

COMMUNITY LEAGUE NEWS SOUTH

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



Apr/May 2022

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

Argyll New Street Signs



The new street signs have been installed by the City of Edmonton.

Some residents wondered if this affects homeowner taxes (much like the sidewalk improvements some years ago) and we can say,

with certainty, it will not. This undertaking is paid for directly from our casino revenue and with shared costs from the City of Edmonton who provide the manufacturing and installation.

Argyll Parking Issues

New signage is expected to be installed at the turn from 88 Street to 69 Avenue to clear it of parking to improve safety on that corner. New parking restrictions were added near the playground crosswalk last year on 88 Street and this should extend the no-parking area through the whole corner.

It's an improvement to be sure, but Argyll

Community League continues to communicate the concerns of its residents to the City's Parking Services department while recognizing we share this public space with everyone in the city as a consequence of choosing to live in such a lovely part of the city. Our situation is not unique and will continue to be a concern for residents well into the future.

Ritchie Walk 'n talk with your councillor

Ritchie Community League is hosting a neighbourhood walk with City Councillor Michael Janz on Saturday, April 23. Join him and RCL Civics Director Seghan MacDonald outside Ritchie

Market at 1 p.m. Come prepared to guide them to your favourite places in Ritchie and share your thoughts on how the city can help make our 'hood even better.

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Ritchie pub nights are back!

Mark your calendars for the last Saturday of each month.

We'll be spinning' tunes or live music, serving a different local beer each month alongside championship chili. Cheap entry for

RCL members (memberships available at the door).

April 30 features Sea Change Brewing Co. and DJ Andy Jam's non-stop soul. Ritchie Hall (7727 98 Street) opens its doors at 8 p.m.

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Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

President	Nathan Carroll president@strathconacommunity.ca
Past President	Delianne Meenhorst pastpresident@strathconacommunity.ca
Vice-President	Sally Hammell vicepresident@strathconacommunity.ca
Treasurer	John de Haan treasurer@strathconacommunity.ca
Secretary	VACANT secretary@strathconacommunity.ca
Membership	Bernie Roessler membership@strathconacommunity.ca
Communication Chair	VACANT communication@strathconacommunity.ca
Programs Chair	Donna Fong programs@strathconacommunity.ca
Social Chair	Farhana Nurani social@strathconacommunity.ca
Soccer Co-Chairs	Jenn Costigan Cheryl West-Hicks soccer@strathconacommunity.ca
Civics Chair	Derek Kaplan civics2@strathconacommunity.ca
Building and Grounds	Landon Schedler grounds@strathconacommunity.ca
Green Initiatives Co-chairs	Darcy Stevens Jason Unger green@strathconacommunity.ca
Community Garden Chair	Daniel Auger garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Community Diversity and Inclusion	Cheryl West-Hicks diversity@strathconacommunity.ca
Community Wellness and Safety	Gord Lacey safety@strathconacommunity.ca
Board Development	Maureen Duguay boarddev@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, e-mail president@strathconacommunity.ca

The Strathcona Centre Community League is on Facebook <https://www.facebook.com/StrathconaCL/>. Follow on Twitter @StrathconaCL Instagram @strathconaleague

The copy deadline for the June-July 2022 issue of Community League News South is May 23, 2022. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

New Website for Strathcona Community League

A new, more user-friendly website for the Strathcona Community League (SCCL) was launched in April. You will be able to find News, Events, Programs, and everything else about our Community League much easier and faster. The website replaced the previous version that has helped community members stay informed and engaged with SCCL since January 2012.

If you would like to stay in the loop and be the first to know about League activities and events, make sure you subscribe to our mailing list on the website. You don't want to miss out, it's shaping to be a great summer in Strathcona! Big thanks to our Board and community members who continue to help with this website project. We couldn't do it without the strength of SCCL!

Move for Mental Health

Congratulations Old Strathcona on getting out and moving for your mental health this year! Over our 8-week challenge, we had 56 people log KMs or Cals in 19 different activities. And we smashed our goals not once, not twice, but three times!

Check out your Week 8 Results and your Totals for the Challenge on our website or on our social media.

We had some people pushing hard in many

activities like Landon Schedler, other with laser focus on one activity like Leigh W, and people crushing it overall like Alex Petrosky and Erin Young.

Congratulations again to everyone who joined us!

Physical activity can improve your mood, reduce stress and anxiety and improve your positive mental health. So keep moving, Strathcona!

Learn About Pole Walking!

Have you ever wondered why you see people walking with poles? What benefit do the poles give? How much do they cost? What to look for in a good walking pole? Am I using my poles correctly?

Join us on Sunday May 15th for a free workshop with urban poling instructor, Melanie Kidder, at 1:00 p.m. at the Strathcona Community League, 10139 87 Avenue. There will be a short talk on the benefits of pole walking and what

to look for in a good walking pole. Following that we will go for a walk around the neighbourhood and perhaps into the river valley or Mill Creek. We will be back at the community league by 2:30 p.m. If you already own poles for Nordic walking, you can bring them. The community league has seven pairs of poles to borrow for that day. First come, first served. Reserve your poles by contacting Donna at programs@strathconacommunity.ca

Community League Swim Program

The Community Swim Program for Strathcona Community League members (free access) at Bonnie Doon Leisure Centre, 8648 81 Street, 5:00-7:00 pm, runs each

Saturday until June 25. For free admission, swimmers need to show their 2021-2022 SCCL Membership Card (digital membership on phone).

