of the city and, more importantly, to support one another.

February's workshop is one of four planned for the coming year.

Other ways Ritchie can face the climate emergency, up for discussion in these follow-up sessions, are to systematically define the community's strengths

and weaknesses, do some community-level disaster planning, and define and develop community hubs.

These quarterly workshops are among several Keep Ritchie Green events planned for 2020. They are part of a "citizen series" which provides a venue for local residents to share their expertise with neighbours on an environmental topic of their choice. Suggestions welcome!

A separate series of Keep Ritchie Green events: The Home and Yard Series, returns March 16 and on the third Monday of the month thereafter.

Speakers are recruited to provide homeowners with practical advice. Watch for upcoming topics and times in all the usual places: posters, hall sign, league website, monthly e-News and Facebook.



Edmonton Aikikai

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

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Strathcona Community Centre

Phone: 780.433.8732

Email: mckellar@telusplanet.net

Old stories for new listeners

Two recordings were released in January featuring Ritchie's past.

La Crois e, a Radio-Canada program, toured Mill Creek Ravine on its Jan. 30 show with an eye on its history. The 12-minute tour was led by Jos e Thibeault, co-designer of the podcast La place. Last year, La place spent one hour revealing the ravine's industrial past.

To listen to the short French-language tour: <https://ici.radio-canada.ca/premiere/emissions/la-croisee> (Jan. 30, 2020 3:47 p.m.)

To listen to the full-length French-lan-

guage podcast: Laplacepodcast.ca Feb. 8, 2019: Mill Creek Ravine

Let's Find Out, an English-language podcast, also explores our neighbourhood's history of meatpacking, German immigration and local animal species in Episode 42.

The league has invited Let's Find Out to the neighbourhood for the past three years to answer questions put forward by residents. Episode 11 (2017) and Episode 24 (2018) also focus on Ritchie. Episode 42 was recorded Sept. 8, 2019. All can be heard online at Letsfindoutpodcast.com.

Thank you...and you...and you

Community building is about pitching in and helping where you can. The Ritchie Community League has many people to thank. Here are just a few:

Paul Foster for donating cabinets and his time to outfit the hall's cramped storage room so equipment we invest in to host community events doesn't keep missing in action. That's

at least a \$1,500 value. Wow!

Kelly Arbuckle at Independent Gas Service Inc. for keeping our skating shack warm and toasty with free propane (and delivery and pickup) for the last four years.

Adara Hair and Body Studio for donating \$200 in December.

Soccer, music, dance, karate. Sign Up!

Photo supplied by Kane Dozorec

Family ukulele

Escape the cold with songs of the tropics! Bring the whole family and a ukulele (the league has some to lend too!). Ages 5+. Through a partnership with Nancy's Notes, beginners will learn the basics and more experienced players will be challenged. Even the youngest can play along (with an instrument--for as long as their attention holds--and then in the hall while we continue the music-making). A family that strums together, hums together!

Wednesdays, 6 - 7 p.m. @ Ritchie Hall

March 4 - April 8 (No class March 25)

\$100 per household. Ritchie-member dis-



count \$10.

Register online at Nancy's Notes: www.nancysnotes.ca

OR call/text Nancy: (780) 439-8490.

Help out, anyway you can

Ritchie has 19 board members but there's more they want to do than they collectively can get done.

Do you have an hour to volunteer here and there? Here's how you can lighten the workload for this enthusiastic team of community-builders:

Teach others the art of pie/quiche making for a MEMBERS ONLY Make-and-Take event March 8.

Host Preschool Playgroup at the hall come

fall

Coordinate Ritchie's community-wide events

Share your expertise leading a workshop or community discussion

Organize a skating party or full-fledged "winterlude"

If you can help in one of these ways, or another of your own devising, get in touch! Contact Avnish: volunteers@ritchie-league.com

Learn first aid at Ritchie

Ritchie Community League is partnering with Gold Standard First Aid again this year.

Baby & Child CPR class teaches parents, siblings and other caregivers how to respond to a medical emergency in children up to the

age of eight in a two-hour session.

March 1

Regular cost: \$39. Ritchie members save 10 per cent. PROMO CODE: Ritchie.

Register online: Goldfirstaid.com or call (403) 481-3216

Clear your schedule!

