

COMMUNITY LEAGUE NEWS SOUTH

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



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Ritchie Community Hall Fundraising Update

Ritchie residents and friends of Ritchie have raised or received pledges for just over \$130,000 for the hall replacement project (just over half of the \$250,000 goal). Some Ritchie businesses are also stepping up. Thank you, Bent Stick and Aspen Coffee! Other businesses have made pledges. We're super excited to see the support! These funds are critical, and some are already being put to use for current hall upgrades that can move into the new hall once it's built. If we exceed our goal, funds will be used to finish or improve the site and courts.

Our other goal is to secure \$250,000 in corporate support. So far, we have applied for 10 of the 26 corporate grants we qualify for without the league having charitable status. Unfortunately, we have been dismissed by eight, including Atco, CNRL, Imperial Oil, and Scotiabank. We are waiting for a response from Enbridge and Cenovus but we won't hold our breath.

Why mention it? If your employer has a grant or donation program for community building, please reach out to your company's grant advisor or office and let them know about our project... then let us know, and we'll apply!

What else are we doing about the shortfall? We're exploring applying to become a registered charity. We're also working with



a construction management company to trim costs.

The league also requested permission to submit a business case to the City of Edmonton for capital funds. We hope to demonstrate how the Ritchie Community League uses partnerships and collaboration to deliver programs and services to residents across the district and city. If received, these capital funds will be in addition to our awarded grant of \$400,000 (awarded to any league, even those who don't allow outsiders to use their facility or deliver programs). To date, the City has refused to accept our submission, but perhaps after the league meets with City management and explains how we provide services the City cannot provide in our area, the City will reconsider.

(Continued on page 10)

Holiday Events at Strathcona Community League

Movie Night

Join us for a free family movie night and pajama party!

The Muppet Christmas Carol (1992)



Friday, December 12, 2025, 6:30 p.m.

Upper hall, come up the ramp on the north side of the building, 10139 87 Avenue.

Free popcorn & festive treats.

Additional snacks available for purchase.

Our league will resume monthly movie nights in the new year, subject to the availability of the hall and event volunteers. Movie events for participating community leagues are made possible through the Edmonton Federation of Community League's license with Audio CineFilms. For

more information, contact Emily, Social Co-Director, at social@strathconacommunity.ca. Watch social media posts for future movie events

Strathcona Holiday Pub Night

Friday, December 19, 2025, 8:00 p.m.

Mulled wine, wine and beer for sale, and complimentary snacks. Meet some neighbours and sing some carols.

Hall lounge, please use the south door.

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.

Volunteers are needed to help run this monthly pub night. It's fun, and a great way to meet people. If you can help (occasionally or on a regular basis), contact social@strathconacommunity.ca.

New President for Argyll

A well-known member of our events committee has stepped forward to take the position of president. Bob Matfin is a long time resident and closely involved with most of the public events we hold. He had been the key organizer for our Argyll Night of Music and is a huge supporter of local

music as well as a sponsor of the CAM adolescent music program. Bob will be taking over in December once all the paperwork is out of the way. We encourage residents to seek him out at future events and give him ideas about what you would like Argyll to be for your family and neighbours.



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WISHING YOU A SAFE, JOYFUL HOLIDAY SEASON AND A HAPPY NEW YEAR

EXECUTIVE & COMMITTEE CHAIRS

President	Gord Lacey president@strathconacommunity.ca
Past President	Nathan Carroll pastpresident@strathconacommunity.ca
Vice-President	Sally Hammell vicepresident@strathconacommunity.ca
Treasurer	John de Haan treasurer@strathconacommunity.ca
Secretary	Katie Krause secretary@strathconacommunity.ca
Membership	Matthew Hethcoat membership@strathconacommunity.ca
Communication (Acting) Programs	Sally Hammell communication@strathconacommunity.ca Donna Fong programs@strathconacommunity.ca
Social Co-directors	Emily Graca Farhana Nurani social@strathconacommunity.ca
Sport and Fitness Co-directors	Connie Mar Selena Matthews sport@strathconacommunity.ca
Civics and Planning	Sabine Roche civics2@strathconacommunity.ca
Building and Grounds	Roger Tassie grounds@strathconacommunity.ca
Green Initiatives Director	Jason Unger green@strathconacommunity.ca
Community Garden	Jacquie Devlin Janice Bogner garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Diversity and Inclusion Co-directors	Amy Gainer Lauren Lutic-Muusse diversity@strathconacommunity.ca
Community Wellness and Safety (Acting) Community Hall	Gord Lacey safety@strathconacommunity.ca Scott Wright rentals@strathconacommunity.ca 780-439-1501
Information	info@strathconacommunity.ca

Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3
Community League website: www.strathconacommunity.ca
EFCL website: www.efcl.org

Community Leagues...where neighbours meet and great things happen!
Board meetings 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 X @StrathconaCL Instagram @strathconaleague BlueSky @strathconacl.bsky.social

Best wishes to all for good health, active living, and happiness during the holiday season and the new year!

Programs

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

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

Yoga Programs with Corinne McNally

Gentle Yoga

Mondays. January 5 – February 23, 2026. 7 classes

6:00 – 7:15 p.m.

Fee: \$90.00 for complete session (\$163 combined rate for both Gentle & Hatha Flow Yoga)

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

Chair Yoga

Wednesdays. January 7 – February 25, 2026. 8 classes

1:00-2:00 p.m.

Fee: \$102.00 for complete session

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

Hatha Flow Yoga

Thursdays. January 8 – February 26, 2026. 8 classes

9:30-10:45 a.m.

Fee: \$102.00 for complete session (\$163 combined rate for both Gentle & Hatha Flow Yoga)

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

Tweens/Teens Yoga

Thursdays. January 8 – February 19, 2026. 7 classes

3:45-4:45 p.m.

Fee: \$90.00

Requirements: Valid Community League membership (any league). Bring your own yoga mat and props, please refrain from wearing scented products

All yoga programs are taught by Certified Yoga instructor Corinne McNally. For inquiries about programs, email corinne@lotusmoonyoga.ca. Website: <https://www.lotusmoonyoga.ca/>

Slow Yoga with Janice Williamson

Tuesdays. January 6 – February 24, 2026. 8 classes

10:00 – 11:15 a.m.

Fee: \$102.00 for complete session

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

Requirements: Valid Community League membership (any league). Bring your own yoga mat and props, please refrain from wearing scented products.

For more information about the Slow Yoga classes, contact Janice at janice.williamson@ualberta.ca. Website: <https://riseupyoga.ca/>

Saturday Art Classes with Berna Ponich

Online registration for the winter term of Saturday Art Classes will open in late December. January 10, 17, 24, 31; February 07, 21; March 07, 14. TOTAL - 8 classes

Ages 6 and up

Class 1 - 10:00 am - 11:30 am

Ages 9 and up

Class 2 - 11:30 am - 1:00 pm

New location: Lounge, second floor, Strathcona Community League, 10139 87 Avenue

Fee: \$165.00 Includes all instruction and supplies

Maximum class size: 15

Requirements: Valid Community League membership (any league)

For more information about the art classes, contact Berna Ponich at berna@telus.net.

Congratulations to Elected Board Members

The Strathcona Centre Community League is happy and grateful to welcome all the returning board members to their new terms (2025-2027) on the Board of Directors who were elected through acclamation at the AGM of November 17, 2025. The terms of six other directors will expire in November 2026.

Vice President: Sally Hammell

Treasurer: John de Haan

Secretary: Katie Krause

Building and Grounds: Roger Tassie

Community Wellness & Safety (Acting): Gord Lacey

Green Initiatives: Jason Unger

Hall Use: Jeanie McDonnell

Social: Emily Graca

Communications (Acting): Sally Hammell

We are also thrilled to announce that Farhana Nurani has returned to the Board as a new Social co-director.

We thank them all for their time and support of our community.

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 Collab-

orative (OSACC) including our league, the Edmonton Public Library, Edmonton Police Service (EPS), Old Strathcona Business Association, YESS, and others.

