

# COMMUNITY LEAGUE NEWS SOUTH

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



October/November 2022

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## 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](mailto:casino@argyllcl.ab.ca) and we'll add your name to the distribution list when more details are available.

## Old Strath Mini Folk Fest Thank You



The Strathcona Community League would like to thank all of the volunteers, performers, sponsors, vendors, and community members for a fantastic event in the hall rink on September 18th. We are

grateful for the support of the Edmonton Arts Council and ATCO to enable us to present the Old Strath Mini Folk Fest.

A special thanks to the amazing performers on stage: amiskwacy Academy Drum-



mers, The Green Door, IN-ERTIA, Great Northern Ukulele Collective, Rooster Davis Dyrty Byrd Trio, Farhad Khosravi, Bardic Form, and Misery Mountain Boys. The event was a great opportunity to

purchase or renew the Strathcona Community League annual memberships and to make donations to the Bear Clan Patrol that distributes supplies and supports vulnerable people on the streets.

## Strathcona Annual General Meeting

The Annual General Meeting of the Strathcona Community League will be held in person on Monday, November 7, 2022, in the lounge (2nd floor), starting at 7:30 p.m., following the regular Board meeting.

The AGM is open to league

members and community residents. League business will include a review of our 2021-2022 financials, committee reports, and board elections. For those interested in serving on the Board of Directors, please email [info@strathconacommunity.ca](mailto:info@strathconacommunity.ca).

## Strathcona 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](mailto:civics2@strathconacommunity.ca)

### District Plan

We usually think about where we live in terms of our neighbourhood or city. In reality, we live on a scale somewhere in between—that's a district!

Instead of creating individual plans for all 400+ neighbourhoods in Edmonton, the City is introduc-



ing 15 unique districts—collections of neighbourhoods where residents can meet many of their needs for play, shopping, and socializing locally.

Old Strathcona is now part of the Scona District and the City of Edmonton wants your feedback on the draft policy and draft district plans. Visit <https://engaged.edmonton.ca/districtplanning> to participate in a survey. The survey will take 20-25 minutes to complete and closes on October 15 at 11:59 p.m.

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# Strathcona Centre News

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

website: [www.strathconacommunity.ca](http://www.strathconacommunity.ca)

## STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

President	Nathan Carroll <a href="mailto:president@strathconacommunity.ca">president@strathconacommunity.ca</a>
Past President	Delianne Meenhorst <a href="mailto:pastpresident@strathconacommunity.ca">pastpresident@strathconacommunity.ca</a>
Vice-President	Sally Hammell <a href="mailto:vicepresident@strathconacommunity.ca">vicepresident@strathconacommunity.ca</a>
Treasurer	John de Haan <a href="mailto:treasurer@strathconacommunity.ca">treasurer@strathconacommunity.ca</a>
Secretary	Katie Krause <a href="mailto:secretary@strathconacommunity.ca">secretary@strathconacommunity.ca</a>
Membership	Bernie Roessler <a href="mailto:membership@strathconacommunity.ca">membership@strathconacommunity.ca</a>
Communication Chair	VACANT <a href="mailto:communication@strathconacommunity.ca">communication@strathconacommunity.ca</a>
Programs Chair	Donna Fong <a href="mailto:programs@strathconacommunity.ca">programs@strathconacommunity.ca</a>
Social Chair	Farhana Nurani <a href="mailto:social@strathconacommunity.ca">social@strathconacommunity.ca</a>
Soccer Co-Chairs	Jenn Costigan Cheryl West-Hicks <a href="mailto:soccer@strathconacommunity.ca">soccer@strathconacommunity.ca</a>
Civics Chair	Derek Kaplan <a href="mailto:civics2@strathconacommunity.ca">civics2@strathconacommunity.ca</a>
Building and Grounds	Landon Schedler <a href="mailto:grounds@strathconacommunity.ca">grounds@strathconacommunity.ca</a>
Green Initiatives Co-chairs	Darcy Stevens Jason Unger <a href="mailto:green@strathconacommunity.ca">green@strathconacommunity.ca</a>
Community Garden Chair	Daniel Auger <a href="mailto:garden_co@strathconacommunity.ca">garden_co@strathconacommunity.ca</a>
Hall Use Committee	Jeanie McDonnell <a href="mailto:hall@strathconacommunity.ca">hall@strathconacommunity.ca</a>
Community Diversity and Inclusion	Cheryl West-Hicks <a href="mailto:diversity@strathconacommunity.ca">diversity@strathconacommunity.ca</a>
Community Wellness and Safety	Gord Lacey <a href="mailto:safety@strathconacommunity.ca">safety@strathconacommunity.ca</a>
Board Development	Maureen Duguay <a href="mailto:boarddev@strathconacommunity.ca">boarddev@strathconacommunity.ca</a>
Community Hall	Scott Wright <a href="mailto:rentals@strathconacommunity.ca">rentals@strathconacommunity.ca</a> 780-439-1501
Information	<a href="mailto:info@strathconacommunity.ca">info@strathconacommunity.ca</a>