Social Gatherings

Sign up for mailing list at the website <https://strathconacommunity.ca> to keep up-to-date for social events at the hall or in the community. Pub nights are typically the third Friday of the month.

For more information, contact Farhana Nurani, Social Director, at social@strathconacommunity.ca

Pub nights are once a month at the Hall (typically the third Friday, but this spring we had to move a couple of them). Beer and wine available for purchase. Pub Nights are open to Strathcona Community League members and invited guests. Memberships are available online at strathconacommunity.ca/membership, or at the event (cash or credit/debit).

Friday, April 22nd - Trivia Pub Night

Doors open 7:00 pm, trivia starts at 8:00

pm (sharp! – come early to check in, arrange teams, get a drink, etc.) \$5/person entry fee

At the hall – 10139 87 Ave (in the main hall – use the ramp)

Come with a team of 4, or on your own and we'll find team mates for you!

Quizmasters Scott and Gordon will test your knowledge

Sorry, no room for kids at this event

Friday, May 27th - possibly Scotch tasting

8:00 p.m. in the Lounge - upstairs, use south door

Kids welcome

Friday, June 17th - theme TBA

8pm - in the Lounge - upstairs, use south door

Kids welcome

Questions? Contact hall@strathconacommunity.ca

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League Programs

The Strathcona Centre Community League, located at 10139 – 87 Avenue, lifted restrictions in March 2022 to align with the provincial and City of Edmonton public health guidelines. The League appreciates your cooperation as we are doing our best to keep everyone safe and our hall open for programs, events, and activities.

The Strathcona Community League is pleased to offer the following registered programs this spring. Please register and pay for programs (either credit card or debit) at the league website.

Updates and any new programs will be announced on the league website, social media, and members social list. If you have any questions, please contact Donna at programs@strathconacommunity.ca

Adult Paint Night

The Strathcona Community League is Hosting a fun Adult Paint Night in our hall!

Friday, April 29: 6:00 – 8:00 p.m.: 10139 87 Ave 2nd Floor Lounge, enter up the ramp on the north side of the building

2-Hour acrylic painting lesson by a local artist
Ages 18+ welcome

Learn basic technique & acrylic painting methods

Laugh, paint, and take home your own piece of art

Complimentary non-alcoholic drinks and snacks

Cash bar

All materials and painting equipment will be supplied for you! — Just be ready to paint!

Painting instruction by Start Me Up Music & Art <https://startmeupmusic.com>

Painting aprons will be supplied to help protect your clothes

Your painting will be done on either a 11x4 or 12x6 inch stretched canvas

Instructor: Krystal Peterson

Krystal's love for art started at a young age. Her art teacher was a great influence and inspired her to be an art teacher after being under her guidance. For the past 10 years, she's been teaching and selling her work locally. She loves teaching, the satisfaction it brings, and the ability to display her paintings to new students all over the city. Dream big and enjoy art!

Requirement: Provide your Community League membership required (any league) for the online registration. Fee: \$40.00: Register and pay online.

Flexibility, Mobility & Strength with Essentrics® with Lynn Bohuch (May-June 2022)

Mondays: May 2 – June 27: 8 classes: 11:00 – 12 noon: 2nd floor, Strathcona Community League hall

Full session: \$99.00: Single class (or multiples): \$15.00

Requirement: Valid Community League membership (any league).

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.

With a passion for all things 'health and fitness', Lynn Bohuch 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. Within a short amount of time, she experienced impressive benefits as she studied Essentrics® (herself, suffering with osteoarthritis and spinal

stenosis and residual effects of years of repetitive movements). Lynn was anxious to share it with others, especially older adults and her beloved seniors groups. 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 3 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. For more information, contact Lynn Bohuch at essentricsworkoutswithlynn@gmail.com

Gentle and Hatha Yoga with Corinne McNally (May-June 2022)

Gentle Yoga: Mondays (7 classes starts May 2): 6:00 – 7:15 p.m.

2nd floor, Strathcona Community League hall
Full session: \$87.00: Single fee: \$15.00 per class

Requirements: Any Community league membership. Bring your own yoga mat and props. Register and pay online.

Hatha Flow Yoga

Thursdays (7 classes starts May 5): 9:30 – 10:45 a.m.

2nd floor, Strathcona Community League hall
Full session: \$87.00: Single fee: \$15.00 per class

Requirements: Any Community league membership. Bring your own yoga mat and props. Register and pay online.

Description: Yoga is a holistic practice that can open and strengthen your body, revitalize your energy, and bring peace to your mind. Gentle Yoga and Hatha Flow are taught by Certified Yoga Instructor Corinne McNally. These classes are perfect for both beginners and seasoned practitioners, and are taught in a friendly and supportive environment. Corinne lives in

Old Strathcona and has been teaching yoga for over 16 years. <https://www.lotusmoonyoga.ca>

If you have any questions, contact instructor Corinne McNally at corinne@lotusmoonyoga.ca

Gentle Hatha Yoga with Laura Harvey (May-June 2022)

Tuesdays: May 3 – June 28: 9 classes: 9:30 – 10:45 a.m.

Wednesdays: May 4 – June 29: 9 classes: 7:30 – 8:45 p.m.

