

COMMUNITY LEAGUE NEWS SOUTH

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



August/September 2022

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

A Party Fit for a Queen

By Joscelyn Proby

This summer Strathcona is celebrating 100 years of outdoor swimming with cupcakes, memories and lots of splashing!

The first Queen Elizabeth pool was opened in the Edmonton's river valley with much fanfare in August 1922, the first municipal pool in Western Canada. This year's celebration starts at 4 p.m. on Monday August 22 at the new Queen Elizabeth Pool in Kinsmen Park. The fundraising for the 2011 pool led to government, city and private donations including a \$50,000 from the Strathcona Parks and Playground Redevelopment Society and \$25,000 from the Strathcona Community League.

In honour of the 100th birthday, the Friends of Queen E. Pool Society has created a large mural of close to 50 original photographs and

artefacts to celebrate the colourful history of the pool.

"Edmontonians have a strong and passionate connection to places like Queen E. Pool," said David Ridley, executive director of Edmonton Heritage Council. "It's important that the story of this historic place, through this mural exhibit, continues to connect people now and into the future."

The opening of the 1922 pool included a swimming demonstration put on by Jim Crockett, the first superintendent of the pool, and his two brothers. This year, Lynn Crockett, the late Jim Crockett's daughter-in-law, will be unveiling the mural, which will be posted on the door of the new pool. There will be activities and cupcakes for children that day, and no charge for admission.

Parking Changes in Argyll

A small group of homeowners visited homes across the Western portion of the neighbourhood, in the spring, seeking support for an initiative to allow for resident-only parking along the resident side of 88 Street during the Summer months (the East side where the houses are) and still allow parking for sport activities on the field side (West). The City agreed to the restriction in the hope it will move some cars farther North into the available parking at the Velodrome. As well they recognized the impact on homes adjacent to 88 Street and along 69 Avenue where cars may move farther into the neighbourhood seeking a space when there are activities in the former school site. Residents on the affected streets received a pair of parking "permits" (on paper for the mean time) for two vehicles, which can also be used for visitors.

This is a seasonal restriction from May to October. This has been a long-standing complaint regarding many concerns, such as reckless driving, improper parking, and overall pedestrian safety as well as emergency vehicle access.

Signs were installed in June, enforcement is beginning, and this "pilot program" will have an evaluation either this winter or in early spring of 2023. A survey from the City will be delivered to houses along the restricted streets some time after October to gather comments and opinions about the program.

We hope residents will be patient with visitors for this first round until it is more widely understood by the sports groups who use the fields. If you have some problems you can call 311 or use the 311 app, and if there is property damage or a serious conflict you can call EPS.

YOU'RE INVITED

QUEEN ELIZABETH POOL'S 100TH YEAR



AUGUST 22ND
2:30-4:30PM
UNVEILING: 4PM

JOIN US AS WE CELEBRATE 100 YEARS OF QUEEN ELIZABETH POOL.

THE EVENT WILL INCLUDE FAMILY FRIENDLY ACTIVITIES AND AN EXCITING UNVEILING OF A MURAL OUTLINING THE 100 YEARS OF HISTORY BY THE FRIENDS OF THE QUEEN E POOL SOCIETY

FOR MORE INFORMATION PLEASE CONTACT:
JOHN STOBBE 780-988-1100 OR
STOBBEJO@GMAIL.COM
SHAUNA GRAHAM 780-944-7730 OR
SHAUNA.GRAHAM@EDMONTON.CA



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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
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Programs Chair	Donna Fong programs@strathconacommunity.ca
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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 info@strathconacommunity.ca

Information
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 October-November 2022 issue of Community League News South is September 19, 2022. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca

Community Swim Program

The Strathcona Community League is pleased to offer free swims at two of the City's indoor pools during the 2022-2023 season. Just show your current membership card at either facility for free entrance during the community league swim time.

Sundays

September 11, 2022-August 27, 2023

1:00 pm - 3:00 pm

Commonwealth Community Recreation Centre
11000 Stadium Rd

The Recreation Centre has a 4-lane fitness pool, leisure salt water pool with spray features, water slide, aquatic climbing wall, whirlpool and steam room. Community league members may use the pools as well as the fitness centre during the booked time.

Eastglen Leisure Centre

11410 68 Street

The Centre has a 25 metre gradual depth salt water swimming pool, whirlpool, steam room, and pool toys.