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

Community League website: [www.strathconacommunity.ca](http://www.strathconacommunity.ca)

EFCL website: [www.efcl.org](http://www.efcl.org)

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

Board meetings are held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information, e-mail [president@strathconacommunity.ca](mailto: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 December 2022-January 2023 issue of Community League News South is November 21, 2022. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at [donna.fong@shaw.ca](mailto:donna.fong@shaw.ca)

## 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.

## Needs Assessment Survey Results

The Strathcona Centre Community League (SCCL) is pleased to release the report of the Needs Assessment Survey conducted in October 2020. <https://strathconacommunity.ca/needs-assessment-survey-results/> The purpose of the online survey was to determine the needs and wants of the Strathcona community for the league facilities, programs, and amenities to help inform SCCL decision-making. A total of 124 respondents residing within the Strathcona boundaries completed the survey.

In recent years, the SCCL Board of Directors received inquiries and suggestions from community residents about the use of outdoor spaces, hall facilities, programs, and activities. In the spring of 2020, the board established an ad hoc committee of four members to develop a questionnaire for an online survey. The committee received support from a summer student to refine the survey, analyze, and format the results. The report and qualitative (open-ended) responses were considered by board members during the brainstorming session of April 12, 2021 to discuss programs, memberships, sports and recreation, social events/initiatives, league amenities, and civic/com-

munity engagement. Some of the suggestions were immediately implemented based on the interests expressed, i.e., the startup of Essentrics classes.

The Board recognizes that the results are a snapshot in time of those who opted to participate in a self-selection survey and the demographic characteristics are not representative of the larger population. As the Strathcona community continues to grow, the board will continue to seek inputs to help to prioritize competing visions for the future of the League.

With the lifting of government COVID-19 restrictions in 2022 and a safe reopening of the building facilities, there will be opportunities for volunteers to be involved in community-led projects. A Hall and Grounds Renewal Committee has been established to discuss priorities for short-term goals and the capital improvement budget for infrastructure projects. Community input is and will continue to be sought at varying stages of the decision making process.

For more information on the Needs Assessment Survey, please contact [info@strathconacommunity.ca](mailto:info@strathconacommunity.ca).





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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://strathconacommunity.ca/programs/>

A minimum of six full registrations are required to run adult programs and 10 registrations for the Community Paint event (all ages). Refunds will be issued if a specific program is cancelled.

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  
Until November 21  
9:00 - 10:00 a.m.  
OR  
7:30 - 8:30 p.m.