Full session: \$111.00: Single class (or multiples): \$15.00

Two classes per week: \$200.00

Requirements: Any Community league membership. Bring your own yoga mat.

Register and pay online.

Join Certified Yoga Instructor Laura Harvey for Gentle Hatha Yoga. This class fuses a unique blend of sustained poses with dynamic flow, joyful exploration, and calming mindfulness meditation. Classes focus on releasing tension, connecting with the breath, developing strength, flexibility, bodily relaxation, and mental concentration. Mindfulness, and awareness of breath and body are integral parts of all classes. Ultimately, students experience 75 minutes of self care – a delicious way to relax and release!

Laura Harvey has been teaching yoga and mindfulness meditation since 2002. She completed her 200-hour teacher training at the International Sivananda Yoga Vedanta Centre. In addition to teaching studio classes, Laura offers private sessions for individuals and small groups.

She also works with individuals as a Transformative Wellness Coach and a Mental Performance Coach for Athletes. For more information, contact Laura at coachlharvey@gmail.com

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

Community Wellness and Safety

The Strathcona Community League created the new board position, Director of Community Wellness and Safety, in the fall of 2021. The Director is an advocate for those aspects that make our neighbourhood welcoming, secure and desirable to residents and visitors. This includes attention given to matters of crime

prevention, but also extends to other aspects of neighbourhood wellness such as accessibility, safety around roadways and care for our community's most vulnerable. Gord Lacey was elected for a two-year term at the AGM of November 8th. Gord can be reached at safety@strathconacommunity.ca

Supporting Inclusion and Diversity in Strathcona

Thank you to all who joined the 2nd annual Strathcona team for the 2022 Coldest Night of the Year Walk. Together we hit our goal of raising \$2000 for our friends and neighbours at the Mustard Seed Edmonton South. Strathcona Community League has a book club led by community member Jesse Enns-Power! Our last book was "Who Fears Death" by Nnedi Okorafor and the discussion was a great one.

Our next gathering will happen on June 16 in the upstairs lounge at the hall at 7:00 p.m., keep an eye out for the book choice in our communi-

cations. You can also check out the website or email Cheryl West-Hicks, Director, at diversity@strathconacommunity.ca for more info.

A big thank you to Free Play for kids <https://freeplayforkids.com> for bringing their community program "Start to Play" to Old Strathcona in April! Our kids had the opportunity to participate in 4 free sessions in which they learned some ball hockey and fitness basics. Sport can be a fantastic community builder and we are so grateful to Free Play for Kids for bringing more of it to our community!

Hall Rentals

Main Hall (\$150 – \$400)

Capacity 105

Seats 60 to 80 depending on table arrangement

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

Lounge (\$75 – \$260)

Capacity 60

Seats 30-35 depending on table arrangement

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

Concession/Small Meeting Room (\$20 – \$75)
Seats 8 to 10

Amenities include kitchen.

To check availability and for rate details, visit the website.

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

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

Welcoming back customers for April 2022. Reserve your spot today!

You can ask for the full package or choose from the following a la carte services:

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Thanks to Winterfest Sponsors and Donors



A big THANK YOU to everyone who came out and supported Winterfest 2022 on February 13th including our league volunteers! It was a beautiful day! The burgers were delicious and the cookies were amazing! Thanks to everyone who entered the cookie bake-off.

And thank you to the following donors and sponsors:

- Brook's No Frills – donation of most Winterfest food
- Sugared & Spiced Baked Goods – gift card
- Pedego Electric Bikes Edmonton – gift certificates

- Local Legal Law Office – estate planning and real estate
- Mill Creek Animal Hospital – dog/cat exam
- Big Rock Brewery – jackets, hats, etc.
- Chianti Caf  gift card
- Rosso Pizzeria – gift certificate
- M.A.P. Water and Sewer Svc Ltd. – gift certificates for Tasty Tomato's Italian Eatery
- McBain Camera – picture frame
- Councillor Michael Janz – pottery
- Rig Hand Distillery – 2 tours for 12
- Donna Fong – cook book and tea towel
- Wholesale Club – discount on supplies

Estate Income Tax Preparation & Planning

Estate Tax Returns frequently have optional returns and credits which may result in substantial tax savings.

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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. Please visit the website <https://strathconacomunity.ca/league/membership>

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

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

More about a membership

A membership year starts September 1st and ends August 31, and is for those living within our boundaries. The cost is:

- Family \$20 – A family is any group residing in one household, acting as a family unit, with a maximum of two votes per household.
- Single \$15
- Senior \$5 An individual of 65 years or older.
- Student \$5

Benefits of a Membership:

Why be a SCCL member? There are many reasons:

- A voice on issues in our community (transportation, zoning, housing, etc.)
- A connection to news and events in the community (e-mail list, website, newsletter, Facebook, Twitter, Instagram)

Social events like Winterfest, BBQs, Music Fest, Trivia Night, pub nights

- Free skating at our two top-notch rinks
- Free access to Community Swim Program at Bonnie Doon Leisure Centre
- Up to 20% discount at City of Edmonton Recreation facilities (e.g., Kinsmen Sports Centre)
- Discount on tickets and tubing at the Edmonton Ski Club
- Discounts on hall rental
- Children's soccer and skating
- Access to Programs such as Essentrics, Yoga, Art, and more
- Free one-year Membership at the Edmonton Tool Library
- 10% discount Pressd Sandwich Shop at Sco-na Market (10377 78 Ave)

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

Discounts on Hall Rentals

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

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Argyll News

Argyll Neighbourhood Babysitting



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

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

Argyll Community Centre

We are happy to announce a resumption of full programming in the Community Centre. We thank you for your understanding and patience while we were protecting everyone. Anyone enrolled in our programs will find some cautions and recommendations have replaced all the previous mandated restrictions from past years. We truly hope we can continue to gather together safely as we go forward. A resumption of our summer events schedule is still being worked out. The summer Sidewalk Sale is one of the events which we expect to see again.

