

COMMUNITY LEAGUE NEWS SOUTH

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



Feb/Mar 2021

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Strathcona Winterfest WEEK 2021

By Nathan Carroll, Social Chair

Strathcona Centre Community's annual Winterfest is coming up in February and this year, we are stretching it out over a full WEEK!

Beginning on Family Day, February 15, the community league will be issuing daily challenges to get you moving, creating and exploring in the outdoors! The more challenges that you participate in, the more opportunities that you will have to win PRIZES from local businesses.

There will be challenges for people of all ages and stages, for everyone in the family and perhaps even for your pet!

Visit the SCCL website and social media on Facebook and Twitter to get more information! <https://strathconacommunity.ca/>

If you don't have the 2020-2021 community league membership yet, make sure to sign up for one as only members will be eligible to win prizes! <https://strathconacommunity.ca/league/membership/>

Southside Shelter update

The Ritchie Community League Clothing Drive in December provided bags and bags and bags of desperately needed clothing for the Mustard Seed's temporary homeless shelter on 75th Avenue.

Thanks to all who donated and also to Lumos Dental and GTranscend Coffee & Roastery for

co-sponsoring with the league a welcome-to-Ritchie delivery of coffee and donuts. See latest Shelter updates in its monthly newsletter posted online at: www.theseed.ca/southside.

The January edition includes a video with interviews of shelter clients and a list of current needs.

Argyll Pre-School Update

A recent decision from City Council has helped Argyll move forward with plans to operate a Pre-School Programme in our facility this fall. We've been working on this project, for a couple of years now, and recent health issues have delayed our efforts. But with this approval of an amendment to the current Tripartite Agreement between Leagues and the City we can now move closer to establishing the programme by September.

We've been working with a non-profit organization to operate the program on our behalf. We are now prepared to invite Parents who may be interested in having their children attend such a programme to contact the Pre-School teachers directly and convey their interest as well as get answers to ques-

tions directly from those who will be teaching the children. We are planning for a date this spring to hold an open house for registration (under current circumstances these plans are still not firmly scheduled) but we encourage interested parents to send an e-mail to the program people and begin the discussion about what they will be offering and what rates they are going to set.

Send a message to: yegeeducationalprograms@gmail.com

The success of this program will depend entirely on the number of registered children so we also encourage parents to share this information among their circle if they know of others who might be interested in putting their young child into our programme

Hawrelak Park EFCL Plaza

The Edmonton Federation of Community Leagues (EFCL) which represents 161 Community Leagues in Edmonton celebrated its 100th anniversary on January 23, 2021. The Community League Plaza is located nearest the south-central side of Hawrelak Park. The plaza features a timeline wall of the EFCL story, a map of community leagues, and a gas fireplace and overhead heaters (great for the winter). Along the stream are art installations and interpretive signs. The fireplace and heaters are operated by pressing buttons on the buttons located behind the timeline wall. For more info about the EFCL, visit <https://efcl.org>

Hawrelak Park Rink, 9330 Groat Road, is one of seven City of Edmonton outdoor rinks open for skating. Open 11 am – 10 pm daily. No hockey sticks or pucks on ice. Ice surface maximum capacity 1300. Outdoor gatherings up to 10 people permitted. Indoor skate change areas closed. Indoor washrooms available – masks mandatory to enter indoor space. Shinny hockey is prohibited. Keep 2 metre physical distance.



To check on conditions of the City-operated outdoor rinks, call 311 or visit <https://www.edmonton.ca/outdoorskate>

Capacity at Victoria Park IceWay and Rundle Park IceWay is limited. Visitors will be turned away if the parking lot or ice capacity is reached.