As the Acting Director of Community Wellness and Safety, Gord Lacey will continue to track crime stats and have discussions with EPS Whyte Ave BEATS teams regarding crime in the neighbourhood. To contact Gord, email him at safety@strathconacommunity.ca.

Trivia Pub Night



Many thanks to Scott Wright and Gordon Kent for hosting a very fun and competitive Trivia Pub Night on November 14th. The event attracted the highest-ever number of participants (97) on 21 teams! Congrats to the New Hipsters (55

points, winner of the tie-breaker question), Swinky & the Magpies (55 points), and Sign Our Petition (54 points) who received cash prizes. Thanks to the volunteers (set-up, registration, bar servers, and takedown).





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Community Times at Commonwealth Community Recreation Centre

The Strathcona Community League is pleased to offer free times at the Commonwealth Community Recreation Centre, 11000 Stadium Rd. Just show your 2025-2026 membership card (digital or printed) to the attendant at the facility for free entrance to the pools, fitness centre, and gymnasium during the community league time. Use of amenities are strictly during the two-hour period (no extensions) and subject to capacity limits in each area.

Saturdays 3:00 pm - 5:00 pm

Sundays 1:00 pm - 3:00 pm

Community swims do not take place on

statutory holidays or days when the facilities close early.

The Recreation Centre has a 4-lane fitness pool, leisure saltwater pool with spray features, water slide, aquatic climbing wall, whirlpool, steam room, fitness centre and gymnasium.

Participants in the Community Swim Program should review the Use of Premises and Pool Safety Rules provided by the City of Edmonton as part of its agreement with the Strathcona Centre Community League. Visit our webpage <https://strathconacommunity.ca/community-swim>

Civics and the 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 Sabine Roche, Civics and Planning Director, at civics@strathconacommunity.ca.

The City of Edmonton announced a free email subscription in August to notify residents about development permit approvals and proposed rezoning applications. Residents can sign up to receive the emails at my.edmonton.ca and can enter up to five addresses within the city. Notifications will be sent when certain types of development permits are approved near the address or when a rezoning ap-

plication is submitted within 60 metres of the selected properties.

Emails will be sent about the following types of development permit approvals:

- New home construction and additions to existing homes

- New commercial, industrial, institutional, mixed use or apartment buildings

- Changes in business activity, such as retail to a restaurant

- Home-based businesses, where a variance is required to the zoning bylaw regulations

- Digital signs, where a variance is required to the zoning bylaw regulations

The email service does not replace the zoning bylaw's notification requirements, but offers another way for residents to stay informed.

Ice Rink

Thanks to the group of community volunteers who joined Scott Wright, Hall Manager, and Roger Tassie, Hall and Grounds Director, on November 15th to install the ice rink liner (tarp) over the court surface. Flooding for the ice rink has commenced for the season.

Stay tuned for updates. If you have any questions about this project, please contact us at info@strathconacommunity.ca.

Rink Schedule (tentative)

The opening of the two ice rinks will depend on weather conditions and maintenance. A schedule will be posted at the league website <https://strathconacommunity.ca/rink-hours/> for the hours of open skating, parent/children hockey, adult hockey and special events.

Hours:

MTWF 3:30 pm to 8:00 pm

Thurs 2:30 pm to 8:00 pm

Sat/Sun 1:00 pm to 8:00 pm



Skaters are welcome on the ice prior to opening times if ice maintenance is not in progress. Shoveling may be required.

Due to renovations on the main floor in the new year, the indoor change area will not be available for skaters. Please use the benches outside the hall.

The rink will be closed when the temperature, including wind chill, is -23° C or colder.

The lights will be on from dusk to 9:00 p.m.

For the safety of little skaters, no sticks and pucks are allowed on the small rink.