The Events group are looking for new faces to join in organizing and operating these major

events as a normal course of handing along the reigns to people with new ideas and a willingness to serve the community. Fundraising is not a significant concern for these open air events but having many hands to make things happen, as well as fresh ideas, are primary reasons for volunteering. Volunteers are how things get done around Argyll. New faces and fresh ideas make it possible for our events to be successful. Talk to one of our current volunteers about how to become involved. Or you can contact the Events group through our Facebook page or by e-mail: social.events@argyllcl.ab.ca

Outside rentals

After discussions with our major tenant, the EJCA, there has been an agreement on what restrictions may remain with regard to community groups, athletic and martial arts programming, as well as with regard to people wishing to rent our facilities.

New fees have been approved and revised damage deposit levels, along with changes to

the rental contracts and our insurance. We are closely following developments in the public health news and these new opportunities should restore some of our lost income from the past couple of years. Unless a new health concern emerges we expect to see a return to normal levels of facility demand through the summer months.

Community Garden

For the past few years we've been working things out with the City of Edmonton to have a parcel of land set aside in Argyll for the installation of a Community Garden. As this is a partnership with the City we will be undertaking some outreach and consultation with residents and organizations adjacent to our neighbourhood. Keep an eye out for information coming to your mailbox by way of your local community league and from the City about the development of this plan, and an invitation to become involved in a future garden society who will operate the site. Plans are in the preliminary stage at this time but we hope to report progress after our initial consultations with residents

in Ritchie, Hazeldean, Avonmore, and King Edward Park. Although Argyll is undertaking the work of design and installation of such a garden, the plan includes the establishment of a self-sustaining Garden Management organization who will coordinate, attract volunteers, make decisions, and operate the site. Once the proposed location is designated and zoned for this kind of activity you'll see more details about the garden design and community hub concept. It is expected that individuals, families, and small groups will be doing the gardening in their spare time and perhaps selling some of their produce within the adjacent communities on a seasonal basis.



Heather McPherson

Member of Parliament
Edmonton Strathcona

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Argyll Online

As always, our Facebook Page and Web Site have the most current information. Check-in weekly to see what's changed. Send us things you think the community might be interested in.

A Calendar section has been added to the web site which allows residents and board members to know what available rooms and times

might be found for meetings and for residents considering a rental can see what open days and weekends are showing. 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.

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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 as the Ritchie Community League is stolen land.

Throughout 2022, RCL's centennial year, the league commits to learning more about its history in order to adapt the land acknowledgement it has been using up until this point:

The Ritchie Community League respectfully acknowledges that the land on which we gather is Treaty 6 territory and Metis Nation of Alberta Region 4. This land has been a traditional meeting ground for many Indigenous peoples. The territory on which Ritchie now stands has provided a travelling route and a home to the Cree, Blackfoot, Saulteaux, Métis and other Indigenous peoples.

BOARD

President: Avnish Nanda (president@ritchie-league.com)

Vice-president: Maureen O'Neil (vice-president@ritchie-league.com)

Secretary: Erin Fraser (secretary@ritchie-league.com)

Treasurer: Nigel Greenways (treasurer@ritchie-league.com)

Casino & Fundraising Director: David Woo

Civics Director: Seghan MacDonald (civics@ritchie-league.com)

Communications Director: Dallas Bartel (communications@ritchie-league.com)

Com Engagement Directors: Kyle Kasawski (community-engagement@ritchie-league.com)

Events Director: Jenny Albers (events@ritchie-league.com)

Facilities Director: Ed Retzer

Green Initiatives Director: Ash Davidson (environment@ritchie-league.com)

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

Membership & Volunteer Director: Brent Constantine (volunteers@ritchie-league.com)

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

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

Rink Director: Leonard Wampler

Soccer Director: Yetayale Tekle (soccer@ritchie-league.com)

Director-at-large: Jenet Dooley

Director-at-large: Calla Knudson

Director-at-large: Ian McKellar

Director-at-large: Eric Timmer

Director-at-large: Peter Willetts

MONTHLY MEETINGS

Board meetings are 7 p.m. on the first Thursday of every month. The AGM is typically held in May.

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

Hall Manager: Jaclyn Segal (inquiries@ritchie-league.com)

Website: www.ritchie-league.com

Facebook: facebook.com/WelcometoRitchie

Twitter: @RitchieYeg

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

Shout out to our community partners

Throughout our centennial year, RCL is proud to highlight partnerships with local businesses.