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Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE EXECUTIVE & COMMITTEE CHAIRS

President	Delianne Meenhorst president@strathconacommunity.ca
Past President	Maureen Duguay pastpresident@strathconacommunity.ca
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Programs Chair	Donna Fong programs@strathconacommunity.ca
Social Chair	Nathan Carroll social@strathconacommunity.ca
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Building and Grounds	Brian Moffat grounds@strathconacommunity.ca
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Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Community & Neighbourhood Liaison	Cheryl West-Hicks liaison@strathconacommunity.ca
Community Hall	Scott Wright rentals@strathconacommunity.ca 780-439-1501
Website Manager	Karen Rowswell 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 (virtual until further notice) 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 president@strathconacommunity.ca

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

The copy deadline for the April-May 2021 issue of Community League News South is March 22, 2021. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

Civics and Planning Report

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. 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. To learn more about issues and proposed development projects, please contact Derek at civics2@strathconacommunity.ca

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The Cremation Direct service area includes the City of Edmonton. Additional fees may apply outside of service area. | A division of Service Corporation International (Canada) ULC.

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How to become a member?

The SCCL is working hard to make our community a great place to live so please help us out by purchasing your membership one of the following ways: E-TRANSFER: send an e-Transfer to payments@strathconacommunity.ca. If we don't have your details from last year's membership, also send an email to the payments address with the name(s) of adults in the household, your address and phone number. A receipt and membership card will be e-mailed to you.

ON-LINE (credit card): buy a membership online through <http://www.efcl.org/membership>

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.

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)

Social events like Winterfest, BBQs, Music Fest, Trivia Night (virtual)

ship (note: the EFCL charges a \$5 surcharge)

CHEQUE: You can mail or drop off a cheque to the Community League at 10139 87 Ave NW, Edmonton, AB T6E 2P3, enclosing a note advising that you want a membership. Include membership type (family, single, senior), names of adults in the household, home address and if desired email address. A receipt and membership card will be emailed to you.

If you have any questions, email membership@strathconacommunity.ca, or leave a voice message at the hall at 780-439-1501.

Free skating at our two top-notch rinks
Up to 20% discount at City of Edmonton Recreation facilities (e.g. Kinsmen)

Discounts on hall rental

Children's soccer and skating

Access to Programs such as Zumba, Yoga, Pound Fitness, Urban Pole Walking and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop at Sco-na Market (10377 78 Ave)

Although most of our programs are on hold due to COVID-19, keep an eye on our website and/or emails as we occasionally have outdoor or virtual events, and we will be trying out a few outdoor programs in the late spring.

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

Logo Mural

By Jeanie McDonnell, Hall Use Committee Chair
The SCCL logo is now big and bold on the wall in our building! In 2015 the league worked with a couple of students from the MacEwan University Design program and a designer to create a logo so we would have an easily recognized visual symbol. Together we came up with the streetcar logo. In 2020 when we were painting the lobby of the hall, we were looking for a way to brighten up the area and decided to display our logo as a mural on the wall.

Long-time community member, volunteer and program instructor Berna Ponich was commissioned to paint the logo. Using a projected image as a basis, Berna spent many hours transforming a blank wall into the bright streetcar logo of the SCCL. What may seem like a straightforward job to a lay person



involved painstaking work to paint straight edges on bumpy cinderblock. Three isolation and another three varnish coats were then applied to protect the mural. The Paint Spot and fellow artist Carveor Triggs (artist of the rink murals) provided consultation. The mural looks great and will be a welcoming vision once we are able to re-open the hall!

SCCL Ice Rinks

Hours of Operation – both rinks

Noon to 9:00 pm*

*Hours will be modified occasionally due to weather conditions or maintenance – check the events calendar on our website <https://strathconacommunity.ca/> for the rink status. The rink will be closed when temperature, including windchill, is -23° C or colder. It also may be closed when the weather is above freezing. As always, a community league membership is required for skating.

Due to Covid-19 restrictions, the following rules will be in place: You must keep 2 meters (6 feet) away from anyone outside your household.

Hockey sticks and pucks are allowed, but hockey/shinny is prohibited.

Maximum skaters on large rink = 45, on small rink = 14.

The building / bathrooms will not be open. Benches will be provided outside for changing into skates.

NOTE – the above are Alberta Health Services public health orders. Fines may apply for non compliance.

