

COMMUNITY LEAGUE NEWS SOUTH

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



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Hazeldean: Time to Rack Up Those Kilometres for Bike Month

June is Bike Month in our fine city, and that means it's time to pedal our way to victory! Let's rally together and log as many kilometres as we can, beating last year's third-place finish. Share your kilometres with us at hazeldeanunited@hazeldean.org and help us close the gap with our northern rivals in Ritchie.

Cycling isn't just about winning—it's also a fantastic way to boost our mental health, well-being, and explore our beautiful community. So, dust off your bikes, hit the road, and let's make Hazeldean proud! For more info on cycling in Edmonton, check out www.edmonton.ca/transportation/cycling.

Hey Ritchie, you know what June is!?

The Community League Bike Month Challenge!! Get your bikes tuned up and tell your neighbors to join our STRAVA group so we are ready to roll!! We've got an undefeated title to defend!! Ritchie community mem-

bers can join the fun by either logging kilometers as part of the Ritchie United STRAVA group or emailing their totals for the week to ritchie-united@ritchie-league.com after your last ride for the week on Sunday.

HEY RITCHIE!

ARE YOU READY FOR A CHALLENGE?

Strathcona & all Things Cycling - June is Bike Month



The Strathcona Community League is thrilled to kick off a month-long celebration in June dedicated to all things cycling. Whether you're aiming to conquer new distances or seeking the camaraderie of group rides, June Bike Month offers a wealth of activities designed to fuel your passion for cycling, foster connections among neighbors, and champion a healthier, more sustainable lifestyle. So, grab your helmets, pump up the tires, and embark on an unforgettable journey together!

Community League Bike Challenge: Join our Strava Club (Strathcona Community League Bike Challenge) and contribute your kilometers to our weekly community total. Don't use Strava? No worries! You can manually upload your kilometers (daily or weekly by Sunday evening) to participate.

<https://strathconacommunity.ca/june-is-bike-month-2/>

Weekly Random Draw Prizes: Every week, we'll draw a lucky winner from all participants who've logged kilometers. Who knows? You might just score some sweet prizes for hitting the road!

Weekly Group Rides: Explore the beauty of our community on two wheels with our weekly mountain biking adventures through the scenic single-track trails. Interested in leading a gravel or road ride? Let us know, and we'll help spread the word!

Tune-up Evening: Is your bike in need of a little TLC? Stay tuned for an upcoming night dedicated to bike maintenance. Whether it's a simple tightening, chain lube, or brake adjustment, we've got you covered.

Get ready to pedal your way to fun and fitness this Bike Month with the Strathcona Community League!

Need to get in touch? Email membership@strathconacommunity.ca

Get on the bike lane to glory!

Final words from the Edmonton Federation of Community Leagues (EFCL): Get on the bike lane to glory! The premise of the EFCL's Community League Bike Month Challenge is simple: whichever League's members ride the farthest wins. In 2023, more than 24 Leagues saw their members pedal their rides more than 135,000 kilometres. Edmonton Leagues have adopted the

challenge as a fun way to compete with other Leagues and promote active transportation and recreation in their neighbourhoods.

This year, the EFCL will offer gift cards to the winning leagues, thanks to the United Sport & Cycle. The winning League will take home \$500 worth of gift cards to United, while second and third place will snag \$300 and \$200, respectively.

EXECUTIVE & COMMITTEE CHAIRS

President	Nathan Carroll	president@strathconacommunity.ca
Vice-President	Sally Hammell	vicepresident@strathconacommunity.ca
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Hall Use Committee	Jeanie McDonnell	hall@strathconacommunity.ca
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Community Wellness and	Gord Lacey	
Safety	safety@strathconacommunity.ca	
Community Hall	Scott Wright	rentals@strathconacommunity.ca
Information	info@strathconacommunity.ca	780-439-1501

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 are usually 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 August-September 2024 issue of Community League News South is July 29, 2024. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca.

Two-Spirit Drag Bingo and Potluck

Celebrate this year's Indigenous Peoples Day with the Strathcona Community League and Real Deadly Productions. Everyone welcome. Come after 2:00 p.m. to the hall, 10139 87 Avenue.

Sunday, June 23, 2024

Two-Spirit Drag Bingo and Potluck
3:00-6:30 p.m.

Bingo hosted by Tugs and JojoMojo,
3:00-5:00 p.m.

Prizes – Art from local Indigenous artists

Local Indigenous vendors

Potluck 5:00-6:30 p.m.

The Diversity and Inclusion (D&I) Committee wish to thank drag performers, JojoMojo and Natrasha, for leading Pride Yoga on June 2nd in our hall rink. For more information about D&I events, email diversity@strathconacommunity.ca.