Among them: Boocho, the owner-operated success story in West Ritchie that's been producing raw kombucha (fermented sweet tea) since 2017 (in Ritchie since 2019). To celebrate the league's 100 year anniversary, Boocho has handcrafted an exclusive Key Lime Pie flavour. Limited to 100 one litre growlers, it's available exclusively in April at the Back Alley Brewery (10203 81 Ave.), the Edmonton Downtown Farmers Market (10305 97st) or online for home delivery (boocho.ca). A portion of the proceeds will be donated to the league. Thanks

Boocho!

Doughnut Party, which set up shop in Ritchie two years ago (its second location is the city) is already a pillar of the community. It baked up a Ritchieberry Fritter, available exclusively in March, to honour the league's centennial and is now cooking up another treat for the neighbourhood.

Look for a new mural to brighten their building at Four Corners (9610 76 Ave.) later this spring. While the yet-to-be seen art will represent the Doughnut Party brand, it is meant to be a gift to the community and serve as a symbol of acceptance for all.

Volunteers save Ritchie soccer

Thanks to Yetayale Tekle, Tannis Peterkin, Stacey Liu, Waldo and Andrzej, Ritchie soccer players will take to the fields in May, and parents from across the neighbourhood can meet and mingle. Sport has been building community in Ritchie since the league began in 1922. We're

glad that legacy continues. Contact these new volunteers by e-mailing soccer@ritchie-league.com. Yetayale is soccer director and leads the committee. Tannis will coordinate soccer volunteers. Stacey is ref coordinator. Waldo and Andrzej will look after equipment and field marking.

Spring into Ritchie pride

Green T-shirts with our original logo in yellow are perfect for the season finally upon us. They are now available on our online store at www.ritchie-league.com or by calling the hall 780-433-7137. T-shirts sell for \$20.

Ritchie Gūd Box dates

Mondays are key to getting fresh produce through the Gūd Box.

Every \$30 order adds a bit of change to the league's coffers.

Order online by noon Mondays (thegudbox.ca): April 18, May 2, May 16, May 30, June 13. Pick up at Ritchie Hall 2 - 7 p.m. Mondays: April 25, May 9, May 23, June 6, June 20

Community swim

If you have a current RCL membership (August 2021/22), you have free access to the Commonwealth Recreation Centre (including the pool) and Eastglen Leisure Centre

pool including the pool on Saturdays 3 - 5 p.m. and Sundays 1 - 3 p.m. (Please note: Eastglen is closed April 16).

A Little Bit more Ritchie history

To celebrate Ritchie Community League's centennial, we release a new history podcast each month. A Little Bit Ritchie! can be found on our website www.ritchie-league.com or you can subscribe to it on your favourite podcatcher. This project is supported by the Edmonton Heritage Council and the City of Edmonton. What follows are greatly abridged versions of Episodes 2 and 3.

Neighborhoods find their voice



Photo caption: Great Flood 1915. Photo courtesy of the University of Calgary. Though the Edmonton we know today is a relatively well-oiled machine, this was not always the case.

A population explosion soon after its founding in 1904 saw as many as 13,000 city residents (of the total population of 72,500 in 1914) camping along its waterways. The riverbanks also housed many businesses, built neighbourhoods and critical infrastructure.

So when the Great Flood of 1915 surged up to the deck of the Low Level Bridge deck, it displaced about 2,000 Edmontonians, left the city without power and clean drinking water for a short period and caused more than \$12 million damage (in today's dollars). Combined with the First World War, the flood and other unfortunate events compelled citizens to address civic issues by working together.

As men left for war, women took on work outside their homes. White, middle class women cooperated to solve perceived social problems and advocate for political reform through various organizations. One, the Women's Christian Temperance Union, held a meeting in Ritchie in 1914 so well attended it was written up in the newspaper of the day, the Edmonton Bulletin. By 1916, the Alberta government awarded white women the right to hold public office and to vote in provincial elections. (It didn't grant the same freedoms to Indigenous women and many other women of colour.)

This atmosphere of cooperative advocacy around civics, albeit in pursuit of white settler aspirations, was mainstream and fertile soil for the Social Centre Movement, an idea born in the United States and planted in Edmonton by Jessie Flemming Montgomery, the University of Alberta's first librarian, and George M. Hall, a former industrial commissioner. The movement's goal was to establish neighbourhood civic clubs in municipalities where citizens could engage with local politics, express new ideas, debate and inspire local change. Montgomery and Hall came across the movement independently but joined forces in pitching it to Edmontonians.

In 1917, their efforts spurred the creation of Canada's first community-based organization, the Crestwood Community League (originally called the 142nd Street District Community

League). Immediately, this new league took collective action promoting the Vacant Lots Garden Association which originated a few years earlier in Ontario to grow food for those in need. Crestwood was planting vacant lots by July with residents who had cellar space helping out by storing the September harvest. Crestwood's success launched the vacant lots garden movement in Edmonton. It spread to 8,000 lots by 1918 and continued to exist into the 1990s.

Similarly, the community league movement took the city by storm after Crestwood's creation, with five more leagues quickly forming. These few were constantly competing for the attention of city council until they banded together in 1921 to form the Edmonton Federation of Community Leagues (EFCL). As of 2019, the EFCL represented 160 leagues.