Single (or multiples): \$15.00 per class  
Requirements: Community league membership (any league). Bring your yoga mat, a water bottle, grip socks, 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  
Until October 31  
10:45 – 11:45 a.m.  
Single class (or multiples): \$15.00 per class  
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 [essentricsworkoutswithlynn@gmail.com](mailto:essentricsworkoutswithlynn@gmail.com)  
Gentle Yoga and Hatha Flow with Corinne McNally  
Gentle Yoga  
Fall Session 1  
Mondays  
Until October 31  
Single (or multiples): \$15.00 per class  
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  
Until October 27  
9:30-10:45 a.m.  
Single (or multiples): \$15.00 per class  
Requirements: Community league membership (any league). Bring your own yoga mat and props.  
Register and pay online.  
The program will be offered in November-December 2022, subject to meeting the requirement of six full registrations. For more info, contact instructor Corinne McNally at [corinne@lotusmoonyoga.ca](mailto:corinne@lotusmoonyoga.ca)  
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>

Gentle Hatha Yoga with Laura Harvey  
Fall Session 1  
Tuesdays  
Until October 25  
9:30 - 10:45 a.m.  
Single class (or multiples): \$15.00 per class  
Fall Session 2  
Gentle Hatha Yoga  
Tuesdays  
November 1-December 13  
7 classes  
9:30 - 10:45 a.m.  
Registration fee per session: \$90.00  
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](mailto:coachlharvey@gmail.com)

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://strathconacommunity.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@strathconacommunity.ca](mailto:membership@strathconacommunity.ca), or leave a voice message at the hall at 780-439-1501.  
More about a membership  
A membership year starts September 1st

and ends August 31, and is for those living within our boundaries. The cost is:  
Family \$20 – A family is any group residing 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, Mini Folk Fest, 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.

Call for Casino Volunteers

The Strathcona Centre Community League needs volunteers for our casino fundraising event on Monday, November 21 & Tuesday, November 22, 2022. Thanks for the great response so far. We need a few more volunteers to fill the evening/late night chip runner and count room positions. For more information, please contact [casino@strathconacommunity.ca](mailto:casino@strathconacommunity.ca).

Casino events provide a major source of funding, helping the Strathcona Centre Community League run programs and services in the community.  
Casino funds help us perform many services: maintain the community hall and the skating rink inform residents about things happening

in Strathcona in the Community League News organize programs and events such as the Mini Folk Fest, learn to skate, pub nights... and so much more!  
If you have been thinking about a high-impact way to give back to your community, this is it! No experience is necessary to become a Casino Volunteer!



## 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

Until 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.

## 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 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 accessi-

bility, 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

## Community Paint Day

The Strathcona Community League is hosting a fun Community Paint Day in our lounge.

Saturday, November 12, 2022

1:00 - 3:00 p.m.

10139 87 Avenue

Lounge, 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 (adults), \$35.00 (Under age 18)

Register and pay online.

## 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, October 21 Wine tasting with hosts Carla Costuros and Don Spence

Friday, November 18

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>

## Strathcona Playgroup

Strathcona Community League is pleased to restart our volunteer-run playgroup following a meeting of six parents, Programs Director, and Hall Manager on September 21st. The

playgroup will run on Wednesdays and Fridays, 9:00 – 11:00

a.m., October 5, 2022-June 30, 2023, in the main hall (2nd floor). It is open to parents/caregivers, babies and children for unstructured play and socializing. Toys, ride-on vehicles, books, and tables are available to use at the hall. The entrance is up the ramp on the north side of the building. If you have any questions, contact [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca)

## Play Rangers

The City of Edmonton is offering Play Rangers, a free drop-in program on Saturday afternoons that focuses on children and family participation, at various parks. For the fall schedule, visit <http://edmonton.ca/playrangers>

Leaders are facilitators providing outdoor fun activities and ensuring safety for everyone. Parents and caregivers are responsible for their children at all times and must be available in the event of an emergency. Programming will still be available on rainy and snowy days but may be cancelled during severe weather.

