

COMMUNITY LEAGUE NEWS SOUTH

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



June/July 2021

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What does reconciliation mean for a community league?

Cheryl West-Hicks, Community Engagement Liaison

Though there is no specific mention of community organizations in the Truth and Reconciliation Commission (TRC) Calls to Action, we can still look to this report for guidance. One common thread throughout is the need for increased education on the history of residential schools, Treaties and Indigenous Peoples' historic and ongoing contributions to Canada.

The Strathcona Community League has been providing educational opportunities to members online and through a single event before COVID-19 restrictions prevented more. We have included a land acknowledgment on our website and are constantly learning and evolving this document. We also have community-commissioned pieces of artwork (Buffalo Mountain, Ribbons of History and the League Mural) that have, for years, opened dialogue among our community members.

Another initiative that has started more great discussions in our neighborhood is the recent

proposal by the King Edward School Parent Advisory Council (KEEPAC) to explore renaming the school. KEEPAC said in a survey sent out to parents in late May: "As a council, we are inspired by the renaming initiatives that are currently under way in the City of Edmonton (for instance, the new Indigenous ward names and the Edmonton Public School Board's unanimous decision to change the names of the Oliver and Dan Knott Schools). We are interested in talking about how our school might be part of a similar process of honouring those people and histories that have not been as fully represented in our city's public spaces."

The TRC has defined reconciliation as "An ongoing process of establishing and maintaining respectful relationships." The hard truth is that, whether intentional or not, many members of our community have been marginalized. The goal of a community league should be to create an inclusive environment in which all feel that they not only belong but have ownership of the league.

Wind and Thunder at W.C. Tubby Bateman Park

Did you know that the hole in the Buffalo Mountain stone sculpture represents the disappearance of the bison from this area? Or that the 13 rocks around the sculpture represent the 13 moons of the year?

The Strathcona Community League, in partnership with Park Adventures, will be exploring the history of this beloved park, 9703 88 Avenue, and sharing it with surrounding schools throughout June and the community in July (in a COVID safe manner).

We will be engaging great storytellers to help us connect to the past and have received the Canada Summer Jobs grant to hire a student to bring it all together.

If you are interested in volunteering for



the project, please email Cheryl at liaison@strathconacommunity.ca.

Photo credit @johnsteil (image description: The Buffalo Mountain sculpture by Stewart Steinhauer)

Speed signs changing

You may have noticed speed limit signs being changed. Work has begun in preparation for this summer's city-wide shift to a 40 km/h default speed on most residential and downtown streets.

The new speed limits will take effect sometime in August.

The city expects the change to make streets safer, calmer and quieter for everyone, giving people more time to react to the unexpected.

Argyll Community Yard Sale

Saturday, June 12 9:00 AM until 3:00 PM

Do a little spring cleaning while connecting with neighbours through a socially distanced community-wide FRONT yard sale. All residents of Argyll are invited to submit your address to the community yard sale map and then sell, or give away, your items. If you're not interested in being a seller, you can walk around the neighbourhood

and take advantage of all the great deals.

To add your house address to the map send a request to: argyllsocial@gmail.com

COVID-19 guidelines may change before this event, so participants will be notified of any unexpected restrictions. If the Yard Sale is postponed then participants will be invited to return when a new date is set.

Celebrate National Indigenous Peoples Day

On June 19, 2021, join the Edmonton's Indigenous Peoples Festival online! This year, the festival invites you to a virtual experience where

First Nation, Métis and Inuit peoples and cultures will be celebrated through music, arts, education and entertainment. <https://www.eipfestival.ca/>

Community League Bike Month underway

Community League Bike Month is well underway with 27 leagues vying to see which can log the most kilometres in June. It's not too late to add your own rides to the totals. (Hey Ritchie! I'm talking to you. Hazeldean beat us in our winter activity challenge; we can't let that happen again!)

Join your league team on the Strava tracking app (Ritchie-United—hint, hint) or, if your league organizers allow, e-mail them your total (ritchie-united@ritchie-league.com). If you take your family out for a ride, your children's

distance counts as well! A family of four on a four-kilometre spin can report 16 km total!

It's all for fun and bragging rights.

There are no prizes but there are big rewards in the exhilaration you'll feel zipping around outside after the long COVID winter we've had.