Masks are strongly encouraged.

If we are notified of a positive COVID case at the rink, we will update our website and put up a poster outside the hall.

Winter Programs

Since November 13, 2020, the Strathcona Community League hall has been closed to comply with public health orders. At press time, the league does not know when restrictions will ease to reopen the community hall for live programs and rentals. To keep informed about future programs, activities and events, please subscribe to the email list on the website <https://strathconacommunity.ca/>

ESSENTRICS®

The Strathcona Community League would like to gauge interest in an exciting new program. Since early February, the League has offered two virtual demo Essentrics® classes. The third demo class will be held on Wednesday, February 17, 7:00 pm.

ESSENTRICS® – STRETCH N TONE

This class is a full body workout that rapidly changes the shape of your body through a dynamic combination of strengthening & stretching. The technique develops lean, strong and flexible muscles with immediate changes to your posture. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With enjoyable music, this no impact, equipment free workout leaves you feeling energized, youthful and healthy.

To register:

Email essentricsworkoutwithlynn@gmail.com and cc programs@strathconacommunity.ca to register and receive the Zoom link after completing the waiver form.

Submit the \$5 fee by eTransfer to payments@strathconacommunity.ca

To participate, we are collecting a \$5 fee per person which will be donated to the Strathcona Team walking in the Coldest Night of the Year on February 20th in support of the Mustard Seed.

If there is enough interest the Strathcona Community League will offer a registered 7-week live program in the future.

About the Instructor

Lynn Bohuch

Lynn is a Certified Level 2 Essentrics® Instructor and also certified with AFLCA. She currently teaches for the City of Edmonton, County of Strathcona, private studios, private groups along with virtual classes.

URBAN POLE WALKS with Delianne Meenhorst

The Strathcona Pole Walking Group (Thursday evening) has been on pause since December 2020. For info about this program, call or text Delianne Meenhorst (walk leader) at 587-986-7832.

Help us study *Well-Being in Winter!*

* 18 years or older * Access to email & internet *
* Cellphone or other digital camera *



Compensation: Enter a draw to win one of fifty, \$50 amazon vouchers



Please visit:
surveymonkey.com/r/WBWcoms
for details



Get to Know Your Board Members

The Strathcona Community League held its AGM on November 9, 2020. The December issue of the newsletter featured bios of the new Executive team (President, Vice President, Secretary) and Treasurer).

Jenn Costigan, Communication Chair

communication@strathconacommunity.ca

I joined the Board because I really love Old Strathcona. Getting to know my neighbours and being involved makes me feel so connected to our Community. I've lived in Old Strathcona since 2003, in four different houses! I live on 87th Avenue (which I often refer to as the best Avenue) with my husband, two kids and small dog. You can almost always find me exploring the ravine with my family, chatting up neigh-

bours at Tubby Bateman Park or hiking the trails with my dog. I'm also one of the Soccer Directors for the Community League.

Bernie Roessler, Membership Co-chair
membership@strathconacommunity.ca

Bernie has been a Strathcona resident since 2008 and enjoying the proximity to Mill Creek Ravine with his wife and children. He is a partner in a graphic design firm.

As a first foray into the community league board, Bernie co-chairs the Membership Committee with Sally Hammel who is also a new board member. The committee is focussing efforts on moving the memberships process online, i.e., sales, membership list, and virtual cards.

Moving for Mental Health Challenge

As of January 31st, the Strathcona Community Club is in fourth place behind Hazeldean, Ritchie and Bonnie Doon community leagues for accumulated distance (km) in the Moving for Mental Health Challenge (January 1-March 31, 2021). Kudos to the 50 athletes who joined the club on the Strava app and sharing their ac-

tivities and achievements!

For more information about the challenge and/or reporting of manual km, contact the league rep, Jenn Costigan, at communication@strathconacommunity.ca To view weekly results, visit <https://www.ritchie-league.com/results>

Argyll News

Skating Rink

A snowbank rink has been installed with the terrific help from residents this winter season. First of all I want to thank all those who have helped in the upkeep of our snowbank rink in whatever small ways they have. The need for the rink has been much more important this winter as we're all dealing with our children's physical and emotional welfare.