Ritchie started with a rink

IS CROWNED QUEEN AT CARNIVAL



Photo caption: 1937 Ritchie Carnival Queen Dorthy Skett. Edmonton Journal

Ritchie Community League formed in 1922. (The home of its first president, James B. Allan, is depicted in our centennial logos.) Among its first major accomplishments was the building of an ice rink, rather than a hall, so early meetings and activities were held in various other community spaces. The Whist Drive and Dance was held in the Orange Hall Dec. 6, 1922, followed the next evening with a municipal campaign meeting at Richmond Park Church, where mayoral and alderman candidates addressed Ritchie community members.

Like now, much of RCL's early work focused on recreational activities and community building. Winter carnivals were popular and included events like group skating, speed skating races, barrel jumping, fancy dress contests and a coronation ceremony of a carnival queen.

Whist maintained its popularity in until 1970 when bingo took

RCL by storm with participants playing in hallways when Ritchie Hall's meeting rooms themselves were packed. Although attendance at bingo eventually dwindled, the games cre-

ated a close-knit group of about 30 players that played together for decades. The last game was called in Ritchie in 2018.

Though RCL did very well at engaging citizens in the first few years, by 1946 it was on the verge of divesting itself of its hall and closing its skating rink. But one Saturday afternoon in September 1946, children of all ages, carting decorated wagons, pushing doll strollers and riding bicycles adorned with streamers paraded down Ritchie's streets with signs reading: Parents, we need your support, please attend your community meeting. The president of this Teens' Club was interviewed about the situation in the Edmonton Bulletin, and the following Thursday, attendance at the RCL meeting was at an all-time high. It's possible that these teens saved the league!

Bound by rails



Photo caption: Edmonton, Yukon and Pacific Railway in Mill Creek Ravine. Courtesy of the Provincial Archives of Alberta.

As a small Western Canadian neighbourhood, Ritchie was witness to railways both building a nation for some while threatening to destroy and suppress others.

How laying the Canadian Pacific Railway (CPR) unified the country and made its lands and resources accessible is a well-known story. Completed in 1885, the CPR eventually absorbed the Calgary and Edmonton Railway (C&E) that was built in 1890-91 with its terminus in Strathcona.

Many immigrants drawn to the capital, Edmonton, but deposited in Strathcona in the early 1900s were "German" from Russia, the Austro-Hungarian Empire and Romania, with fewer than one-fifth coming from Germany itself. Initially, these newcomers were quite transient, moving on to communities like Bruderheim, Wetaskawin, Camrose and points in between.

Eventually, however, a German cultural centre developed in Ritchie. By the early 1910s, one-fifth of its residents spoke German. Newcomers like Adolf Minchau, who arrived in 1907 as a teenager to join family already here, learned new skills before opening businesses to support the largely agricultural economy. His Minchau Blacksmith Shop didn't cease opera-



tions until the early 1980s and stood as a testament to Ritchie's German roots until its demolition in 2020. At the end of the First World War, a new wave of Germans arrived by rail, many finding work at the Gainers Meat Packing plant in Ritchie and living nearby.

Railways not only shaped the Ritchie neighbourhood socially, but physically as well. In 1902, Edmonton's home-grown railway, the Edmonton Yukon and Pacific Railroad (EY&P) took its first trip parallel to the Mill Creek Ravine. While Edmontonians were excited to form a connection with the CPR in Strathcona, those south of the river initially blocked its progress.

Yet, after its debut, the EY&P operated four passenger trains a day, which cost 25 cents per ride. After a run of 26 years, the EY&P cancelled its passenger service in 1929 without ever having lived up to its name and built track north from the city. The primary function of the line until 1954 was to haul freight inside city limits when even that was curtailed to a 4.4 kilometre section serving the Gainers Meatpacking Plant. In 1953, the Low Level Bridge, which had been built specifically to get the EY&P to Ritchie / Strathcona, was converted for car traffic, and when Gainers Meat Packing Plant closed its doors in the 1980s, the EY&P ceased operations entirely. The trestle bridge stretching across Mill Creek Ravine at 76 Avenue is one of the last physical landmarks of the EY&P.

Railroaded by railways



Photo caption: Canadian Pacific Railway porters ca. 1920. Courtesy of the Provincial Archives of Alberta.

None of this would have been possible without Treaties 1 through 7 whose language ceding land rights forever was not in accordance with the traditions of the Indigenous Nations involved.

When Treaty 6 was signed in 1877, the Papaschase band was promised reserve land on the North Saskatchewan River's north shore (modern Rosedale and downtown). However, settlers in the area disapproved, and the government relocated the Papaschase Reserve to a much smaller parcel of land in the Ritchie

area. But white settlers were still not happy. Articles in the Edmonton Bulletin, argued those lands were for “better men,” and an Indigenous presence so close to the business centre might deter further immigration while “too close communication with whites is not conducive to making them good agriculturalists.”

In the 10 years following the treaty’s signing, squatters moved onto reserve land, and the government used coercion and force to remove members of the Papaschase Band. In preparation of building its railway in 1890-91, the C&E Railway bought some of this land forming the Calgary-Edmonton Townsite Company, and residences began to spring up in what we know as West Ritchie.

Regularly running passenger cars roared down the railroad between Calgary and Edmonton until 1985. In 1891, a passenger aboard the train could complete the trip in four to five days, at a fee of \$25—roughly 12 days of work, as a “good” wage at the time was \$2 per day.

In 1908, the CPR built Strathcona CPR Station to welcome and support arriving travellers. It became known as the “End of Steel” and remained active until 1980. These days it’s home to the restaurant MKT.