Check the Ritchie Community League website and social media regularly for updated standings, photo challenges and information sessions on bike security and cycling tips. We've even got socks for sale!

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Strathcona Centre News

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

website: www.strathconacommunity.ca

COMMUNITY LEAGUE CONTACTS

President	Delianne Meenhorst president@strathconacommunity.ca
Past President	Maureen Duguay pastpresident@strathconacommunity.ca
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Communication Chair	Jenn Costigan communication@strathconacommunity.ca
Programs Chair	Donna Fong programs@strathconacommunity.ca
Social Chair	Nathan Carroll social@strathconacommunity.ca
Soccer Co-Chairs	Jenn Costigan Cheryl West-Hicks soccer@strathconacommunity.ca
Civics Chair	Derek Kaplan civics2@strathconacommunity.ca
Building and Grounds	Brian Moffat grounds@strathconacommunity.ca
Green Initiatives	Kasia Kaputa green@strathconacommunity.ca
Community Garden Chair	Daniel Auger garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Community & Liaison	Neighbourhood 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 <https://www.facebook.com/StrathconaCL/>. Follow on Twitter @StrathconaCL Instagram @strathconaleague

The copy deadline for the August-September 2021 issue of Community League News South is July 26, 2021. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

June is Community League Bike Month

Join SCCL in the community league wide challenge for bike month! Get out and enjoy our incredible bike network, and help Strathcona beat the other Community Leagues in total kilometres ridden. To participate, download Strava onto your mobile device and join the Strava club: Strathcona CL June Bike Challenge. Record your progress between June 1 and June 30. You can also email your weekly mileage to green@strathconacommunity.ca. Every individual count, so if you take your kids out on a ride, you can record their kilometres too!

Also, stay tuned for another fun bike scavenger hunt coming later in June.

Green Shack Program

July 5 - Aug 27 Mon-Fri 2:30 – 5:30 pm

Strathcona C L 10139 87 Ave

This FREE drop-in program is for children 6-12, but all children accompanied by an adult are welcome to attend.

Each day of the week you will experience a variety of crafts, games, sports, and free play! The City acknowledges that our programs respectfully take place on Treaty 6 Territory, and Metis Nation Region 4. The City is following Alberta Health guidelines, and start dates may be subject to change.

For more information, please visit Edmonton.ca/Greenshacks or call 311.

Spray Parks Open This Summer

All 73 available spray parks in the City of Edmonton will be turned on this summer. The first parks began splashing as of June 1 and it will take up to 4 weeks for all parks to be fully operational. The City is continuing to plan for the safe relaunch of summer programs and activities, and work closely with Alberta Health Services. The Government of Alberta COVID-19 guidelines will be implemented into City programs to ensure the safety of all participants and staff. Please watch for updated information for Summer 2021.

Outdoor Soccer Update

With the latest government announcement, we are excited to announce that EMSA and ES-ESA are moving forward with an Outdoor Soccer Season. The season start date will be July 5 and we will expect to play into the first week of September.

Now we at ES-ESA realize and understand with the re-opening of our province that people might head out of town over the summer months. If playing in July and August doesn't work for your family, please visit our website (www.emsasoutheast.com) for our refund policy. On the website, you will find our refund request form, which will need to be filled out and returned via email at admin@southeast-soccer.ca.

Thank you, Strathcona Spirits!

The Strathcona Rail Community Garden (SRCG) would like to thank Strathcona Spirits Distillery for its renewed support this season. By providing hand sanitizer to the garden, Strathcona Spirits Distillery helps 70 families to access the community garden to grow their own food.

In 2013, the SRCG became a community program under the responsibility of the Strath-

cona Community League. The garden is currently operated by a Steering Committee of the Strathcona Community League; composed of gardeners, and with specific committees taking on varying responsibilities. To learn more about the community garden, visit <https://strathconacommunity.ca/community/strathcona-rail-community-garden/>

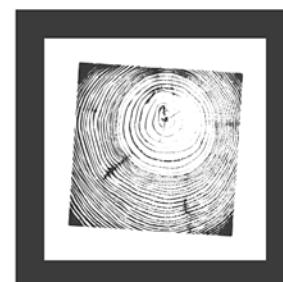
Front Yards in Bloom

Recognize your friends, neighbours, and members of the community for their effort in maintaining a beautiful and well-maintained front yard.