Bike Day

Thanks to volunteer bike mechanics, Jason Unger, Bernie Roessler, Daniel Auger, and Scott Mar for their friendly and efficient service to community members at Bike Day (June 5 and July 23).

The Strathcona Community League greatly appreciates the support of Bike Edmonton and the



Edmonton Police Service (Bike Index registration).

Next Bike Day:

Thursday, August 25

5:30-7:00 p.m.

Come by the Strathcona Community League parking lot, 10139 87 Avenue, for a quick bike check from our community volunteer mechanics. Cost: Free

Rachel Notley



MLA, Edmonton-Strathcona

Constituency Office

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

(780) 414-0702

edmonton.strathcona@assembly.ab.ca

@RachelNotley



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League Programs

Updates and new programs will be announced on the league website, social media, and members social list. Adult programs are held in the main hall on the 2nd floor of Strathcona Community League, 10139 87 Avenue. Registration fees for registered programs are to be paid online at <https://strathconacomunity.ca/programs/>

New! **Exhale Fitness Sculpt and Tone Barre with Tiffini Fedoruk**

Sculpt and Tone Barre is a fusion of classic barre exercises, dance, and Pilates performed to the beat of the music. Our barre experience focuses on precision, balance, cardio, and core strength as we adapt from standing to floor exercises. Suitable for all experience levels.

Mondays
September 12-November 21 2022
10 classes
No class October 10, Thanksgiving Monday
9:00 - 10:00 a.m.

OR
7:30 - 8:30 p.m.
Registration fee per session: \$128.00
Single (or multiples): \$15.00 per class
Requirements: Community league membership (any league). Bring your yoga mat, a water bottle, and a set of 1-5 pound weights.

Register and pay online.
Instructor: Tiffini Fedoruk trained in ballet, tap, jazz, and contemporary with the Victoria Island Youth Dance Theatre. A passion for teaching lead her to complete the Teacher Training Program at the Royal Winnipeg Ballet School, and pursue further teacher training at the Cecchetti Dance Theatre in Edmonton.

Following a hiatus from dance, during which she completed several diplomas in nutrition, Tiffini eventually returned to the world of movement, this time from a fitness perspective. First becoming a barre instructor through Xtend Barre, she then dove into Pilates and other related brands, earning her STOTT PILATES® Mat and Reformer Certification, Garuda® Apparatus, Matwork, and Seated Standing, Brick, Merrithew™ Fascial Movement®, Piloxing® SSP, Piloxing® Barre and most recently TRX Suspension Training. Website: <https://www.exhalefit.ca/>

Unlock your Body with Essentrics® with Lynn Bohuch

Fall Session 1
Mondays
September 12-October 31
7 classes (No class on October 10, Thanksgiving Monday)

10:45 – 11:45 a.m.
Fall Session 2
Mondays
November 7 – December 19
7 classes
10:45 – 11:45 a.m.
Registration fee per session: \$90.00
Single class (or multiples): \$15.00 per class
Requirement: Valid Community League membership (any league).

Register and pay online.
Essentrics is on a mission to establish the true meaning of what it is to be fit at every age and stage of your life, with a special focus on age prevention and reversal through movement. We believe that fitness should not be measured with an index, in miles, in muscle mass or in speed. Rather, it should be measured in one's ability to move freely, live actively and without pain.

The goal of the Essentrics Workout is to create a balanced body such that the strength in your muscles doesn't inhibit your movement, and your mobility is enhanced by your strength. Essentrics dynamically combines strengthening and stretching to develop a strong, toned body with the complete ability of moving each joint and muscle freely and with full range of motion.

With thousands of testimonials from the programs' devotees of all ages and fitness levels, professional athletes, Olympians, doctors and physiotherapists—we are confident that Essentrics will target what you need, unlock what is tight, strengthen what is weak and tone what needs shaping.

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 essentrics-workoutswithlynn@gmail.com

Gentle Yoga and Hatha Flow with Corinne McNally

Gentle Yoga
Fall Session 1
Mondays
September 12 – October 31
7 classes (No class on October 10, Thanksgiving Monday)
6:00 - 7:15 p.m.
Fall Session 2
Mondays
November 7 – December 19
7 classes
6:00 - 7:15 p.m.



Registration fee per session: \$90.00
Single (or multiples): \$15.00 per class
Requirements: Community league membership (any league). Bring your own yoga mat and props.