Ritchie's always popular Chili Cook-Off is April 18. Watch for details as they come available in all the usual places: posters, hall sign, league website, monthly e-News and Facebook.

Adult Programs (daytime)

Bridge

Every Friday, including Good Friday April 10

Doors open at 11 a.m. Games start at noon.

Cost: \$3.

Contact Rose-Marie 780-439-4884

Stella 780-504-3972.

Chi-Gong, Meditation and Intro to Taiji

Tuesday mornings: 11 a.m. - 12:30 p.m.

Sundays: varied schedule

Free.

Contact Doug to confirm before attending: 780-224-5894 (call/text), e-mail dgauld@shaw.ca.

Crib Club

Every second Wednesday.

Doors open at 12:30 p.m. Games begin at 1 p.m.

Cost \$5.

Coffee and light luncheon served.

Contact Charlotte 780-465-6222

Fit for Life

Tuesdays, Fridays 9 - 10 a.m.

No classes March 3 - 13

Classes are full, but you can be added to the waiting list.



Contact Lynn: lynnlindsay828@gmail.com

Or 780-996-2182

Adult Programs (evening)

Song Circles

Feb. 21, March 27, April 24, May 22

5 - 6 p.m.

Adults discover their voices alone and within an improvising choir.

\$5 for Ritchie Community League members, \$7 for non-members.

Register online at <http://www.ritchie-league.com>

Yoga (Vinyasa)

Wednesdays 7:15 - 8:30 p.m.

First class free for Ritchie members. Then \$10 or five for \$40.

\$12 for non-members.

Bring a mat.

Contact Kristal: Yoga@ritchie-league.com

Dance and Adventure Spring Break Camp

Dance all morning and play all afternoon when school takes a break March 23 - 27.

Camp leader, Isabelle Rousseau, a professional dancer and Ritchie resident, will make sure the environment is positive, collaborative and includes everyone. Kids 6 to 12 will explore hip hop, jazz, traditional, creative and world dance, among others, through a fun and playful approach.

They will get familiar with learning and retaining choreography and will work together to create an ensemble experience that they'll perform at the end of the session.

March 23 - 27: 9 a.m. - 3:30 p.m. @ Ritchie Hall

Cost: \$225 camp registration, sibling rate of \$150 (members only)

For more information, contact Isabelle: irousseau.moveandbremoved@gmail.com

To register: <http://www.ritchie-league.com/programs-groups>

More Kids programs (Register!)

Preschool Dance

Fridays 9:45 - 10:30 a.m.

Saturdays 9:30 - 10 a.m. (No class Feb. 22)

For ages 3 - 5

Cost: \$60

Still accepting students.

Registration required via www.ritchie-league.com

Kids Danse

Saturdays 10:10 - 11:10 a.m.

For ages 6 - 12

Cost: \$60.

Still accepting students.

Registration required via www.ritchie-league.com

Yoshinkan Karate

Tuesdays and Thursdays

6:30 - 7:30 p.m.

Classes cancelled March 24, 26

All levels. Children and families welcome.

First two classes free for newcomers.

Contact Randy: rmockford@shaw.ca

Still MORE Kids programs (Drop-in)

Bonnie Doon Pool open

The pool has converted to saltwater chlorination. The entrance remains on the east side of the building and no new amenities were added. For now, the free swim times for Ritchie league members remain at Commonwealth Stadium: Saturdays 5 - 7 p.m. and Sundays 1 - 3 p.m. These Community League

Multisport en français

Saturdays 10:30 - 11:30 a.m.

(Not Feb. 22 or March 14)

For ages 2 - 12

Free. Drop-in.

Bring Indoor Shoes.

A partnership with L'Institut Guy Lacombe de la Famille.

Friday Nite (Teen) Fun Crew

Fridays 7 - 9 p.m.

Schedule varies. Contact Laur: lauracshpeley@gmail.com

For youth ages 10 - 15 living in Ritchie.

Drop-ins welcome. Free to join.

Family Programs (Drop-in)

Board Games

Monthly Feb. 16, March 15

1 - 6 p.m.

Come to play or offer to lead your favourites.

Games suited to 13+

A small selection of drinks and snacks will be available for purchase...or bring your own. No alcohol please.

Free.

Contact events@ritchie-league.com for more information.

Home School Playgroup

1 - 3 p.m. every second Tuesday.