This program is open to all Edmonton area residents. Any front yard may be nominated, including side and corner yards, as long as they are visible from the front street or sidewalk. Explore your neighbourhood safely and share the love!

The deadline for online nominations is June 30, 2021. You cannot nominate your own yard. If you would like your yard to be nominated, please ask a friend, neighbour or family member to submit a nomination on your behalf.

For more information or to view the winners and photo galleries of 2019 and 2020 (General Yard, Tiny Yard, Balcony, Edible Garden, Natural Yard, and Public Space), visit https://www.edmonton.ca/programs_services/landscaping_gardening/front-yards-in-bloom.aspx



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**Summer Sidewalk Art Shows
Saturday's in June 12pm – 4pm**

From Nothing to All Solo Art Show:
Helis Podnek - June 28 – July 4th

Programs

Under Alberta's Open for Summer Plan announced on May 27, 2021, most Community League indoor and outdoor amenities could be reopened by mid-June. The reopening plan is based on vaccinations and hospitalizations, two measures that can fluctuate. To keep informed about future programs, activities, and events, please subscribe to the email list on the website <https://strathconacommunity.ca/>.

The Strathcona Community League is pleased to offer the following outdoor fitness programs with the understanding that the instructors and participants will adhere to public health guidelines and requirements. They are subject to change during the reopening plan.

Essentrics® - Stretch N Tone Mondays, June 7 - July 12 6 weeks 1:00 - 2:00 pm

Location: Grassed large rink, Strathcona Community League, 10139 87 Avenue, Edmonton. No access to hall and washrooms until further notice. Fee: \$72.00

Requirements: Valid Community League membership (any league). Limit: 9 students

Description: 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 re-balances 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.

Essentrics® - Release, Rebalance, Restore

Thursday, June 9 - July 15 5 weeks, no class on Canada Day, July 1

1:45 - 2:45 pm

Location: Grassed large rink, Strathcona Community League, 10139 87 Avenue, Edmonton. No access to hall and washrooms until further notice. Fee: \$60.00

Requirements: Valid Community League membership (any league). Limit: 9 students

Description: This class is a medium-paced class and easy to follow. Ideal for anyone new to the Essentrics® workout. You will experience a relaxed but dynamic and deep, full body stretch that will work through all the joints and release tight muscles. Effective for injury recovery and prevention, pain relief, stress release and promote healing.

Registration: email Lynn Bohuch at essentricsworkoutswithlynn@gmail.com and cc

programs@strathconacommunity.ca

For more info, contact Lynn by email or phone 780-298-4352.

Fee: Send by e-Transfer to payments@strathconacommunity.ca

About the Instructor: Lynn Bohuch

With a passion for all things 'health and fitness', Lynn has 35+ years teaching group fitness including aqua fitness to participants both young and old. Lynn discovered the Essentrics® program in 2018 and knew right away she had found something outstanding. Essentrics® is scientifically designed to benefit anyone at any age and any stage of life with strength, mobility, balance and full range of motion.

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.

Pound Fitness

Mondays, June 7 - July 26 8 weeks
6:30 - 7:30 pm

Location: Hard surface court (small rink), Strathcona Community League, 10139 87 Avenue, Edmonton. No access to hall and washrooms until further notice. Fee: \$96.00

Requirements: Valid Community League membership (any league). Bring two Yoga mats to class.

Limit: 9 students

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. Participants can modify the moves as needed with the RipStix.

Registration: Email Melanie Kidder at mel-strand_5@hotmail.com and copy programs@strathconacommunity.ca For more information, contact Melanie by email or phone 780-722-7558. Fee: Send by e-Transfer to payments@strathconacommunity.ca

Zumba Fitness

Wednesdays, June 9 - July 28 8 weeks
6:30 - 7:30 pm

Location: Hard surface court (small rink), Strathcona Community League, 10139 87 Avenue, Edmonton. No access to hall and washrooms until further notice.

Fee: \$96.00 Requirements: Valid Community League membership (any league). Limit: 9 students

Description: Let the Music Move You! Using Latin and International rhythms these Dance 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. There are no "wrong moves" in Zumba! Melanie Kidder lives in Old Strathcona and has been teaching Zumba Fitness for over eight years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold and everything in between.