Big Bin Event

The Green Initiatives Committee is pleased to announce the annual Big Bin event at the Strathcona Community League parking lot, 10139 87 Avenue.

Date: June 16, 2024 (yes, Father's Day!)

Time: 9:00 a.m. to 3:00 p.m.

The Big Bin event allow league members to dispose of household items too large for regular collection at no charge. Items we cannot accept but can be taken to the Eco Station are:

- Commercial Waste
- Gas Powered Equipment
- Hazardous Materials

A Strathcona Centre Community League (SCCL) membership is required to participate. Bring your membership cards or verify with our membership list on site. If you don't have one or want to renew, we can do that onsite or you can do it online at <https://strathconacommunity.ca/membership/>

Old Strathcona Public Realm Strategy: Call for Feedback

By Civics and Planning Committee

Public consultation on the Old Strathcona Public Realm Strategy is officially closed, but feedback to the draft strategy is still being received by the public realm team. This can be sent to:

marco.melfi@edmonton.ca. The draft strategy will be going to council in August.

You can speak at the council meeting, or you can send any feedback you have to Councillor Michael Janz (michael.janz@edmonton.ca) or to Mayor Amarjeet Sohi and council as a whole

(<https://cowebapps.edmonton.ca/contactcouncil/default.aspx>). This is a major change to the community so be sure to have your voice heard.

The Old Strathcona Public Realm Strategy aims to guide development in the Old Strathcona area over the next decades, through short, medium, and long-term recommendations. Its goal is to strengthen the area as a place to live, work and play by creating and improving parks and plazas, repurposing parking

lots, introducing redevelopment opportunities, prioritizing pedestrians and widening sidewalks, and better utilizing alleyways. It has been drafted based on an area analysis and two phases of public engagement feedback, and in alignment with The City Plan.

The Strategy focuses on seven key action areas, which are to:

1. Create a District Park between Gateway Boulevard and 102 Street, and 83rd and 85th Avenues.

2. Create a Gateway Greenway to better connect Saskatchewan Drive and Whyte Avenue for

pedestrians and cyclists.

3. Create an Urban Plaza between Whyte Avenue and 83 Avenue, and Gateway Boulevard and 102

Street, to serve as a place to rest, meet, and gather, and to serve as a mobility hub.

4. Improve End of Steel Park and Support Mixed Market Development of the Parking Lot located

there, including affordable housing.

5. Support Development next to Connaught Armoury.

6. Pedestrianize 83 Avenue (for example, to provide more opportunities for festivals and the

Farmers' Market, additional seating for restaurants, a space for gatherings before and after

events).

7. Prioritize Pedestrians on Whyte Avenue (for example, by widening the width of sidewalks).

For each of these action areas, the Strategy details the proposed improvements, key considerations, as

well as trade offs and opportunities. You can learn more about the Public Realm Strategy through the following documents:

- An overview of the draft Public Realm Strategy,

Old Strathcona Public Realm Strategy | City of Edmonton

- The full draft proposal edmonton.ca/sites/default/files/public-files/Old-Strathcona-Public-Realm-Strategy.pdf?cb=1716860271

- A blog post by City Councillor Michael Janz (Ward papastew),

<https://www.michaeljanz.ca/oldstrathconapublicrealmstrategyfeedback>

Strathcona Community Banned Book Club

Hosted by SCCL members Jesse Enns Power & Cheryl West-Hicks

To celebrate Pride month, the league's Banned Book Club will be reading The Perks of Being a Wallflower by Stephen Chbosky. The book is available in the TEEN section at the Edmonton Public Library. The Perks of Being a Wallflower is written as a series of letters from its main character, Charlie, to an unnamed friend. In these letters, Charlie writes about his struggles with relationships, substance abuse, mental health, and identity. The book was first

published on February 1, 1999, and first banned in 2003. Today, it is still subject to multiple bans in the United States for including topics such as drug use, teenage sex, and abortion.

When: Tuesday, June 11

Time: 7:00-9:00 p.m.

Where: Lounge at the Strathcona Community Hall

10139 87 Avenue

Please RSVP jessenns@gmail.com so that we have an idea of numbers for refreshments.

League Programs

New programs will be announced on the league website, social media, and e-newsletter. Adult programs are held in the main hall on the 2nd floor of Strathcona Community League, 10139 87 Avenue (up the ramp on the north side of the building).

If you are interested in a new program, please review this webpage.