## Community Safety Data Portal

The Edmonton Police Service (EPS) has an 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://communitysafetydata-portal.edmontonpolice.ca>

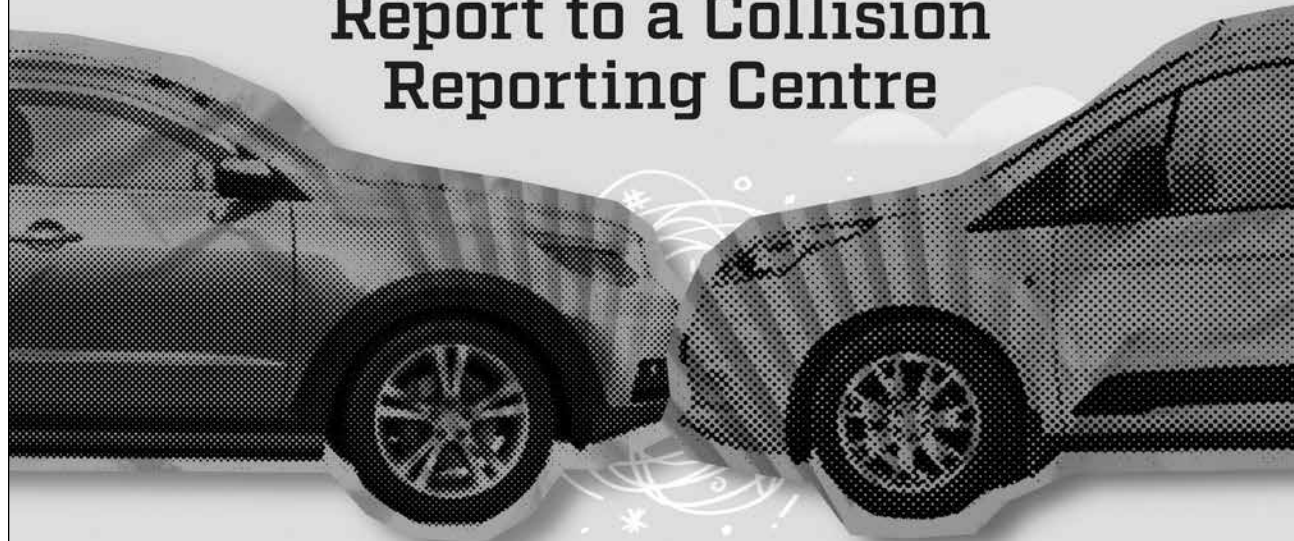
## Leisure Access Program

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](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.

# Involved in a Collision?

## Report to a Collision Reporting Centre



[edmontonpolice.ca/ReportACollision](https://edmontonpolice.ca/ReportACollision)





# Argyll News

## Yoga Continues at the Hall

Argyll Yoga continues again this fall with classes on Wednesdays between 5:30 and 6:45 PM.

Cost is \$120.00 to register for a 13-week term.

Drop-ins are welcome, if space allows. \$15.00

Hatha yoga poses and flow sequences to improve your postural alignment, mobilize your joints, stretch all the major muscle groups and build strength. We will endeavor to start easy and build gradually.

To register or with questions, call/text Renee at 780-903-1911

## EJCA Casino



The Edmonton Japanese Community Association will be having their Casino on October 18 & 19 and if you wish to help them out by volunteering there is a sign up sheet online to visit and put your name down.

Argyll residents often help with the EJCA Casino as it also helps the Argyll Community League. Some members of EJCA also help ACL when they have a casino. We are partners with the EJCA and we hope they can count on your support in these difficult times for non-profit organizations.

You can sign up here: <https://signup.com/go/gOwqFXF>

## 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](mailto: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.

## 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](http://www.argyllcl.ab.ca)

If you wish to be added to our EVENTS e-mail distribution list get your name into [argyllsocial@gmail.com](mailto:argyllsocial@gmail.com).

## 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](mailto:argyllsocial@gmail.com)

## 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!

## 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 to form the Community League Wellness Program. Current Community League members receive admission incentives to sports and recreation facilities.

Present your valid 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.