Registration: Email Melanie Kidder at mel-strand_5@hotmail.com and copy programs@strathconacommunity.ca



[strathconacommunity.ca](mailto:payments@strathconacommunity.ca) For more information, contact Melanie by email or phone 780-722-7558. Fee: Send by e-Transfer to payments@strathconacommunity.ca



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

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

Battle of the Leagues Trivial Nights

Thanks to the Rosenthal Community League for organizing the fun evening of Adult Trivia (virtual) on May 15th. Ten community leagues including Strathcona participated in three rounds of questions: Movies and Music, TV

and Books, and A Little Bit of Everything. Congrats to South Clareview, the overall multi-game winning team! Draws were held for gift cards courtesy of Brookview, King Edward Park, North Glenora, and Willowby.

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> (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.

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

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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)

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 Essentrics, Zumba, Yoga, Pound Fitness, Urban Pole Walking and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop at Scona Market (10377 78 Ave)

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 summer.

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

Important Notice To Property Owners In The City Of Edmonton

2021 Property Tax Notices Mailed Today

Your property tax notice includes:

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

If you do not receive your notice by June 7, contact the City of Edmonton by phone at 311 or view your notice online at MyProperty.edmonton.ca.

Payment Options

- Property tax bills can be paid at most financial institutions, by telephone/online banking, and by mail. In-person payments at the Edmonton Service Centre will not be available at this time due to the COVID-19 pandemic.
- The City also offers a monthly payment plan; the normal administration fee charged to join the monthly plan has been waived for the rest of 2021. To spread 2021 tax payments over the rest of the year, you must sign up by June 30; otherwise, you will receive a five per cent penalty on any unpaid taxes on July 1. Please contact 311 or sign up at edmonton.ca/taxes.

Property taxes are due in full by June 30, 2021 if you are not enrolled in the Monthly Payment Plan. A five per cent penalty on any outstanding amounts will be charged to your account on July 1, with further penalties later in the year. Property taxes cannot be appealed.

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

Dated this 25 of May 2021

Michael JANZ

For City Councillor
ward papastew

I bring over a decade of elected service as your Public School Trustee and I've served as a leader in the non-profit sector helping young people.

See my **neighbourhood endorsements**, read my **priorities**, or **provide your suggestions** on how we can build better neighbourhoods and a better city for everyone.

michaeljanz.ca

Argyll News

Pre-School Update

Argyll is moving forward with plans to operate a Pre-School Programme in our facility this fall. The recent public health crisis has continued to delay our efforts, but we are now more confident of establishing the programme by September.

We've been working with a non-profit organization to operate the program on our behalf. Parents who are interested in having their children attend such a programme may contact the Pre-School teachers directly to get questions answered from those who will be teaching the children.

We encourage interested parents to send

an e-mail the program people about their curriculum and what rates they are going to set. This kind of program has a requirement for a minimum number of children to enroll for it to operate. If the number of children is less than the minimum, then the program will be operated at a later date.

Send a message to: yegeeducationalprograms@gmail.com and ask them about the ARGYLL pre-school.

We encourage parents to share this information among their circle if they know of others, outside this neighbourhood, who might be interested in our programme.

Off-Leash Dog Behaviour

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 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 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 in-

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

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

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

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

Construction at the Hall



In 2019 our Facility Manager uncovered some structural damage caused by water seepage within the walls of the storage areas. These storage areas, along with the small lounge off the hall, were added to the building in 1994 along with the larger addition to the south of the Hall. Since that time a flaw in the construction has allowed water to accumulate within the walls. This went undetected for nearly 25 years until some drywall was opened up to explore a weakness in the wall. Further exploration by professionals has revealed a catastrophic structural failure within the walls. Since the discovery we have been determining the full extent of the damage and are currently exploring contractors to do the work. Structural supports have been installed to maintain the area until work can begin.

This discovery has resulted in the decision to completely replace the exterior walls to the lounge and two storage areas. It is expected the cost will be recovered with a grant from the City's Community League Infrastructure Program (CLIP) should they approve our application.

During the summer you will likely see demolition work, fenced off areas at the rear of the building, and construction of the replacement

walls and windows for a couple of months. We have been working with the Edmonton Japanese Community to deal with this problem as it affects both organizations and their access to the facility.