<https://strathconacommunity.ca/programs/suggest-a-program-or-service/>

Please email Donna Fong, Programs Director, at programs@strathconacommunity.ca. A minimum number of participants are required in order to launch a new program.

Fees for single classes are to be paid online (credit card or debit) at the league's website (Programs tab) <https://strathconacommunity.ca/>

-Unlock your Body with Essentrics® with Lynn Bohuch

Mondays until June 24th

10:30 - 11:30 a.m.

Single class (or multiples): \$15.00 per class

Requirement: Valid Community League membership (any league).

Register and pay online.

Instructor: Lynn Bohuch is a fully certified Essentrics® Instructor and also certified with AFLCA. For more information, contact Lynn Bohuch at essentricsworkoutwithlynn@gmail.com

-Yoga Programs with Corinne McNally

Gentle Yoga

Mondays, until June 24th

6:00 - 7:15 p.m.

Single class (or multiples): \$15.00 per class

Register and pay online.

-Hatha Flow Yoga

Thursdays, until June 27th

9:30 - 10:45 a.m.

Single (or multiples): \$15.00 per class

Register and pay online.

The prepaid 9-week programs (Chair Yoga; Yoga for Tweens) will continue until June 26th.

-Summertime Art at the Hall

Berna Ponich will be teaching two weeks of art classes this summer at the Strathcona Community League Hall for kids, ages 6 and up. Each week will be different, so register for one or both sessions. Fees (\$130) include all instruction and supplies.

July 15 - 19

Monday-Friday

10:30 am - 12:00 noon

July 29 - August 2

Monday-Friday

10:30 am - 12:00 noon

For more information, please email Berna at berna@telus.net. To register and pay online, please see the Strathcona Community League website for the link in late June.

<https://strathconacommunity.ca/programs/registered-kids-programs/>

Community Swim Program

The Strathcona Community League is pleased to offer free swim time at the Commonwealth Community Recreation Centre. Just show your current membership card (digital or printed) to the attendant at the facility for free entrance during the community league swim time. Participants in the Community Swim Program should review the Use of Premises and Pool Safety Rules

<https://strathconacommunity.ca/community-swim/community-swim-use-of-premises-and-safety-rules/>

provided by the City of Edmonton as part of its agreement with the Strathcona

Centre Community League.

Sundays, until August 25, 2024

1:00 p.m. - 3:00 p.m.

No Community Swim on June 30th.

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, gymnasium and steam room. Community league members may use the pools as well as the fitness centre and gymnasium during the booked time.

Community Wellness and Safety

The Director of Community Wellness and Safety is an advocate for those aspects that make our neighbourhood welcoming, secure and desirable to residents and visitors. This includes attention given to matters of crime prevention, but also extends to other aspects of neighbourhood wellness such as accessibility, safety around roadways and care for our community's most vulnerable.

The Director attends monthly meetings of the Old Strathcona Area Community Collaborative including our league, the Edmonton Public Library, Edmonton Police Service (EPS), Old Strathcona Business Association, YESS, and others. Director Gord Lacey can be reached at safety@strathconacommunity.ca. Gord is a member of the Hall and Grounds Renewal Committee.

Movie Events

Movie events for participating community leagues are made possible through the Edmonton Federation of Community League's license with Audio CineFilms. Our league hope to stream at least one film

each month, subject to the availability of the hall and event volunteers. For more information, contact Emily, Social Director, at social@strathconacommunity.ca. Watch social media posts for future movie events.

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 or renewing your membership. Please visit the website <https://strathconacommunity.ca/league/membership/>

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

More about a membership

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

Family \$20 - A family is any group residing 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

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

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

NEW! Looking for a way to show your Strathcona community support? We have toques! These olive or gold coloured merino-blend toques are a cozy and unique way to showcase your community's personality to the broader audience.

Toques are \$20 for members, and you can purchase yours online or at community events. Online purchases can be picked up at the league on Thursdays between 10 a.m. and 12 noon.

Outdoor Swimming Pools

The City of Edmonton's outdoor swimming pools are opening on staggered dates.

-Queen Elizabeth Outdoor Pool (May 18)

9170 Walterdale Hill

-Fred Broadstock Outdoor Pool (May 25)

15720 105 Avenue

-Borden Natural Swimming Pool (June TBA)

7615 Borden Park Road

-Walterdale (formerly Oliver) Outdoor Pool (June TBA)

10315 119 Street

The Mill Creek Outdoor Pool, 9555 84 Avenue, will open in the summer of 2024. This pool has been closed since 2022 for rehabilitation.