Karen: karendwhitehead@gmail.com

Preschool Playgroup

Wednesdays 10 a.m. to noon

Drop-in. Free.

Contact Stephanie: couture.stephanie@hotmail.com

New host need for Fall 2020.

Solo Parents - Edmonton

Last Monday of the month, 6 - 8 p.m.


Support group for single-parent and blended families.

Drop-ins welcome.

Kids play; adults chat.

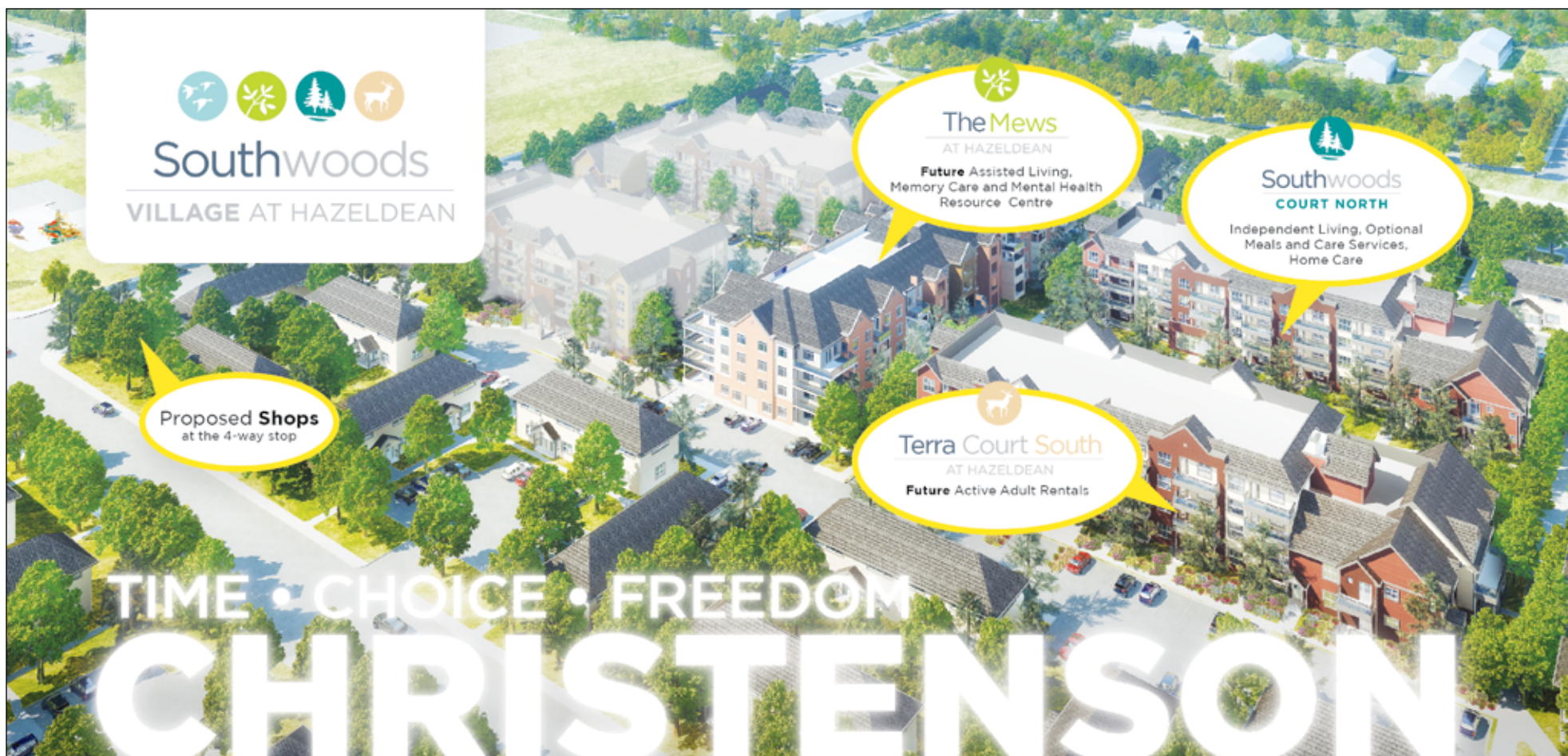
Everyone shares what they bring, whether snacks, games or crafts.

Jennifer: soloparentsyeg@gmail.com



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or phone Lynne **780-975-2509**



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