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>

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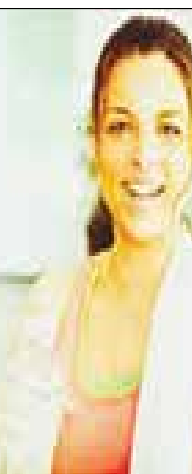
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## Leisure Access Program

# Leisure Access Program

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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](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.

## What is monkeypox?

Monkeypox is a rare disease caused by the monkeypox virus. It can infect humans. It's usually mild and most people recover on their own after a few weeks. However, some people can get very sick and even die. Early symptoms may include:

- fever
- chills
- swollen lymph nodes
- headache
- muscle pain
- joint pain
- back pain
- exhaustion (feeling very tired)

Most people with monkeypox infection

will get a rash or sores on their hands, feet, mouth, and genitals. The rash can last 14 to 28 days. You can spread monkeypox to others from the time your symptoms start until the rash goes away and your skin heals.

### How does it spread?

Monkeypox spreads through close contact with someone who has monkeypox. It may also spread if you have contact with bedding, sheets, or clothing that touches the rash and has virus on it. The virus enters the body through broken skin or your eyes, nose, or mouth.

### How can I prevent monkeypox from spreading?

- Wash your hands with warm water and

soap or use an alcohol-based hand sanitizer often.

- Don't touch your face, nose, or mouth with unwashed hands.
- Cover your cough or sneeze into your arm or a tissue, not your hand.
- Stay home when you're sick or have skin sores.
- Practice safer sex (use condoms or other barriers against skin-to-skin contact).
- Avoid close contact with people who have monkeypox and their clothing, towels, or bedding.

### Who should get Imvamune?

You may be able to get this vaccine if you

are 18 years old, or older, and have a higher risk of being exposed to monkeypox. You may have a higher risk if you belong to the gay, bisexual, or men who have sex with men (gbMSM) community and:

- You have more than one sexual partner.
- You attend or work at places where people may have sexual or skin-to-skin contact with more than one partner (such as bath houses, sex clubs, or sex parties).
- You have had a sexually transmitted infection in the last six months.

For more information about the monkeypox vaccine, go to [ahs.ca/monkeypox](https://ahs.ca/monkeypox) or go to [immunizeAlberta.ca](https://immunizeAlberta.ca) or call Health Link at 811.



# Ritchie News

## BOARD

- MONTHLY MEETINGS  
Board meetings are 7 p.m. on the first Thursday of every month.
- Newsletter:  
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



## MEMBERSHIPS (September to August)

- |  |   |
|--|---|
| Family: \$25                           | In-person at:   |
| Individual: \$15                       | RCL events  |
| Associate: \$15 (non Ritchie resident) | Ritchie Foods (9606 76 Ave.)                              |
| Seniors: by donation                   | The Public Market in Ritchie (Tuesdays June to September) |
| Online at:                             | Via e-mail:   |
| Efcl.org                               | volunteers@ritchie-league.com                             |
| ritchie-league.com/rcl-support         |   |

## 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.

# The Rummage Sale

Bake Sale

Book Sale  
During the Event

**SATURDAY Oct 22**  
**10AM-3 PM**

**SUNDAY Oct 23**  
**11AM-3 PM**

Donations accepted at the South Door starting Oct 3  
Please ensure that all your items are clean  
Donations will be accepted until Noon Oct 21  
Bake Sale Items accepted October 21.

**DO NOT BRING:** upholstered furniture, baby furniture & supplies, encyclopedia, mattresses, pillows, computer software, hardware and out of date technology, VHS tapes, cassettes, magazines, large furniture and TV's, soft toys, clothing, shoes, suitcases, plastic food containers.

**Save Christmas items for our Dec 3rd Re-Use Sale. Donations accepted Nov 21**



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## Carrying backpacks safely

Backpacks are handy for carrying books, school supplies — and lots of other things. But if they're not used right, they can strain muscles and even cause back pain. Backpack safety is important for everyone, but it's especially important for children, who can be hurt by regularly carrying too much weight or by not wearing their backpacks properly.