Reserving in advance will guarantee admission and avoid line-ups. For admission prices, visit https://www.edmonton.ca/activities_parks_recreation/admission-memberships

Visitors to outdoor pools are encouraged to book a time slot at Move Learn Play on the City of Edmonton's website <https://movelearnplay.edmonton.ca> to ensure they can access the pool when they arrive. All admission types are validated upon arrival at the facility.

The Summer Child and Youth Pass will be available for purchase between June 11 - August 31, 2024. It is \$25 per month for children aged 2-12, and \$35 per month for youth 13-17 years.

Playgroup at the Hall

The league's playgroup for parents and caregivers with babies and toddlers is taking a break until September. Thanks to the parent volunteers (Chris, Sarah and Saralyn) for opening and closing the hall each Thursday afternoon throughout the year, and welcoming families.

Pub Nights

Friday, June 14th – Pub Night

8:00 p.m.

10139 87 Avenue in the Lounge (use the stairs by the rink)

League Members and Guests

Kids welcome

There will be no pub nights in July and August.

Pub nights are for Strathcona Community League members and guests. Memberships available on site, or through our website <https://strathconacommunity.ca/>

membership or in person at pub night. Cash, credit and debit are accepted. Subscribe to our mailing list or watch our social media for details as the dates get closer.

Many thanks to quiz masters, Scott Wright and Gordon Kent, for hosting a fun Pub Trivia Night (8 rounds) on April 19th. Eighteen teams participated in 8 rounds (maximum 10 points per round). Congrats to the winning teams ALCB (58), The Text Pistols (56), and Tough Bretts (53)!

Board Games Meet Up

Join community members at the Hall to play board games! Keep an eye on our digital newsletter or social media for the dates in June. No experience necessary, bring a game to play. Open to members of any community league and their guests.

You can buy your Strathcona Community League membership here <https://strathconacommunity.ca/league/membership/>. If this presents a barrier for you, please contact us at info@strathconacommunity.ca for options.



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Summer Green Shack Program

The City of Edmonton is pleased to offer the free drop-in Green Shack Program at the Strathcona Community League.

July 2- August 22, 2024

Monday-Friday

2:30 – 5:30 p.m.

Strathcona Community League

Next to the spray park

10139 87 Avenue

Each day of the week you will get active and experience a variety of crafts, games,

sports, and free play! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. For more information, call 311 or visit: edmonton.ca/Greenshacks

The Strathcona Nursery School will host a kick-off party to celebrate the opening of the summer Green Shack program in the park for families with young children on Tuesday, July 2nd, 2:30-5:30 pm. Frozen treats and fun activities.

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

<https://strathconacommunity.ca/hall-rentals/>

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

-Additional charges apply for set-up or

clean-up day, and kitchen use by caterer.

-Discounts may be available for multiple bookings.

-All renters must purchase third party liability insurance.

-Kids' birthday party rate for members of at least 6 months, Sundays 1pm to 5pm: \$50

-Members of at least 6 months and non-profit groups receive a 25% discount on rates

A/V equipment available to rent.

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 have implemented 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.

Civics and Planning Report

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

For the latest news on Civics and reference documents, visit the website <https://strathconacommunity.ca/ongoing-projects/>

strathconacommunity.ca/ongoing-projects/

-Old Strathcona Public Realms Strategy

-District Plans – 15 Minute Cities

-Mill Creek Trunk Rehabilitation

-Scona Bridge Rehab

Updates and resources about District Planning and Plans are available at:

https://www.edmonton.ca/city_government/urban_planning_and_design/district-planning

Thank You to Volunteers

The Strathcona Community League extends a huge thank you to community volunteers at spring activities and events. Mill Creek Ravine Cleanup (May 18), Kids Clothing and Toy Swap (April 20), Pub Trivia Night (April 19), Bike Day (April 13), Fun Ball (May-June), and league commit-

tee volunteers.

Thanks to the volunteers at the Summer Wheels Party (June 1) hosted by the Strathcona Nursery School and Strathcona Community League.

The event featured cool cars, games and activities.

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Ergonomics and You

Ergonomics is the study of the kind of work you do, the environment you work in, and the tools you use to do your job. It can prevent musculoskeletal injuries such as back strain or carpal tunnel syndrome by reducing physical and mental stress caused by the workstation setup. This is why it's important to evaluate your work process, including job organization, worker rotation, task variety, and demands for speed and quality.

Office Ergonomics

The goal of office ergonomics is to set up your office workspace so that it fits you and the job you are doing. By focusing on the physical setup of your workstation and the tools you use, you can reduce your chances of injuries.