The rink is for casual skating. Alberta Health restrictions require us to only allow 20 people to skate at the same time (based on the size of our rink). There are NO indoor facilities available. Information is on display at the rink for answering your questions or reporting issues with the ice or safety concerns. The signage is there to remind visitors to enjoy skating within the restrictions of Alberta Health but also to respect others when circulating on the ice as well as lingering near it. We hope some future skating star will find their origin story includes sunny weekends skating on our rink.

The rink is maintained by volunteers and we hope you will help protect it from damage or misuse out of respect for the time people have dedicated to this community effort. Ac-

tive games or hockey sticks are not permitted. Night skating is not allowed.

Conditions on the rink are changeable by wind and temperatures so it's important to know when it's optimal for having a skate. Prime temperatures for skating are between +5° and -5° Celsius. Colder weather reduces the "glide" of skating as the harder ice will respond less to the blade of the skate. Smaller children will have trouble skating in colder temperatures. Flooding of the rink is not possible below -10° Celsius, so maintenance of the rink will also depend on current weather and the near-term forecast. If there is expected to be a spell of really cold weather the rink may be left unattended for a while. Once good conditions are in the forecast, then attempts will be made to scrape and flood. When temperatures get too warm we can expect the quality of the ice to decline rapidly. Skating activity on warmed ice causes damage which makes it harder to rehabilitate when temperatures return to our winter normals.

If the sign says conditions are unsafe, then it's important to obey it.

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.

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

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

EJCA Web Site

Our community partners, the Edmonton Japanese Community Association unveiled their new web site on November 15.

You can find all sorts of useful information

about their activities, festival events, programming, and clubs by visiting their newly redesigned site. It's also mobile friendly. www.ejca.org

Parent Tot program

Times change, things finish, and our Parent Tot programme has come to a close. Although new children now live in the neighbourhood the volunteers who have been running the drop in

activities have school age children now and their focus has shifted to those priorities. I'd like to thank all those who helped out as well as those who found the drop-in activities useful.

City of Edmonton Recreation Centres and Pools

Due to COVID-19 restrictions announced by the Government of Alberta in December 2020, all recreation centres, arenas, pools and attractions remain closed. Restrictions on indoor fit-

ness may lift as early as February 8, 2021. For updates, visit

https://www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools.aspx

Edmonton Urban Coyote Project

The Edmonton Urban Coyote Project would like to invite members of Strathcona to participate in the Urban Coyote Intervention Program, a community-based aversive conditioning project for urban coyotes. Strathcona is among 40 communities in Edmonton with high rates of



past reporting of urban coyotes. The program will occur between February and May, 2021 and 2022. If you have any questions or concerns please contact glajeune@ualberta.ca. For information, visit the project website <https://edmontonurbancoyotes.ca/>

Off-Leash Dog Behaviour

Dog owners really love their dogs. Dogs really love to run and jump, dash around, and sniff at anything and anybody. They get very excited when they have a chance to run freely in wide open spaces. People are happy to see their dog enjoying themselves so completely. Our neighbourhood has a very lovely off-leash area where people can let their pets wander around, explore, splash in the creek, and feel the freedom of movement they both need and enjoy.

Each Spring I usually place a reminder notice on the Argyll website about our off-leash areas recommending closer minding of dogs around people in public areas. Sometimes our neighbourhood gets visitors who are not "aware of..." animal control bylaws or show less than adequate concern about their dog's behaviour. Each spring (on my own creek walks) I remind people in a gentle way their dog is required to be on leash once they leave the creek area.

Adults and children on the paths have been knocked over by a "friendly dog" putting its paws on their chest. The "apologies" are quite familiar. They include: "he's a puppy", "he's just being friendly", "she means you no harm". I respectfully remind people their dog's behaviour is always their responsibility. If a person is seriously harmed they would be liable. One has to be diplomatic when addressing a dog owner about their pet's interactions with strangers along the paths.