While the station welcomed immigrants, it had its share of issues with racism and discrimination. In 1910, black men employed there informed the Lounger newspaper of the discriminatory nature of a joke it had published. Despite that, the newspaper published the offending joke again in 1917.

These employees were sleeping car porters, one of few jobs available to black Canadian men in the early 1900s. On trips sometimes six days long, porters were on call 24 hours of the day, catering to every beck and call of the white passengers.

The job was modelled on enslavement-era servitude. All porters were referred to as “George,” affirming their subservience. Experienced Canadian porters earned between \$75 and \$85 a month and were barred from the better paying jobs like conducting (which paid \$268 per month) and engineering, positions exclusive to white men. While crew members and passengers slept in relatively spacious and comfortable arrangements, porters slept in the smokers’ quarters, surrounded by only a privacy curtain, for a brief three-hour rest period. At mealtimes, porters were separated from other crew and passengers. Despite all this, porters could not join the Canadian Brotherhood of Railway Employees, the largest and most powerful railway union in Canada, because it was for white people only.

Between 1917 and 1964, black porters collectively struggled to correct these inequalities. They first organized themselves as the Order of Sleeping Car Porters. It, too, was initially denied membership in the Brotherhood. And even in 1919, when the whites-only clause was removed and the Order joined the main union, the fight for equality continued.

So by 1942, Canadian black porters joined their American brethren in the internationally recognized Brotherhood of Sleeping Car Porters, negotiating their first collective agreement with the CPR three years later, securing salary increases, vacation and overtime pay, shorter working hours, and improved sleeping and working conditions. Additionally, porters were given the right to hang signs in their cars that stated their names. In 1964, Black Canadians were finally able to work in other capacities on the nation’s railways, like engineering and conducting.

“A Little Bit Ritchie!” is brought to you by the RCL Centennial Celebration Committee. Erin Fraser and Seghan MacDonald chair the committee. Our primary researcher is Linnea Bell. Elyse Colville wrote these episodes. Keri Walmsley provides the abridged versions. Tieria Connor created our logo.

Save these dates

April 30: Ritchie pub night
May 5: RCL board meeting
June 14 & 15: volunteer at the Argyll Casino for RCL

RCL Fit for Life

Fit for Life is low-impact exercise for everybody set to a playlist of oldies. Meets Mondays 10 - 11 a.m. E-mail Barb for more information: brhealthy@shaw.ca or call the hall at 780-433-7137.

RCL Book Club

Meets every two months (online) to discuss new Canadian writing. The most recent title is Chorus of Mushrooms by Hiromi Goto. E-mail host Erin at eefraser@ualberta.ca for the next title and meeting details.

RCL Bridge

Every Friday. Doors open at 11 a.m. Games start at noon. Cost: \$3. Contact Stella 780-504-3972; sbgal@shaw.ca or Dawn 780-705-8950.

Community Safety Data Portal



The Edmonton Police Service (EPS) recently launched a new information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The

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

Missed Disability Tax Credit (DTC) Claims

for individuals with severe and prolonged impairment. An Alberta taxpayer may save \$2,700+ for 2021. There are many people, who qualify for the DTC, but don’t know about it or don’t think they meet the conditions. Your medical practitioner completes form T2201, which you submit to CRA. Once approved the claim may be carried back up to ten years. If the individual doesn’t need some or all of the credits, they may be transferred to a qualifying relative.

Three examples:

1. Jack had suffered a stroke which had impaired his speech and restricted his physical abilities. Based on his condition I recommended he get the DTC form completed. It took five years before he finally agreed and did it. He was surprised when his doctor said he had been qualified for twelve years. Jack missed getting two years of DTC credits, but still received \$20,000+.
2. Mary wasn’t feeling well upon returning from a canoeing vacation. She saw her doctor and received a prescription. The following weekend

she still wasn’t feeling well and went to the emergency department. She was diagnosed with cancer and immediately transferred to the Cancer Clinic. She had a fast-moving cancer and died three weeks later. A common qualifying requirement is for the condition to last at least one year. Exception: If the qualifying person dies within the first year, they will qualify.

3. Susan came into the office for the first time in two years. She was having difficulty walking, had a cane and was waiting for a hip replacement. She said she had been like this for eighteen months. Being unable to walk, or taking an inordinate amount of time to walk, even with the use of a cane, is one of the most common qualifiers.

For more information CRA web site: <https://www.canada.ca/en/revenue-agency/services/tax/individuals/segments/tax-credits-deductions-persons-disabilities/disability-tax-credit.html>, or Lorn Stanners, CPA, CMA lbstanners@yateswhitaker.ca or 780-413-7211

Ask Charles



I saw on the news that fraudsters are being charged with unlicensed real estate trading. Why do you need a licence to buy or sell property?

First things first. You don’t need a licence to buy or sell property; consumers are always free to buy or sell their own property. When you need a licence, though, is when you’re helping someone else buy or sell property.

The individuals you’ve seen in the news are people who are not licensed as real estate professionals, who say they will help you buy and sell property, but, they are actually participating in fraud schemes.

Still, unlicensed trading in real estate remains a serious issue and not because of the fraud that sometimes results. Under the Real Estate Act of Alberta, anyone trading in real estate, dealing in mortgages, performing real estate appraisals, or providing property management services requires a licence from the Real Estate Council of Alberta (RECA). It’s the law.