It focuses on how things are set up in your office workspace such as:

- Your workstation setup, how you sit, and how long you stay in one position
- How you do a certain task, the kinds of movements you make, and whether you make the same movements over and over
- Your work area, including light, noise, and temperature

- The tools you use to do your job and whether they are set up to fit your needs

Office ergonomics can help you be more comfortable at work. It can help lower stress and injury caused by awkward positions and repetitive tasks.

It's common for injury and illness to happen at work. Both can cost you and your employer time and money. They can also affect how well you do your job. Injuries can cause stress and strain on your muscles, nerves, tendons, joints, blood vessels, and spine.

You could also be at risk for problems such as tendinopathy and bursitis. These are caused by overuse and repetitive movements. Over time, these kinds of movements can make you feel bad. They can cause long-term health problems. And they use up your sick time.

By applying ergonomic solutions, you may be able to reduce physical problems and improve your comfort and ability to work effectively.

A properly set up workstation could have the following positive effects:

- Reduce problems such as headaches or

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eye strain

- Reduce neck and back pain
- Prevent bursitis or tendon problems that are linked to doing the same task over and over (repetitive tasks)

Ways to use your workstation properly

When setting up an ergonomic workstation, choose workstation tools that fit your personal, physical, and comfort needs. Consider utilizing a work surface or desk that is large enough to accommodate papers,

reference manuals, and other workstation tools. Ensure the desk or work surface is at a height that allows enough space for your knees and thighs to fit comfortably underneath. Arrange your work to reduce stress on your body. If you are using a laptop as a secondary workstation, try using a docking station with an adjustable keyboard and mouse to help keep your wrists in a neutral position to reduce stress and strain.

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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, 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>

Community League Casino needs volunteers

The Argyll Community is small but mighty with 340 residences and a variable population of around 800 residents. Our hall is home to the Argyll Community League and the Edmonton Japanese Community Association.

With limited opportunities for fundraising, bi-annual casino fundraisers are crucial to the maintenance of our hall. It takes approximately \$40,000 per year to ensure the lights stay on and the building is in proper working order for our events and guests. And it has become even more important to raise funds; costs in just the last

year increased by 52.45 percent.

Our next casino fundraiser is **August 8 and 9** at Pure Casino Edmonton (7055 Argyll Rd NW), and we are looking for volunteers to fill shifts. If you have not volunteered at a casino before, it is easy work – you will be trained and always assisted by licensed casino advisors. You will get breaks, while food and beverages will be provided at no cost to you.

If you can help, contact Anita Kelm, our Casino Coordinator, at casino@argyllcl.ab.ca.

Thank you in advance for your assistance.

Parking Issues

If you are experiencing any parking issues related to non-resident visitors to our neighbourhood it is recommended, you call 311 (or use the handy “Edmonton 311” app on your phone) to notify them of a problem. The problem might be related to parking in a prohibited zone, blocking access to your property, or parking on public parkland. A picture can also be posted through the 311 app, showing the problem.

It is not recommended to call the Edmonton Police Service for parking issues. It's not their jurisdiction. However,

if there appears to be an unsafe parking situation, physical violence or threat of violence, or damage to public or private property, then calling the Police complaint line (780.423.4567 -or- #377 on a mobile phone) is the best action to take (unless it is a critical emergency involving bodily harm; then use 911).

Our situation is not unique and will continue to be a concern for residents well into the future. A little history around Argyll's parking situation appears on the “Issues” page of our web site.

License Area expansion

Our discussions with the City of Edmonton have successfully allowed us to expand our License area for our building. The area to the North of the Hall, often referred to as the courtyard, has been added to our current license area which allows us to schedule events outside and let Renters to the facility use the space. This helps both the EJCA and ACL by allowing us to control ac-

cess to the area and for us to begin thinking about future expansion of the facility. There will be no physical changes to the space in the short term and there will still be some restrictions on use of the space by large groups exceeding 200 people. Permits for use by large groups is still a requirement with the attendant fee(s) as they will influence other activities in the District Park.

Memberships

A new (2024) membership card should have been in your mailbox in May. We deliver one to every household in Argyll, so you need to keep an eye out for it among all your usual mail. We provide Family Memberships at no charge, so you don't need

to sign up for anything or pay any fees. For sports sign ups you can use these cards and if you lose one some time through the year, you can get a replacement by e-mailing: president@argyllcl.ab.ca. Try and put it somewhere you won't lose it.

Seeking a new President

At our next AGM in September our current president will not be standing for election. If you know of anyone in the community who might be an excellent leader for our league,

please bring their name forward at the AGM to be nominated. Our AGM is on Wednesday September 25th. Details about the meeting will be available early in September.