Construction like this can be delayed by a number of unforeseen events such as weather and structural damage discovered after demolition. Although many of the contractors who are submitting estimates are confident of a quick replacement we are prepared for the work to take longer than expected. It will prevent us from allowing outside rentals (as everything stored in there is now in other places around the facility) and will place restrictions on any indoor activities which might commence when health restrictions are lifted.

Families using our playground and fields can help by keeping watch on the construction area (which will be fenced in) for vandalism, theft of materials, or general unsafe behaviour. If you have a concern to report about the construction, contact Dave Trautman at 780.463.9310 and he'll take it up with the contractors.

We are continuing to hold off on resuming normal use of the hall until this work is completed because of the enormous impact it has had on the use of other spaces within the facility.

Argyll Community Centre closure

All indoor activities at the hall continue to be in suspension until AHS requirements relax enough for us to continue our programs and allow outside visitor use.

Appointments are still required to enter the building.

Our facility manager can be contacted 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 with Alberta's phased re-opening and being safe in your own circumstances.

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edmonton.strathcona@assembly.ab.ca
[@RachelNotley](https://twitter.com/RachelNotley)

Rachel Notley
MLA, Edmonton-Strathcona

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Hazeldean News

Facebook: www.facebook.com/HazeldeanCommunity
Twitter: @hazeldeanyeg

Hazeldean Board of Directors

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Secretary	Maggie Smith	secretary@hazeldean.org
Treasurer	Christine Drysdale	treasurer@hazeldean.org
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Publicity	Amanda Toews	communication@hazeldean.org
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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

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

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

Our Hall is OPEN for Rentals

We are 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.



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Albertans and Alberta businesses must follow the orders issued by the provincial Chief Medical Officer under the Public Health Act. For complaints on self-isolation restrictions, mass gatherings, workplaces or businesses not complying with closures, please visit the Alberta Health Services (AHS) Environmental Public Health site <https://ephisahs.microsoftportals.com/create-case/> or call 1-833-415-9179.

City of Edmonton Recreation Centres and Pools



The City of Edmonton continues to respond to the COVID-19 pandemic in a way that keeps Edmontonians as safe as possible. Changes to City services and facilities will continue to be reflected across <https://www.edmonton.ca/> including the most up-to-date information on this page.


For information about activities, membership prices, and COVID19 guidelines and requirements, visit https://www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools.aspx

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An individual's guide when interacting with police

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Ritchie News

Work for Ritchie this summer

Ritchie Community League is looking for a summer student to work with our centennial celebration sub-committee. The successful candidate will conduct research on RCL's 100-year history and work on projects showcasing stories and people of Ritchie's past. If you or someone you know are interested, please e-mail inquiries@ritchie-league.com.

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)

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

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

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. The AGM will be held Aug. 26.

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

Hall Manager: Dominique Moquin (inquiries@ritchie-league.com)

Website: www.ritchie-league.com

Facebook: facebook.com/WelcometoRitchie

Twitter: @RitchieYeg

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

Community garden for West Ritchie

Ritchie Community League is helping community organizers in West Ritchie build a community garden and gathering space on an unoccupied lot behind Scona Gardens condos (10121 80 Ave.).

The two groups share a common vision of bringing people together for the betterment of the neighbourhood and seeing to it that West Ritchie residents have access to green space, says RCL President Avnish Nanda.

Sandwiched between a trainyard and condo complex in a historically industrial area, this narrow road right-of-way is currently just a dirt path and patch of grass where homeless encampments pop up. The City of Edmonton has given the project a green light. Through additional partnerships and fundraising, now underway, the West Ritchie group hopes to build at least 10 raised beds for planting this year.



In time, the site will have fruit trees, benches, picnic tables, water barrels, a composting system, message board and open area for informal gatherings—a “natural oasis away from the noise of urban and industrial life,” says Hanna Garvey, who is leading the project.

Make a dent in league deficit

Ritchie Community League's Super-Duper 50/50 raffle was a near sell-out prior to the draw on May 1. Kerri Long was the winner of \$2,295. Congratulations!

The league's share is much needed in a year when revenue from programs, events and hall rentals has evaporated under public health restrictions, and grants are fewer and farther between.

If you would like to help offset this growing deficit, become a Ritchie Crew subscriber at www.ritchie-league.com or call 780-433-7137. There's a discount card and other perks in it for you, and your monthly contribution (six tiers ranging from \$7/month to \$200/month depending on the perks you want to enjoy) will keep the league going to see better days...and, one day, a new hall!