Buying a home is one of the largest financial commitments most people will ever make. Why would you want to trust that transaction with someone who doesn’t have education, experience, and a regulatory body behind them?

When you hire a licensed real estate professional, you can trust they’ve completed pre-licensing education, their background has been reviewed, they carry errors and omissions insurance, they’re required to complete ongoing education, and you can feel confident that a regulatory body will hold them accountable

for their actions. All real estate licensees are required to carry errors and omissions insurance, and there’s a Consumer Protection Fund available in the very rare event a consumer suffers a financial loss as a result of fraud, breach of trust, or a failure to disburse or account for money held in trust by an industry member.

Think about it, you don’t want people driving on the road who don’t have a driver’s licence, right? If someone has a driver’s licence, it means they passed a competency test, and there’s an unwritten agreement that they’ll follow the rules of the road. If they don’t, they can be fined or even lose their licence. The same thing applies to licensed real estate professionals. If rules are violated, RECA has the authority to discipline them, which can include licence suspension or cancellation.

When someone doesn’t have a real estate licence, and represents a consumer in a real estate deal, the consumer has no assurances that the person has knowledge or training, and there’s nowhere to go – other than Court – if something goes wrong.

You’ve got questions. He’s got answers.
Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn’t have to be. “Ask Charles” is a question and answer column for consumers about buying and selling property in Alberta.

If you have a question, please email ask-charles@reca.ca.

Help your toddler learn language

Language is how we use words or gestures to communicate with each other. Books and reading play an important part in helping your child learn language. Telling stories can help your child build speaking and listening skills.

Your child is never too young to enjoy books. You can start reading to them right after they're born. Your child will more likely have a life-long love for reading if they look at and play with books from an early age.

There are many ways for you and your toddler to have fun with books. Here are some suggestions:

- Read books with simple, brightly coloured pictures.
- Read books that your child can play with. Young children enjoy books that let them participate such as lift-the-flap books, pop-up books, finger plays, books with things to feel, and books that make sounds.
- Let your child choose the book and turn to the pages they want to look at. You can read or talk about the pages they choose. This helps keep their interest. Children learn best when they're interested.
- Name things, people, and actions in the pictures. Give your child time to talk about the pictures.
- Let your child hold the book and turn the pages. This helps teach them how handle a book.
- Tell the story in a way your child will understand. You don't have to read it exactly as it's written. For very young children, you can simply talk about each page with single words or short sentences.

Tell the story together. Take turns flipping the pages and talking about the pictures on the page. By taking turns, children learn an important skill they need to carry on conversations.

- Read a book many times so your child gets to know the story well. This lets your child help in the storytelling. One way to involve your child is to start a sentence and let them finish it (e.g., "Once upon a time, there lived three _____.")

Eat healthy for less

Healthy eating does not have to be costly. The following tips will help you plan your grocery list, compare products, and choose foods so that you get the most nutrition for your money.

Vegetables and fruits




If you have a freezer, buy frozen vegetables and fruits. They're as nutritious as fresh, and they will last longer in the freezer, too. You can also find out-of-season fruits and vegetables in the freezer section.

Choose plain frozen vegetables. The vegetables sold with added sauces may be higher in fat, sugar, and salt.

Look for canned vegetables labelled "no added salt" or "low sodium (salt)." Rinse canned vegetables in water before eating to lower the salt even more.

Grains

Compare prices to see if you can buy whole wheat or whole grain breads, crackers, and pasta at the same or a lower price than refined (white) products. Whole grains provide more nutrients and are healthier choices.



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 window and balcony hazards in your home before a preventable fall occurs.

Windows and screens

- Prevent access to windows by moving furniture such as cribs, beds, stools, and change tables out from under them;
- Keep drapery cords out of childrens' 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 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.albertahealthservices.ca

If you have freezer space, buy whole grain bread on sale and freeze it. Buy dry pasta and grains on sale to save money while taking advantage of their long shelf life.

Packaged seasoned rice and pasta side dishes often contain more sodium. These often cost more than plain rice and pasta. Add your own low-sodium spices and flavouring for healthier, lower cost dishes.

Proteins

Larger containers of milk may cost less and can be a good choice if you're able to use it before the best-before date. If you use fortified soy beverage or another milk substitute, com-

pare the price of fresh to shelf-stable brands.

When shopping for cheese, look for lower fat (20 per cent M.F. or less) on the label.

Compare prices between lower fat cheese and regular cheese, they often cost the same. Choose lower fat, when possible.

Dried beans, lentils, and split peas are less expensive than canned beans. They are also a lower cost option for protein than meat. Plan ahead to soak and cook dried beans so they're ready when you are.

If choosing canned beans and lentils, look for brands with no salt added. Rinse canned beans and lentils under water to remove some

of the sodium (salt) and some of the gascausing compounds.

Eggs are usually less expensive than other protein foods such as meat. Before buying, choose a carton that doesn't have any broken shells.

Frozen fish can be less expensive than fresh. Plain fish fillets are usually a healthier choice as they are lower in fat and sodium than battered, breaded, or seasoned fish.

For more information: Visit ahs.ca/nutritionresources and search for: Choose and

Prepare Healthy Food, Weekly Menu Planner, Healthy Grocery List, Meal Planning, and Reading Labels.



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