Register and pay online.
Hatha Flow Yoga
Thursdays
September 15 - October 27
7 classes
9:30-10:45 a.m.
Registration fee: \$90.00
Single (or multiples): \$15.00 per class
Requirements: Community league membership (any league). Bring your own yoga mat and props.

Register and pay online.
Both classes (Monday and Thursday): \$162.00

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. Website: <https://www.lotusmoonyoga.ca> If you have any questions, contact instructor Corinne McNally at corinne@lotusmoonyoga.ca

Gentle Hatha Yoga with Laura Harvey

Fall Session 1
Tuesdays
September 13-October 25
7 classes
9:30 - 10:45 a.m.
Fall Session 2
Gentle Hatha Yoga
Tuesdays
November 1-December 13
7 classes
9:30 - 10:45 a.m.
Registration fee per session: \$90

Single class (or multiples): \$15.00 per class
Requirements: Community league membership (any league). 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

Saturday Kids Art with Berna Ponich

Saturdays
10 classes
September 17, 24
October 15, 29
November 05, 19, 26
December 03, 10, 17
10:00 - 11:30 a.m. - Ages 6 and up
11:30 a.m. - 1:00 p.m. - Teen
Location: Small meeting room, main floor
Requirement: Community league membership (any league).
Registration fee: \$206.00 All materials are included.

Register and pay online.
Instructor: Berna Ponich of Artagogo has been teaching art to kids for over 32 years. She studied Fine Arts at what was then called the Alberta College of Art, in Calgary, and then returned to Edmonton where she received a Bachelor of Education with a major in Fine Art education from the University of Alberta. "I love teaching now as much as I did when I started, if not more, and teaching art is the best job. I have met hundreds and hundreds of kids and have felt honoured every time a parent has entrusted me with their child's art education." For more information about the art classes, contact Berna at berna@telus.net Facebook and Instagram: artagogo

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 (trans-

portation, 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, Trivia Night, pub nights

Free skating at our two top-notch rinks

Free access to Community Swim Program at Commonwealth Community Recreation Centre and Eastglen Leisure Centre (2022-2023)

Up to 20% discount at City of Edmonton Recreation facilities (e.g., Kinsmen Sports Centre)

Discount on tickets and tubing at the Edmon-

ton Ski Club

Discounts on hall rental

Children's soccer and skating

Access to Programs such as Barre, Essentrics, Yoga, Art, and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop, 10377 78 Avenue

10% discount Global Pet Foods, 7904 104 Street

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

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

Start to Play

Free Play for Kids will be offering affordable full-day programming on Wednesdays, September to June. \$480.00 for 35 sessions at the Strathcona Community League. Certified coaches and sports equipment. All staff are trained in CPR/First Aid.
6:30 – 7:20 p.m. Ages 6 - 8
7:30 – 8:20 p.m. Ages 9 -12
Flag football: September & October

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

Soccer: November & December
Skating and Hockey: January & February
Basketbal: March & April
Multisports: May & June
Payment plans available.
Visit the web site <https://freeplayforkids.com/start-to-play>
Questions? Email Garth at community@free-playforkids.com

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 accessibil-

ity, safety around roadways and care for our community's most vulnerable.
The Director attends monthly meetings of the Old Strathcona Area Community Council including our league, the Edmonton Public Library, Edmonton Police Service, Old Strathcona Business Association, YESS, and others. Director Gord Lacey can be reached at safety@strathconacommunity.ca

Old Strath Mini Folk Festival

Save the date – Sunday, September 18, 2022 - for the Old Strath Mini Folk Festival to celebrate Community League Day. Details will be released for the event on the league website and social media.
Argyll Music Festival
Saturday September 17, 4:30 PM - 9:00 PM
Save the date!
In celebration of Community League Day, Argyll's Social Committee is preparing to host

an outdoor concert in the park featuring several incredible local musicians, along with food trucks, kids activities and a magician! Scheduled to appear are Von Bieker , Ann Vriend, and King of Foxes.
Come join our community for this end of summer bash.
Stay tuned to our Facebook page (facebook.com/argyllcl) and website (argyllcl.ab.ca) for more details as they are announced.