Experts say a child shouldn't carry more than 15- to 20-per-cent of their weight on their back. Don't guess — use your wash-room scale to weigh the loaded pack. It is also important to make sure your child can stand up straight while wearing a backpack. If they must lean forward to wear it comfortably, the pack is too heavy. To assist in proper weight distribution throughout the backpack, pack the heaviest items closest to the back.

Pack wearers should use both shoulder straps. It may seem easier or more comfortable to sling the pack over just one shoulder. However it can lead to back or shoulder pain. Use the waist belt as much as possible and ensure the straps are tightened so the pack fits snugly.

To further reduce the risk of injury, teach your child to pick up a heavy backpack correctly. Never bend down from the waist to pick up or set down a heavy pack. Always squat down, bending at the knee and keeping the back straight. If needed, children can put one knee on the floor and the other knee in front of them while they lift the pack and swing it around to their back.

You can also talk to your child about using his or her locker, if one is available, to keep from carrying everything around all day.

When looking for a backpack ahead of the school year, keep these things in mind to encourage a pain-free experience for your children:

- Lightweight. Leather backpacks may look nice, but other materials, like canvas or nylon, weigh less.
- Wide, padded shoulder straps. A loaded pack will dig into shoulders if the straps are



too skinny.

- Waist belt. This is an important feature. It takes some weight off of the back and transfers it to the hips.

- Handy compartments. The more, the better. They help distribute the weight evenly. They also make packs easier to organize.

- Padded back. This keeps sharp edges from digging into the back.

- Wheels. These are nice if you or your child needs to carry a lot. But check with your child's school to make sure they're allowed. Remember that these packs will still have to be carried up stairs. And they can get messy when pulled through mud or snow.

Lastly, it is important to encourage your children to inform you if they experience any pain or soreness. If your child is having back pain or neck soreness, talk to your doctor.

## Reach out if you need help

World Mental Health Day takes place Oct. 10, 2022.

It is estimated that one in five Canadians will experience a mental illness throughout their lifetime. World Mental Health Day gives Albertans an opportunity to talk about mental health issues and the importance of early recognition, proper diagnosis and access to effective medical treatments and support.

If you or someone you know is struggling, you are not alone. Help is available, 24 hours a day, seven days a week, by calling Health Link toll-free at 811 or the Mental Health Helpline at 1-877-303-2642.

If you are in crisis, please do not wait. Connect with your healthcare provider today or call 911 if it is an emergency. Your doctor or care provider can give you immediate support, and can also connect you with a range of programs and other supports.

AHS also provides a range of programming and treatment options for children and youth, including counselling services for youth through community mental health clinics, as well as specialized and hospital-based ser-

vices that help to treat mental health issues.

And embrace the power of connection. If you are struggling, reaching out to someone you trust. Talk to a family member or friend, who may be able to help you work through day-to-day concerns.

Go to [ahs.ca/helpintoughtimes](https://ahs.ca/helpintoughtimes) to learn more and to find reliable information on steps you can take to take care of yourself or others, including:

- Text4Hope is a free text messaging service that offers supportive texts based on cognitive behaviour therapy to help people identify and adjust negative thoughts and behaviours associated with the pandemic.

- Transform Your Stress is a virtual course on stress management/emotional resilience to help Albertans identify and transform their stress.

- Wellness Exchange is a series of skill-building workshops designed to increase our ability to cope with change, build resilience, and improve our overall well-being.

Topics include problem-solving, positive activities, managing reactions, helpful thinking and healthy connections.

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Teach children about fire safety

Fire Prevention Week takes place Oct. 9 to 15 in Canada. Preventing household fires is one way to prevent injury or death from burns. Here are a few tips on how to keep your family safe around fires and open flames.