Some people may feel they are being picked out for some "silly thing"; like their dog got someone's coat dirty with their paws. Each year I find myself explaining to people how we all "share" the trails with our pets, how letting them roam is fine, but owners have to be able to anticipate the discomfort other people might feel when they encounter someone's excited pet. I often remind dog owners on the trails how some people have had bad experiences with dogs in their childhood and it's disturbing for them to be jumped on by any dog, no matter how small or cute they are. I tell them how they need to make some effort to control them even off the leash when sharing the trails with

other people.

Argyll itself is full of owners of big, big dogs. Almost everyone I've met from Argyll is aware of, and compliant with the rules of public restraint of their dog (although they take liberties with where they dispose of poop-bags) and I've not asked a neighbour in years to mind the rules.

I feel I need to remind our neighbours it's best to be kind to those who visit from outside whenever we feel the need to remind them of the risks of letting their dog interact "enthusiastically" with strangers.

I am aware how some residents might need to feel someone is taking this seriously. I also remind our own residents they are free to call 311 if they see a person letting their dog run outside the off-leash areas or letting them behave badly in public. But I generally don't bring up the poop-bag thing. People get really defensive about that – for some reason.

While most of us are dog fans, not every one is. This is why the City of Edmonton has regulations concerning dogs in our parks. There are two bylaws which every dog owner needs to be aware of. Both the Animal and Licensing Bylaw as well as the Parkland Bylaw both apply to dog owners.

The following is from Bylaw 2202:

Unless otherwise permitted by this bylaw no person shall allow any animal under their control, or for which they are responsible, to be on Parkland. A person may have a dog on parkland so long as the Dog is:

- leashed and on an Improved Trail or an Unimproved Trail;
- leashed and on a Boulevard;
- leashed and in an area governed by signage permitting dogs; or
- in an Off Leash Area; but only if the dog is, at all times, kept at least 10 meters from any developed playground or picnic site.

Please be respectful for all the other children and families who use the parks around Argyll. While we love our pets and they are a part of our families, not everyone likes dogs, some even have allergies.

Argyll Community Centre is closed



All indoor activities at the hall continue to be in suspension. Appointments will be required to enter the building. All regular programming has been suspended until further restrictions are lifted. Our facility manager can be contact-

ed if you have any questions at 780.466.8166 – where you can leave a message.

We hope to be able to announce a resumption of programming later in the year. Until then we hope you are patient and being safe.



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REGISTRATION OPENS FEB 28

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Our Pre-school Program features:

- Play-based learning with dynamic teachers.
- A positive, respectful environment.
- Mixed-Age classes with flexible schedule.
- 2.5 hour sessions (morning or afternoon cohorts).

Check out our digital open house starting Feb 10th at www.strathconanurseryschool.com

Located in King Edward School - 8530-101 St NW

Through the dedication of our staff and volunteers, our classroom has remained covid free. While hope remains for September to bring some return to normalcy, we are prepared to continue with health and safety adaptations through the 2021/22 school year. Please contact info@strathconanurseryschool.com for more info.

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Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline
Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft

from Vehicle under \$5,000, and Theft under \$5000.

If you have difficulties while entering your report, please call the help line at 780-391-6001.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.



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- Alberta Health Services
<https://www.albertahealthservices.ca/topics/Page16944.aspx>
- Government of Alberta
<http://alberta.ca/covid19>
- City of Edmonton
<http://edmonton.ca/covid19>
- Government of Canada
<https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html>

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Hazeldean News

Hazeldean Board of Directors

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Secretary	Maggie Smith	secretary@hazeldean.org
Treasurer	Christine Drysdale	treasurer@hazeldean.org
Facilities	William Elgert	
Publicity	Amanda Toews	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	Rineke Steenbergen	Social@hazeldean.org
Civics	Caleb Sinn	civics@hazeldean.org

Okinawan Style Karate with Sensei Bill Elgert

Home to traditional Meibukan Goju Karate Edmonton, Sensei Bill Elgert provides instruction to children from 6 years old to adult in this Okinawan style martial art. The benefits to participants include increased respect for self and others, improved ability to focus, camaraderie, physical fitness, improved self-esteem, and confidence. For children, this provides a healthy environment to run, play, share, and laugh while expending some of that excess energy they all seem to possess in learning a new art form.