Pub Nights

Pub nights are typically on the 3rd or 4th Friday of the month at 8 pm (we try to work around school holidays), in the Lounge of the community hall building, upstairs, 10139 87 Avenue.
Upcoming pub nights:
Friday, September 16
Friday, October 28

Subscribe to our mailing list or watch our social media for details as the dates get closer. Kids are welcome (except on Trivia nights, as we don't have room). Pub nights are for community league members and guests. Memberships available on site, or through <https://strathconacommunity.ca/membership>

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.
Hall Rentals
Main Hall
Capacity 105
Seats 60 to 80 depending on table arrangement
Amenities include hardwood floors, balcony, stage, bar, full kitchen, dishes and cutlery,

tables and chairs.
Lounge
Capacity 60
Seats 30-35 depending on table arrangement
Amenities include a bar, fireplace, piano, tables and chairs.
Concession/Small Meeting Room
Seats 8 to 10
Amenities include kitchen.
To check availability and for a virtual tour, visit the website.
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.

Community Paint Night

The Strathcona Community League is hosting a fun Community Paint Night in our hall!
Friday, September 16, 2022
6:00 - 8:00 p.m.
10139 87 Avenue
Main hall, enter up the ramp on the north side of the building
2-Hour acrylic painting lesson by a local artist
All ages 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.

Seeking Volunteers for Strathcona Playgroup

Strathcona Community League needs volunteers to help restart our playgroup in September. The playgroup provides a safe and happy environment for babies, children, and caregivers to meet, socialize and have fun. Con-

sider becoming a volunteer to help open and close the hall for the playgroup this fall. Days and times are under review for this programming refresh, so please contact Donna at programs@strathconacommunity.ca for details.

2022-2023 Indoor Soccer Registration

EMSA Southeast has merged with EMSA Mill Woods to form one zone: EMSA South.
Register your child(ren) for the upcoming indoor soccer season with EMSA South by September 5, 2022. For fees and information, visit

<https://emsasouth.com/register/register/>
The soccer co-chairs for the Strathcona Community League are Jenn Costigan and Cheryl West-Hicks, email soccer@strathconacommunity.ca

Programs for Parenting

To register for all programs please contact Jessica Mantel at 780-667-4383 or jessicam@fultonchildcare.org

• **Music & Movement with Nancy's Notes**

It is proven that early musical experiences provide opportunities for whole brain development. These developmental skills include, social, emotional, language, as well as early reading and early math skills. This 10 week program is designed for children 0– 5 years of age to enjoy with their parents/caregivers. Enjoy singing, dancing and playing instruments with your little one. This is a fun, lively and interactive class.
Wednesdays: 9:30 – 10:30 am
Fulton Place Community League 6115 Fulton Road
September 21 – December 7, 2022

• **Infants Can Talk with Their Hands**

Infants are able to use basic sign language skills well before they are able to vocalize their needs and wants through speech. Using both sign language and speech will not only ease your frustration, but also the frustration of your child. In this 4 week program, participants and their infants will learn a few basic sign language skills through the use of fun songs, stories, and handouts, all while promoting their infant's whole brain development.
Wednesdays 11:30 – 12 noon
October 5 – 26 November 9 – 30
Online via Zoom

• **(A Little) Messy Play is Fun**

In this 4 week program participants will be encouraged to explore various types of messy play. A copy of any of the recipes used during the program will be available so that messy play can be created again and again.
Thursdays from 9:30 – 10:30 am
September 29 - December 8
Fulton Place Hall 6115 Fulton Road

• **Rhymes that Bind**

An oral language development program that promotes positive parenting. Parents learn to enjoy rhymes, finger plays, and simple movement games with their infants and toddlers. Find out how Zoom Zoom Zooming to the Moon can help build your child to build a rich vocabulary!
Tuesdays from 9:45 – 10:45 am
September 13 – November 22
Fulton Place Hall 6115 Fulton Road

• **Family Book Club**

An engaging program for participants to develop their literacy, numeracy and language skills through interactive story sharing. Each family has the opportunity to share stories and discover a variety of activities they can do together. Each family gets a Family Book Club Kit full of everything they need to bring their story to life!
Tuesdays from 1 – 1:45 pm
Online via Zoom Meeting
September 21 – December 7

4 Community League News South Aug/Sep 2022 www.communityleagueneews.com

Argyll News

Argyll CL Casino Dates

The Argyll Community League recently received their 2022 casino dates - November 23 and 24 at the Grand Villa Casino (in the Ice District downtown).