- Teach children that only grown-ups use fire. Keep lighters and matches out of reach of children.
- Use at least one smoke alarm on every level of your home. Be sure to put an alarm outside sleeping areas and inside bedrooms. Test all smoke alarms monthly and change the batteries at least once a year if they are not lithium batteries. It may help to schedule a regular date, such as the first day of each month, to check alarms and to change batteries on the first day of fall or the first day of spring every year. Replace smoke alarms every 10 years.
- If you live in an apartment building or group living facility such as a dorm, make sure you know the number of doors between your room and the nearest emergency exit.
- Keep the multipurpose type of fire extinguishers in your kitchen, garage, and other areas where hazardous materials may be stored or used. These extinguishers are labelled with "ABC"—"A" is for wood, paper, and trash fires; "B" is for grease fires and flammable liquids; "C" is for electrical fires.
- Check and clean appliances regularly. Replace cords when needed.
- Ensure that space heaters, wood stoves, and furnaces are regularly inspected and properly installed. Do not use space heaters while you are asleep or when you are not in the room. Keep all heating elements at least three feet away from items that can easily catch fire, such as curtains or rugs. Only use electric space heaters that turn off automatically if they tip over. Do not use an oven to heat a room.
- Have your fireplace and chimney inspected yearly and cleaned as needed.
- Be careful with lit candles. Always monitor their use and keep them out of children's rooms. Use flashlights rather than candles if there is a power outage.
- If you smoke in the bedroom, be sure you have a smoke alarm there. It's safest if you do not smoke or allow smoking in your home. If you need help quitting, talk to your doctor about stop-smoking programs and medicines.

Fire survival skills

Teach your children about how to survive in a fire. Some very young children will not understand these concepts. But start discussing the issues early and repeat frequently.

- Everyone needs to leave the home as fast as they can when a smoke alarm sounds.
- Plan and periodically practice escape routes. Make sure there are at least two escape routes from each area of your home, including upper stories and the basement.
- Firefighters in full gear frighten some children. Explain to your child why firefighters need equipment and show them pictures. Tell children not to hide from firefighters.
- Show your child how to stop, drop, and roll if any part of his or her body or clothing catches on fire.



Emergency  
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Halloween  
Safety



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31<sup>st</sup> approaches. Take some time to review these simple tips and reminders to help ensure that your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Avoid houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

www.albertahealthservices.ca

Screen Time: Finding a Balance

Many families enjoy watching a favourite television show or movie together, but it is easy for children to spend too much time alone with a TV, computer, or video game. How do you know when it's time to cut back screen time?

The Canadian Pediatric Society recommends: No screen time for children under two years old, less than one hour of screen time daily for children between the ages of two and four, and less than two hours of screen time per day for older children.

Too much screen time can limit time for physical activity, reading, schoolwork, and talking with family and friends. But you can help your children develop healthy habits by monitoring screen time and teaching them to use media safely and wisely.

Keeping track of screen time

• Have a central spot in your home to keep all your devices. This will help keep track of screen time.

• Make a family TV show schedule together and post it where everyone can see it (e.g. on the fridge).

• Make sure that you all agree on the plan. For example, agree on no screens during meals so everyone knows what's OK to watch and when it's OK to watch it.

Lead by example

• When someone is talking to you, stop looking at the screen and look at the person. Encourage your children to do the same.

• When you play or read with your child, turn off the TV and other screens. Even a show playing in the background matters. It distracts you and your child from learning the most from the activities you share.

• Show your children how to lead a balanced life between screen time and other activities.

• Make screen time active—play during commercials and choose shows that get your family up and moving.

Focus on family time

• Make a list of other activities so your family doesn't rely on screens for entertainment. Include outdoor activities, playing, and reading in your family's daily routine.

• At mealtimes, put your media devices aside. Use the time to talk to each other.

• Make at least one night each week a family night. That means no screens. Play card or board games, read together, or go to an event.

• Go for a walk or bike ride as a family.

• Go to the library for a story time or to check out a book.





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