Sensei Elgert holds a 2nd degree black belt and has received training under the International Meibukan Goju Karate Association. This Okinawan style karate shares the traditional teachings of Master Chojun Miyagi's Okinawa Goju-Ryu Karate-Do.

Classes take place Monday and Wednesday. For more information, please contact Bill at 780-438-3179 or via email at edmontongoju@hotmail.com FEE: Varies. Contact Bill for more information.

SKATING!

With the always changing times the rink will be set up to the public. There will be a limited amount of people who can be on the rink. There unfortunately won't be access to washrooms or the back hall to put on skates. Stay warm!



Hazeldean community playgroup

Playground runs at the hall Thursday's from 9-1130! Come enjoy a warm cup of coffee while the kids run their morning energy off! No admission fee required.

Stay In Touch!

Phone: 780-439-0847

Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

Facebook: www.facebook.com/Hazeldean-Community

Twitter: @hazeldeanyeg

Community league walking program

Urban poling finding fitness, friends and fun!

Why starting a walking program is beneficial:

-Improves your physical and psychological health.

-Get to know others in the community.

-Familiarize yourself with resources in the community.

-Reduces crime by residents being visible on the street.

For more information contact Kim Mah at Kim.mah@efcl.org

Our Hall is OPEN for Rentals

We are once again accepting rentals for the Hazeldean Community Hall.

This is a great venue for all of your event needs! All rentals will operate in alignment with the most current COVID-19 regulations and bylaws. Interested? Please email Dawn at: hazeldeanleague@shaw.ca.

Welcome, new patients!

Edmonton Comprehensive Care & Family Medicine is accepting new family medicine patients! Walk-ins welcome.

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- cancer follow-up care &
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 Hazeldean FUNctional Fitness: Come join us for a fun, full body workout at Hazeldean



Community Hall. Program is on Tuesdays and Thursdays at 6 pm and 7 pm Contact Jen at onthegofitness@shaw.ca to register and for more information regarding procedure with COVID 19.
 Community suggestions:
 As a community member your opinion matters. If you have any suggestions or ideas about future events that you would like to see the community league host or if you have any suggestions or observations about how things happen in the community please let us know. You can email hazeldeanleague@shaw.ca.

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 @RachelNotley

Rachel Notley
 MLA, Edmonton-Strathcona

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: Avnish Nanda (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: Dallas Bartel (communications@ritchie-league.com)

Community Engagement Directors: Seghan MacDonald (community-engagement@ritchie-league.com)

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

Facilities Director: Ed Retzer

Green Initiatives Director: Kyle Kasawski (environment@ritchie-league.com)

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

Membership & Volunteer Director: Erin Frazer (volunteers@ritchie-league.com)

Programs Director: Dee Godbout (programs@ritchie-league.com)

Soccer Director: VACANT

Rink Director: Leonard Wampler

Director-at-large: Dan Munch

Director-at-large: Nigel Greenways

MONTHLY MEETINGS

Board meetings are 7 p.m. on the first Thursday of every month. They will be held in-person when health restrictions allow, via Zoom otherwise.

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

Hall Manager: Kara Fenske (inquiries@ritchie-league.com)

Website: www.ritchie-league.com

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

Twitter: @RitchieYeg

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

League swim update

An update on the Community League Access Program is expected in March. The program, which provides leagues with exclusive access to city pools, is currently postponed until at least

April 3. Even when Edmonton pools reopen, they'll likely operate at reduced capacities, so the initial focus will be on providing as many public swim opportunities as possible.

Ritchie soccer needs you

Ritchie's soccer program needs a new director to handle administration for the program and support coaches and players.