Argyll Community Garden



Watch for more news as we approach the growing season. Some residents of Argyll may be contacted directly regarding registering for a plot as well as offering some time to the garden as a volunteer. Details are still being worked out but expect some

contact with the Garden Group if you previously showed interest in having space in the community garden for yourself, family, or interested group. Information about the garden may also appear in your mailbox along with this year's family membership cards.

Facility Manager

The new Manager is John Duchalard (pronounced DOO sha lard) and he can be reached at the Office number **780.466.8166**.

Facility@ejca.org emails are answered by the Facility Manager. Use this email for reporting Maintenance issues, Furniture repair requests, cleaning questions, and supplies. John Duchalard will respond in English. John is generally at his office in

the mornings, Monday to Friday unless he is doing work after or before some weekend events.

Office@ejca.org emails are answered by the Centre Manager. Use this email for requests about Rentals, room bookings, general inquiries and event information (in English or Japanese). The Centre Manager is generally in the office from 9:00 AM to 1:00 PM, Monday to Friday.

30 Years as Community Partners

The Edmonton Japanese Community Association has called Argyll home for the last 30 years. Argyll community league has enjoyed the many benefits of sharing our space with their programs and activities. EJCA contribute to the ongoing viability of Argyll League by helping with management, coordinating programming, and fund raising. Our partnership began

in 1994 and this year we are planning to celebrate 30 years together with a special event. The date is September 07 and the details of the event will be publicized both in our communications but also with EJCA. This is an opportunity to learn more about the EJCA partnership and enjoy some fun as we celebrate this very successful partnership.

Argyll Summer BBQ

Join your neighbours for our annual spring BBQ! (Veggie & gluten-free options will be available). Don't forget about the cookie contest.

Bring 2 dozen to enter to win some awe-

some local gift cards. Our neighbours at ECCChurch will, once again, generously provide the bouncy castle for the kids! Swing by for an awesome afternoon, June 15th from 4:00 - 7:00 PM.

Argyll Online

Check-in weekly to see what's changed on our web site. Send us things you think the community would be interested in through our Contact page. Look for it the next time you visit our site.

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

ab.ca

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

Look for current events on our Facebook page as well.



Navigating a condominium purchase involves some different considerations compared to the purchase of a single-family home. Among other things, you need to consider your condominium fees and what they include, details regarding who runs the condominium board, and any specific condominium by-laws that may not allow for certain activities, such as pets or a BBQ. There are many things you should review prior to signing a purchase agreement, and sometimes the property listing doesn't contain all the details.

Unfortunately, if a deal has already closed and the property has changed hands, there is little recourse for these issues outside of the courts. Consumers and licensees should be aware of possible problems and do their due diligence before making an offer.

One of the most overlooked details in condominium purchases involves the verification and documentation of parking spaces. Is the parking stall a deeded parking stall that is included in the purchase price for the condominium unit? Is it being sold separately from the condo unit or is it an assigned stall that is part of the common property?


The sellers are responsible for providing parking stall information to their licensee, and this should be detailed in the property listing. There is always the possibility that an error occurred when the seller's licensee entered details on the listing database; a parking stall could be accidentally listed as a deeded parking space, when it really is an assigned stall. The seller may have also given incorrect information to their licensee, who took them at their word.

This is where communication and due diligence are crucial. Oversights in information can lead to buyers receiving what they thought was a titled parking spot or discovering that their parking space is not as conveniently located as they were led to believe.

It's imperative for the buyer licensee to proactively verify and document any aspects of a property purchase, including parking stall information, with the seller or their licensee and through their own due diligence, prior to making an offer.

Buyer licensees should view the property and the parking stall in-person preferably with the client, to ensure that it meets the client's needs (is it large enough? is it close enough? is it handicap accessible?). The buyer licensee should also speak with the seller's licensee to confirm any parking stall locations and any additional costs or fees that may be associated with them. These details should also be explicitly included in the condominium documents and/or title. Seller licensees should also do their due diligence and verify the information given to them by their seller clients. It pays to catch misunderstandings early, before any money changes hands or contracts are signed. When purchasing a condominium, you should always discuss your individual circumstances with your licensee so they may guide you as to what questions to ask, and any particulars that may need to be included in writing.

In the end, if something is missed through negligence or lack of due care on the part of a licensee, consumers can submit a complaint with RECA. The licensee(s) involved in the transaction could face sanctions for failure to provide competent service.








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Hydration and You

Water keeps every part of your body working properly. It helps your body flush waste and stay at the right temperature. It can help prevent kidney stones and constipation.