Discount program boasts 18 deals

The Ritchie Discount Card now has 18 local businesses on board, including Longroof Brewing and boocha in West Ritchie.

They join ACME Meat Market, Kind Ice Cream, Bent Stick Brewing, Sea Change Brewing and Under the High Wheel in the food and drink category. A number of retailers and service providers also offer discounts. (A full list

of participating businesses and the deals they offer are online at www.ritchie-league.com under Join the Crew.)

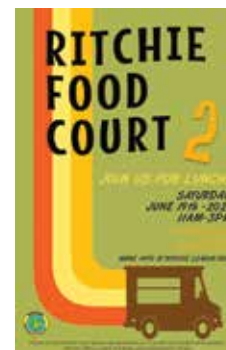
Every subscriber to the Ritchie Crew gets a discount card. You don't have to live in Ritchie or be a league member to take out a monthly subscription. (For those who DO live in Ritchie, however, a league membership is included.)

Food Court returns

Join us Saturday, June 19, for another Ritchie Food Court event!

Ritchie Community League will host safe, pop-up food truck events in the Ritchie Hall parking lot throughout the summer. Come, grab a bite to eat from the participating food trucks. Get your lunch for takeaway or enjoy your meal in Ritchie Park!

Following the format of our su-



per successful first Ritchie Food Court, the one on June 19 runs 11 a.m. to 3 p.m.

Please note that facemasks and social distancing will be required in the parking lot area; there will also be plenty of hand sanitizer available.

Ritchie Crew subscribers who flash their RCL Discount Card will get 10 per cent off.

Ritchie Hall has a new manager

Dominique Moquin has joined Ritchie Community League as hall manager. She has lived in Edmonton her entire life and spent several years working as an event coordinator, experi-

ence that will come in handy as the pandemic subsides, health restrictions ease, and events and programs return to our hall. Welcome to Ritchie, Dominique.

Green Shack is back

Summer fun is in the works for Ritchie's playground with the return of the city-run Green Shack, July 5 to August 27. Kids six to 12 can meet up Mondays through Fridays

between 10:30 a.m. to 1:30 p.m. for crafts, games and sports led by a city recreation specialist. Younger kids are welcome too, if supervised onsite by an adult.

NEW! Farmers' market in Ritchie



Each Tuesday until Sept. 28, The Public Market in Ritchie will pop up 3:30 - 7:30 p.m. in the parking lot at Ritchie Hall.

Vendors will include Picton's Honey, Caroline Meats, YEG Soup, My Inner Hippie (pickling and preserves), Pacific One Gardens (microgreens and herbs), various artisan crafts and food trucks, among others.

Questions? Want to be a vendor? Contact Patrick Moffat at 780-913-2586 or The Public Market in Ritchie Facebook page.

The Market is happy to comply with all AHS protocols. Physical distancing and masks will be asked of everyone, including vendors. Hand sanitizer will be available around the market as well.

Garbage carts coming

Starting June 29 and throughout July, all single unit and some multi-unit homes in Ritchie will automatically receive a large (240L) garbage cart, a regular-sized (120L) food scraps cart and a small food scraps pail, free, through the the Edmonton Cart Rollout program.

An opportunity to exchange garbage cart sizes will be available after cart delivery.

The carts will be collected by an automated collection truck instead of the current hand

collection, starting August 6 in Ritchie.

The garbage cart will be collected every two weeks. The food scraps cart will be collected weekly in spring, summer and fall and every two weeks in the winter.

Recycling will continue to be collected weekly in blue bags with no volume limits and there will be two seasonal yard waste collections in spring and two in the fall, again, with no volume limits.

Ritchie Hall opening for summer camps

Music and coding camps are on offer—in-person—at Ritchie Hall this summer, provided all goes well with Alberta's COVID reopening plan.

In July, Nancy's Notes (which pre-pandemic offered ukulele lessons to Ritchie members) is taking registrations now for Treasure Hunters (four- to eight-year-olds; mornings July 12 -16), Instrument Sampler (four- to eight-year-olds; mornings July 19 - 23) and Broadway Stars (seven- to eleven-year-olds; July 12 to 23, Monday, Wednesday and Friday afternoons). Details, including fees and registration, are online at <https://www.nancysnotes.ca>.