It can be a shared position and is already sup-

ported by volunteers who manage equipment and field preparation as well as referee coordination. E-mail soccer@ritchie-league.com (or call 780-433-7137).

Join us March 11

RCL is joining forces with the UofA's Housing for Health Project to host a Healthy Community Workshop March 11.

Join us to brainstorm ideas for building a connected and active community and pick one idea to bring to life. A brief presentation by

Dr. Karen Lee, project lead and author of Fit Cities, will be followed by breakout sessions moderated by her team.

Our monthly e-mail newsletter will publish registration details. Subscribe online at www.ritchie-league.com.

RCL Book Club online

Did you make a new year's resolution to read more? Great! Join the RCL Book Club and read award-winning, independent Western Canadian literature.

We meet over Zoom every two months to discuss the latest title. Join now and have a say in choosing the next title. E-mail Erin: eefra-ser@ualberta.ca

RCL Youth Group online

The RCL Youth Group meets Mondays and is open to youth 10 - 15 who live in Ritchie. They play games over Zoom.

E-mail Contact Emilea: ebartelritchie@gmail.com or ask to join our private Facebook group.

Ritchie & Crew bank on subscribers

With Ritchie's hall closed and in-person programs on hold, revenue has evaporated. That's why the league launched a subscription service, Ritchie Crew, in January. Subscribers get perks throughout the year (T-shirts! Beer! Mugs!) The league gets much-needed monthly revenue to pay its bills (Heat! Website! Zoom!) and put toward a new hall. One perk common to all subscription tiers (there are six) is a discount card for an ever-growing number of local businesses. It's a win-win-win for the league, league members and entrepreneurs struggling under public health orders. (Community league members from other leagues can join Ritchie Crew, but must have a league membership in their own neighbourhood first!) More details inside, on Ritchie's pages, and at www.ritchie-league.com.

What kind of tree are you?

Ritchie Crew, the subscription service Ritchie Community League launched in January, has six tiers to choose from among, depending on your budget and predilection for the perks offered. Each successive tier builds on the one before. Join Ritchie Crew online at www.ritchie-league.com (or call 780-433-7137).

Poplar (\$7/month): This basic tier sets the bar high for Ritchie Community League brand perks, providing subscribers with a Ritchie membership, discount card, T-shirt OR mitts and toque, plus a few surprises throughout the year.

Pine (\$15/month): All of the above (T-shirt AND mitts/toque) PLUS mug.

Spruce (\$30/month): All of the above PLUS free admission to a league event and tour.

Elm (\$50/month): All of the above PLUS a beer-of-the-month membership OR quarterly coffee-tasting package

Aspen (\$100/month): All of the above PLUS a culinary experience compliments of Biera



and two additional free admissions to a tour.

Crabapple (\$200/month): All of the above PLUS a free hall rental (once available) PLUS total of five free admissions to a tour.

Discount card's a win-win-win

At last count, 16 local businesses have partnered with Ritchie Community League to offer discounts to Ritchie Crew subscribers, members who are financially supporting the league with a monthly fee. Everyone benefits: the businesses get customers; customers save some cash; the league gets much-needed revenue. Details on Ritchie's website: www.ritchie-league.com. Subscribe to Ritchie Crew online to receive your discount card (or call 780-433-7137). Look for the sticker at these local shops!

- ACME Meat Market
- Adara hair and body studio
- Backbeat Music School
- Bent Stick Brewing
- Fox Runner Tattoo Co.
- Kind Ice Cream
- Mike's Bikes and Beans
- Nanda & Company
- NeWest Press
- Sea Change Brewing Co.
- The Paint Spot
- The Travelling Tickle Trunk
- Track 'n Trail
- Trust Law
- Under the High Wheel
- United Sports & Cycle

Calling all history buffs

RCL will celebrate its 100th anniversary in 2022. If you have an interest in history and enthusiasm for bringing old stories to light, get in touch and join our anniversary planning committee. E-mail Avnish: president@ritchie-league.com



Bust a move, boost your mood

Ritchie's Move for Mental Health Challenge continues to gain momentum one month in. More than 17 leagues are competing to see which is the most active. (Hazeldean was in the lead at the end of January, but Ritchie was close behind.) By the end of March, when the challenge ends, we'll tally how far members across the city skied, skated, walked, biked and, well, "moved" themselves to see how close to the collective goal of 250,000 km we can get.