You lose water throughout the day, through your breath, sweat, urine, and bowel movements. If you

live somewhere hot, you could lose even more fluid.

It is important to replace this lost fluid to stay healthy. If you don't get enough water, you could become dehydrated. If you get very dehydrated, your body no longer has enough fluid to get blood to your organs, which can be very dangerous.

What is the right amount of water to drink each day?

All liquids help you stay hydrated, but water is the best choice. The recommendation is to drink six to eight glasses of water per day (250-mL or 8 fl oz). Some adults may need more depending on your overall health, how much you exercise, and how hot or dry the climate is.



Mark Your Calendars! Markets, Movies & Talented Performances



-Our neighbourhood is brimming with talented artists, performers, and musicians just waiting for their moment in the spotlight. Well, get ready to shine! Alexis Parker, our amazing athletics director at the Hazeldean Community League, is hosting the Shine Like a Star Open Stage Event on June 15 from 4 p.m. to 10 p.m. All ages and skill levels are welcome to take the stage, and the best part. It's free to attend! There'll be a concession for anyone craving snacks during the show. If you're a musician looking to book a spot, email Alexis at alexisparker01@hotmail.com. Stay tuned to our Facebook page for more updates. Get ready to dazzle, Hazeldean!

-Beat those hot summer nights at our community hall with two fabulous Hazeldean Night Artisan Markets on July 6 and August 17! Each market will feature a delightful array of local vendors and small

businesses offering everything from delicious food to stunning art. It's the perfect way to spend a summer evening, supporting local talent and finding unique treasures. To learn more, visit thehazeldean-communitymarket.ca. Don't miss out on these magical nights!

-Attention, family movie aficionados and popcorn enthusiasts! Grab your highlighters and circle this date and time in red: June 23 at 2 p.m. That's when our fantastic volunteers will be screening the Disney comedy flick Bedtime Stories for free at our Hazeldean Community Hall. All you need to bring are your comfy seats—lawn chairs, bean bags, blankets, whatever helps you relax. If you forget, no worries, we've got chairs available too. Plus, there's a cash concession to satisfy all your Hollywood movie-snacking needs. Don't miss this fun-filled family afternoon!

Another Sign of Summer in Hazeldean: Green Shacks

Help your kids beat the dog days of summer with the city's Green Shack program, launching July 2 at our community playground on 96 Street and 66 Avenue! This free drop-in program is perfect for kids ages 6 to 12. With their guardians,

kids can dive into a world of fun with games, crafts, music, drama, and more. For all the details, visit www.edmonton.ca/activities_parks_recreation/green-shacks. Let the summer adventures begin!



Rachel Notley

MLA, Edmonton-Strathcona

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edmonton.strathcona@assembly.ab.ca

@RachelNotley

Join Your Neighbours for Our Summer-Kickoff Barbecue

Get ready to trade textbooks for tongs! School's about to be out for summer, and there's no better way to kick off the fun than with our sizzling annual BBQ bash! Join your neighbours at Hazeldean Community Hall on June 26 at 5 p.m. for a feast of meaty goodness and mouthwatering treats. Got a community league membership? Great, you're in for free! No membership? No worries—it's just \$5 to join the fun. So come on down, and let's grill and chill together!

Not a member? Not only do your com-

munity league memberships land you free Sunday swimming sessions, but you also get 20% off discounts when purchasing your annual memberships of all City of Edmonton sports and fitness facilities. Community league memberships are also affordable. They are \$20 a year for families and \$10 for individuals. Memberships can be purchased at the Hazeldean Drug Mart or from the Dairy Queen on 99 Street. For more information about memberships, email Kristy at memberships@hazeldean.org.

Clean Up Thankful!

The Hazeldean Community League is sending a massive high-five to everyone who showed up and made our April 21st community clean-up a roaring success! The parkway and hall have never looked better—seriously, we're talking sparkling.

A special shout out to our fantastic neigh-

bours at Hazeldean Drug Mart for keeping our volunteers hydrated and energized with water and snacks as they tackled the litter and debris in our green spaces. Your effort proves that teamwork really does make the dream work. Thanks for helping us keep Hazeldean looking fabulous!



Heather McPherson

Member of Parliament
Edmonton Strathcona

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RITCHIE Community League News



Memberships and the Ritchie Crew

There are four membership levels available (Individual, Family, Seniors, Associate), or you could join our Ritchie Crew subscription package which includes membership AND perks such as RCL swag and discounts to community businesses!