Computers become the instrument of choice in August. Discover Coding is taking enrolment now for Minecraft Week (seven- to 14-year-olds; full days Aug. 9 - 13 or Aug. 16 - 20), Intro to App Creation (10- to 15-year-olds; full days Aug. 9 - 13) and Code Discoverers (five - eight year olds; full days Aug. 16 - 20). Details, including costs and how to register, are online



at www.discovercoding.ca.

Online camps are also available through both organizations.



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We appreciate your support.

Alex Campbell, Chair
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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 avoided by following safety measures. Take the time to assess potential 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.

EMS is proud to be a member of the **Partners Promoting Window and Balcony Safety**. Take time to assess your home for window and balcony hazards and eliminate the risks before a preventable fall occurs.
www.windowssafety.ca

www.albertahealthservices.ca

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Relief for Back Pain

Does back pain or back tension have you tied up in knots? Back strain happens when you overstretch, or pull, a muscle in your back. You may hurt your back in a fall or when you exercise or lift something. Most back pain will get better with rest and time. You can take care of yourself at home to help your back heal.

When you first feel back pain, try these steps:

Walk. Take a short walk (10 to 20 minutes) on a level surface (no slopes, hills, or stairs) every two to three hours. Walk only distances you can manage without pain, especially leg pain.

Relax. Find a comfortable position for rest. Some people are comfortable on the floor or a medium-firm bed with a small pillow under their head and another under their knees. Some people prefer to lie on their side with a pillow between their knees. Don't stay in one position for too long.

Try heat or ice. Try using a heating pad on a low or medium setting, or take a warm shower, for 15 to 20 minutes every two to three hours. Or you can buy single-use heat wraps that last up to 8 hours. You can also try an ice pack for 10 to 15 minutes every two to three hours. You can use an ice pack or a bag of frozen vegetables wrapped in a thin towel. You may also want to try switching between heat and cold.

Other suggestions:

Stretch and exercise. Exercises that increase flexibility may relieve your pain and make it easier for your muscles to keep your spine in a good, neutral position. And don't forget to keep walking.

Do self-massage. Try self-massage to unwind after work or school or to energize yourself in the morning. You can easily massage your feet, hands, or neck. Self-massage works best if you are in comfortable clothes and are sitting or lying in a comfortable position. Use oil or lotion to massage bare skin.

Reduce stress. Back pain can lead to a vicious circle: Distress about the pain tenses the muscles in your back, which, in turn, causes more pain. Learn how to relax your mind and your muscles to lower your stress.

For more help, contact the AHS Rehabilitation Advice Line at 1-833-379-0563, Monday to Friday, 9 a.m. to 5 p.m.

This free telephone rehabilitation service is available for Albertans 18 years of age and over living with pain, decreased mobility, reduced endurance or strength related to a health condition. It provides access to occupational therapists and physical therapists for advice, education and information on how to access services in your community.

The Rehabilitation Advice Line is also available for community care providers seeking help for patients.



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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

Taking care of your teeth

April is Oral Health Month. As you get older, your mouth health can be affected by aging, diseases, or medicines you take. Prevention is the best way to keep your mouth healthy at any age. This includes brushing and flossing every day and visiting the dentist regularly. A healthy mouth is important for a healthy body and mind.

Older adults have some of the highest rates

of tooth decay. You can get more tooth decay when you:

Find it hard to clean your teeth.

Choose sugary foods and drinks more often because of changes in your taste.

Have a dry mouth because of a disease or medicines you take.

Have teeth with roots that aren't covered by gums.

The good news is you can prevent tooth decay. Brush two times a day with fluoride toothpaste, floss every day, and limit sugary foods and drinks. And make sure to visit your dentist regularly.

Gum disease doesn't have to be part of getting older.

As you get older, it's easier to get gum disease and harder to get rid of it. Gum disease is

caused by plaque left on your teeth and gums. Having a dry mouth, using tobacco, and drinking alcohol can make gum disease worse. For healthy gums, brush and floss daily, eat a variety of healthy foods each day, and get your teeth cleaned regularly. Also, avoid using tobacco and limit how much alcohol you drink. If you have signs of a dry mouth, ask your doctor or dentist for help.

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