A much more important measure of success will be how each participant "feels." The Challenge developed as a way to help our members break out of the social isolation public health measures impose and push back against winter blues (or worse). Physical activity is just one way to improve your mood, reduce stress and anxiety, and nurture positive mental health. RCL interviewed several experts for tips to help through this Winter-of-all-Winters. Here's a snapshot of what they had to say. Their full interviews are posted on Ritchie's website: www.ritchie-league.com under "Move for Mental Health / Tips from the Pros."

How to...help yourself

Olga Perju, a registered art therapist and certified counsellor based in Ritchie, suggests:

"When we are feeling down or stressed, our window of tolerance and ability to cope with challenges becomes a lot harder. Listen to what your body is trying to tell you. If you are feeling worried or overwhelmed, take a few deep breaths. Focus on the little things that bring a sweet smile to your face – make a craft, take a bath...or jot down three things you enjoyed doing."

Aimee Reimer, a registered psychologist and neighbour from Hazeldean, says: "If you notice

that you are feeling distressed or having difficulty coping, please reach out for professional help. You can also do preventative work in counselling to build tools to help you cope, so be proactive."

Tyler Gamblin, an Edmonton physiotherapist, says taking care of your body goes a long way toward supporting your mental health, urging us all to "[get] outside to do physical activity, if it's safe to do so...That is going to be giving you fresh air; it's going to kind of break the monotony up about your day...it's going to increase that heart rate, give you all the benefits of exercise."

Dr. Karen Lee, associate professor of preventive medicine at the U of A and author of Fit Cities, says that despite the cold (and ongoing pandemic restrictions) you can incorporate physical activity into everyday life by using "people power" to get around or shovelling to make the neighbourhood safe for us all to take a walk: "Not only will you reduce your risk of developing chronic disease (super important since chronic disease is a risk factor for severe COVID-19), but keeping active will help build a healthier and more connected neighbourhood."

How to...help others

Ask a close friend, "How are you doing?" then sit back and listen. Don't judge.

Go a step further and share your own struggles with mental health. Be vulnerable. It's hard to open up, especially if you've had therapy. But your story may help someone else take that step when they need it. (You can read one such story on the Ritchie website under Move for Mental Health / Stories). Make a donation to local agencies that support the mental health of individuals, youth, families and vulnerable people. We know

from experience that outside help is sometimes necessary, and we're directing donations to three organizations (a Donate to Move for Mental Health link appears on our website at www.ritchie-league.com.) Our goal is to raise \$2,000 by March 31 for:

i-Human Youth Society which engages Edmonton's marginalized youth to foster positive personal development, wellbeing and social change.

Momentum Walk-in Counselling which offers no-waitlist, single-session, solution-focused therapy with services offered on a sliding fee scale.

The Mustard Seed (Edmonton) which provides support for individuals experiencing poverty and homelessness, including at the temporary Southside Shelter in Ritchie.

Join the Movement

Ritchie members and non-members alike are invited to track their physical activity until March 31.

Download the Strava App to your mobile device and search for the club "Ritchie United" to join. (You can MANUALLY input activities into Strava even if you track your distance with a different device, just look for the plus sign [+].) For those without access to the Strava app: submit your total distance (in kilometres) by e-mail to Ritchie-united@ritchie-league.com.

And remember! If you take your family out for a walk, your children's distance counts as well!

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So if your family of four takes a four-kilometre stroll, you can report 16 km total!

Check Ritchie's website (www.ritchie-league.com) for more mental health resources and mini-challenges to keep you motivated through the challenge months.

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