The casino is our community's primary source of funding, raising funds to operate the community hall and fund capital projects. By choosing to volunteer for work a shift, you

will directly support our community with your time.

If you are interested and are able to volunteer, please contact Anita casino@argyllcl.ab.ca and we'll add your name to the distribution list when more details are available. And, look for a table and signup sheet at the Argyll Music Fest September 17.

Ukuladies and Gentlemen

Ukuladies and Gentlemen is a ukulele group who has adopted Argyll Community League as its 'home away from home'. The group started at Wellspring, a facility that offers support to cancer patients, their caregivers, and those grieving someone who has passed away from cancer. So we are all connected through one of those channels. When the pandemic hit in March 2020, Wellspring closed and before

long we were looking for somewhere safe that we could still gather. We have been gathering in Argyll ever since.

We get together every week either in Argyll Park, or in the Hall. We play, sing, and laugh a lot. For many of us, this band has helped us cope in these trying times - through cancer and also through Covid 19. We are very grateful to ACL and EJCA for making the Hall available to us!

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.

Events Committee (always looking for help)

The Events group are looking for new faces to join in organizing and operating our 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: argyllsocial@gmail.com

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, along with changes to the rental contracts and our insurance. We hope these new opportunities will restore some of our lost income. Unless a new health concern emerges we expect to see a return to normal levels of facility demand through the summer months.

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 to know what rooms and times might be found for your

event. The Calendar shows open days and weekends. 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 argyllsocial@gmail.com.



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SEESA OPEN HOUSE

9350 - 82 STREET NW

WEDNESDAY, SEPT. 7

9:30 - 2:30

CAFÉ OPEN FOR LUNCH

11:00 - 1:00

SAVE THE DATE

Instructor Demos of Classes

SEESA Facility Tours

Exhibitor Tables

**Club Liaison Presentations
of Activity**

Volunteers Needed

Please Contact Gina-Marie@seesa.ca

780-468-1985

www.seesa.ca



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Ritchie News

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Director-at-large: Eric Timmer

MONTHLY MEETINGS

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

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)



Is your teen frustrated or bored with Language Arts?

Are they trying hard but not succeeding - or not even trying anymore?

I use engaging, respectful, individualized coaching strategies to improve students' reading and writing skills and rebuild their self-confidence.

I am a qualified Language Arts teacher and researcher with 30+ years of experience.

Neurodivergent, 2SLGBTQ+, and BIPOC students especially welcome.



Pamela Young
B.Ed. M.Ed. Ph.D.

pamelayoung.ca
pamelajoanyoung@gmail.com

MEMBERSHIPS (September to August)

Family: \$25

Individual: \$15

Associate: \$15 (non Ritchie resident)

Seniors: by donation

Online at:

Efcl.org

ritchie-league.com/rcl-support

In-person at:

RCL events

Ritchie Foods (9606 76 Ave.)

The Public Market in Ritchie (Tuesdays June to September)

Via e-mail:

volunteers@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 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 following land acknowledgement that 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.

Crew getting new swag

You might start noticing some new RCL gear on the streets featuring the league's centennial logo. Caps went out to Ritchie Crew subscribers in April. Patches will be delivered in June and new T-shirts in August. These perks are our way of saying "Thanks" for your monthly financial support of the



league. There are other perks as well, depending on the level of support to which you subscribe (a league membership is part of every subscription). All the details are on our website under "Join Ritchie Crew" or call the hall 780-433-7137. Individual items are also on sale on our online store.



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Pamela Young
B.Ed. M.Ed. Ph.D.

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Accidental Poisoning

Emergency Medical Services (EMS) would like to remind parents and caregivers of precautions they can take to prevent accidental childhood poisonings around the home. Ingesting prescription or over-the-counter (OTC) medications is a significant cause of accidental childhood poisonings. Other causes include ingesting or contact with household items such as dishwasher or laundry tablets, mouthwash, or chemicals such as paints, solvents, or cleaning products.

Medication storage

- Place all medications in locked containers and store in an area inaccessible to children;
- For easy identification, store all medications in their original packaging; do not mix multiple medications in a single bottle;
- Install child locks on all cabinets, or drawers where medications are stored.

Safety tips

- Child-resistant medication bottles are not child proof. They can still be opened by a child;
- Take extra precaution with medicines designed to appeal to children such as chewable vitamins or flavored cough and cold syrups;
- Promptly dispose of any medications or toxic household products no longer in use.