Sign up online here: <https://www.ritchie-league.com/membership>

Sign up in-person at RCL events and Ritchie Foods (9606 76 Ave)

Get your Ritchie Crew subscription here: <https://www.ritchie-league.com/rcl-support>

Summer Camps

The Ritchie Community League is proud to partner with Free Play, Grindstone Theatre, and Move and be Moved to provide your kids with awesome summer programs! For a full list of summer camps, visit our website: www.ritchie-league.com/rcl-summer-camps

-Jr. Wolves Ball Hockey, July 2-5 for ages 9-12 (half day)

-Improv and Drama, July 15-19 for ages 8-12 (full day)

-Improv, July 8-12 for ages 13-17 (full day)

-Drama, July 22-26 for ages 12-15 (full day)

-World of Fairies Ballet, August 12-16 for ages 8-11 (half day)

-Dance en français, July 15-19 for ages



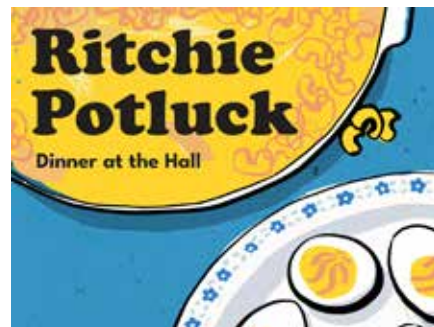
6-12 (half day)

-Hip Hop Sport, July 8-12 for ages 8-12 (half day)

Potluck time! Will your secret recipe steal the show?

Meet the board at our final potluck party of the season, before we take a break for the summer. Cooking an entire meal takes a lot of time and effort. But a potluck means you only have to make one item! Do you make a famous mac and cheese? Do you have a secret recipe for potato salad? Come down to the hall and share it with your friends and neighbours.

Due to AHS regulations, this event is for Ritchie members only. You can confirm your membership in advance, then sign up online to share your favourite dish. This is also a great opportunity to volunteer with the League. Washing up, putting away tables, welcoming attendees, selling



memberships at the door—all training is provided and covers the “cost” of providing a dish. More details online. **Friday, June 21 at 6:00pm.**

Volunteer with Us!

We always have a few volunteer opportunities on the go for community members who want to get more involved in their neighbourhood and the league. The board is currently recruiting a New Hall Fundraising Director. This person is responsible for liaising with the board and our fundraising campaign manager, exploring new ways of raising funds, and managing a fundraising

team. Please email Carly if this sounds like you at president@ritchie-league.com.

The Public Market is back starting June 4, and Ritchie is hosting a table selling merch and memberships. Do you have merch table experience already, or are interested in learning? Sign up online. All current opportunities are listed on our website: www.ritchie-league.com/volunteer

Get in Touch!

Website: www.ritchie-league.com

Facebook: facebook.com/WelcometoRitchie

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

Hall manager: inquiries@ritchie-league.com

Phone: (780) 433-7137

Stay informed! Do you want more timely info about the events and programs happening in our League? Sign up for our email newsletter! We send two to three editions every month with all the best news and info for you to have fun in Ritchie!



Classes and Socials

Spring classes are well underway with dance, drama, Girl Guides, and fitness.

We are gearing up to plan our fall sessions. If you are an instructor looking for a location to host your class, please get in touch!

Are you looking for ways to socialize with your friends and neighbours? Check out our drop-in programs listed below.

-Fit for Life, Mondays at 10:30 am

-Bridge, Fridays' doors open at 11 am, games start at 12 pm

-Men's Shed, Saturdays at 10 am

Many of our ongoing meetings, meet-ups and programs take a well-deserved summer holiday! Please check our events calendar online for specific dates before heading down to the hall!

-Board Meeting, 1st Thursday, 7 pm (no public meeting in June)

-Public Market, Tuesday evenings

-Ritchie Volunteer Meetup, 2nd Sunday, 12:30 pm

-Ritchie Members' Potluck, Friday, June 21, 6 pm

-Summer BBQ, Wednesday, July 31

Welcome 2024/2025 Board!



On May 23, our community elected the 2024/2025 volunteer board. Most individuals returned for another term, and we had some new faces join in as well! Welcome to Sara, James, Daniel! We're happy to have you! These folks join Carly, Nicole, Yetayale, Lisa, Jeff, Dan, Corina, Gary, Robin and Hanna who are back for another great year at Ritchie Community League.

Rent Ritchie Hall!



Looking for a great venue for your next event? Ritchie Hall has it all! We have two rental spaces within the building and a court area outside. We can accommodate up to 150 guests, we've hosted birthday parties, weddings, and markets. Whatever your rental needs, we'd love to chat about how Ritchie can help you out! Contact our amazing Hall Manager Jill to get started. inquiries@ritchie-league.com



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