Prevention

- Store household products, cleaning supplies, and cosmetics in locked cabinets or drawers;
- Install child latches on cabinets children might also access by climbing on counters or chairs;
- Label all plants in and around your home and garden;
- Antifreeze, windshield washer fluid, and pesticides are extremely poisonous. Even small amounts of these can cause serious illness if ingested;
- Poisoning information can be obtained by calling the Poison and Drug Information Service (PADIS) at: 1-800-332-1414;
- **In case of a poisoning emergency, call 9-1-1;**
- Provide the name of the product ingested and, if it is safe to do so, a sample of the substance for EMS to inspect on their arrival.



Heather McPherson

Member of Parliament
Edmonton Strathcona

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Back to school safety

Alberta Health Services EMS would like to remind parents and students of some basic safety tips as the school year begins again this fall. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Distracted driving carries a \$300 fine and 3 demerit points in Alberta. Avoid the use of mobile devices or engaging in any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Other than parked cars, it is illegal to pass another vehicle in a school or playground zone during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton



to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

Annual Pass*- 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass*- 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>

Remember safe food storage and safe drinking water this summer

There's nothing quite like coming together with family and friends to enjoy camping, picnics and barbecuing in summer.

Outdoor barbecuing and picnics may mean limited access to refrigeration and clean water. High temperatures and humidity are ideal conditions for bacterial growth, which causes food-borne illnesses such as E.coli and Salmonella. Simple precautions can prevent illnesses:

- Keep cold foods cold. Pack perishable foods in a cooler with ice or freezer packs to maintain a temperature below 4°C.
- Never use the same plate for cooked and uncooked foods.
- Always cook meats until the internal temperature has reached a safe temperature, measured with a meat thermometer.
- Always wash your hands before and after handling raw meat, and wash all utensils and surfaces immediately after touching raw meat.
- Store food away from animals and never bring food into your tent or sleeping areas.
- Ensure private water supplies are treated and tested annually. Your local Public Health Inspectors can help with water sampling and treatment options. To find the Environmental Public Health office nearest to you, visit: albertahealthservices.ca/eph/eph.aspx or phone 1-833-476-4743.
- When camping, locate a clean potable water source. If not, bring safe water for cleaning, cooking, drinking and hand washing or use boiled or filtered water. Avoid drinking water from lakes, rivers and streams when hiking, camping or fishing. Clear water from mountain streams may look inviting, but it contains harmful parasites such as Giardia which can cause diarrhea and cramps lasting several months.
- Farm-fresh fruit and vegetables are nutritious. But even they need to be washed before you eat. Wash all food from the field before you eat it.
- You may need to contact your local Environmental Public Health office if you contract any food-borne illness to help prevent others from getting sick.

Leisure Access Program

The City of Edmonton is accepting applications for the expanded Leisure Access Program for low-income Edmontonians to access recreational facilities and the Ride Transit Program. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program

New Permanent Residents and refugees living in Canada less than one year, and Ukrainian nationals arriving on or after February 24, 2022 are also eligible to apply.



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Beat the heat by staying hydrated this summer

Staying hydrated is important in the summer months and throughout the year. It's especially important for seniors 65 years and older.

Staying hydrated means you are drinking enough fluid to replace the fluid you lose (example, through sweat and urine) and to feel alert and well.

Drinking enough fluids helps with digestion, regulation of body temperature, and organ function. It can prevent dehydration, constipation, and urinary tract infections.

Signs of dehydration include:

- ✗ Headaches, confusion, dizziness, feeling light-headed, fatigue
- ✗ Thirst, dry mouth, difficulty swallowing
- ✗ Dry or fragile skin that breaks down easily
- ✗ Poor appetite and weight loss
- ✗ Constipation
- ✗ Passing small amounts of dark-coloured, strong-smelling urine

The amount of fluid you need to drink per day depends on your diet, health, body size, environment, and activity level. Most seniors

need at least six cups (1.5 L), and up to 10 cups (2.5 L) of fluid each day.

Examples of fluids include water, tea, coffee, milk or fortified soy beverage, broth, 100 per cent vegetable or fruit juice, pop, and oral nutrition supplements such as Ensure or Boost.

Some foods, such as vegetables and fruits, soups, puddings, gelatin desserts, ice cream, sauces or gravies, smoothies and shakes have higher amounts of fluids.





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