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, Instagram, X)

-Social events like Winterfest, Mini Folk Fest, BBQs, Trivia Night, pub nights

-Free skating on our rinks

-Free court use for pickleball and tennis

-Free access to Community Swim Program at Commonwealth Community Rec-

reation Centre

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

-Discounts on hall rental

-Children’s art classes, soccer and skating

-Access to fitness programs

-Edmonton Tool Library (access to over 800 tools)

-Branded toques for purchase (\$20)

-10% discount at Blowers & Grafton, 10550 82 Ave NW

-10% off at Global Pet Foods, Strathcona location, 7904 104 Street

Strathcona Community League members can receive 15% off rentals at Totem Outdoor Outfitters, 7430 99 Street NW. The League has a limited supply of physical 5-punch cards available for pick up (with more to be printed, if needed). Please email membership@strathconacommunity.ca for pick up location and hours. Pick up is not likely to be same day, so please plan ahead. One per household per season. Summer and Winter punch cards available. To redeem, you must present the punch card in person to Totem staff.

Frank’s Community Pub, 8815 99 Street, offers Strathcona Community League members 10% off food and drinks on the last Thursday of each month from 5pm to 11pm (close). Show your membership card for discount.

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.

Small Meeting Room (closed in early 2026 due to renovations on main floor)

Seats 8 to 10

Amenities include a 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.

Old Strath Mini Folk Fest | Thank You

A huge THANK YOU again to all of the musicians, volunteers, sponsors, and attendees for making the 2025 Old Strath Mini Folk Fest a success!

Thank you to our amazing sponsors: Acoustic Music Shop, Bamboo Ballroom, Blizzard Bites Ice Cream, Chianti Restaurant, Colombian Coffee Bar & Roastery, The Common, Dolly’s Cocktail Bar, Frank’s

Community Pub, Julio’s Barrio, Made by Marcus, Mill Creek Animal Hospital, Old Strathcona Farmers Market, PACT Coffee, Pals Sandwiches, Rosso Pizzeria, Totem Outdoor Outfitters, United Sport and Cycle. Please support local businesses during this holiday season and the new year.

We look forward to next September to celebrate the EFCL’s Community League Day.

Sport and Fitness

Get to know your neighbours at our monthly Sip & Stroll event! Grab your coffee and meet us at The Colombian, 8905 -99 Street, where we will head into the river valley for a walk. Planned distance is 4-5 km. A great way to meet new people

and enjoy the fall weather!

Upcoming Dates:

Sunday, December 7, 2025

Sunday, January 4, 2026

If you have any questions, please contact sport@strathconacommunity.ca.

Leisure Access Program

The Leisure Access Program (LAP) allows eligible low income Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income

thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program

A community league membership is required for skating. Check here <https://strathconacommunity.ca/membership> for membership information. For those skaters from outside the community a \$5/time or \$20/season fee is required.

Diversity and Inclusion

Baby Playtime

Mondays

12 noon-2:00 pm

Upper hall, come up the ramp on the north side of the building, 10139 87 Avenue

Free drop-in program

For details, contact Macy at gretermc@gmail.com.

Kids Handmade Market

The Kids Handmade Market in the up-

per hall on Saturday, November 15th was a very successful pilot project. Over 150 visitors dropped by to view and purchase arts and crafts, jewellery, and baked good made by local kids. The event ended earlier than scheduled due to sold-out items. Our league hopes to hold another market in the spring of 2026. Thanks to Amy Gainer and Lauren Muusse, co-directors of the Diversity and Inclusion Committee, for organizing this fun event for kids.

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Community Resident Honoured

Former Argyll resident, Ray Peets, entered the Alberta Sports Hall of Fame on September 27 as one of the hall's first motorsport inductees along with Gordie Bonin, Gordon Jenner, Ron Hodgson and Gary Beck. Peets began his career in auto racing at the age of 17. He built and raced stock cars in the 1950's and 1960's winning a number of major events. In 1962, he built a Hilborn injected Chevy V8 for a C Dragster, which went undefeated in Western Canada, and won the National Hot Rod Association Inland Empire Championship in Eastern Washington.

In 1972, Peets was approached to sponsor a top fuel dragster by supplying engines or engine work. He joined forces with driver Gary Beck to form one of the most successful teams in Canadian motorsport history. The team captured the 1974 NHRA Top Fuel World Champion-

ship - the highest honour in the toughest and fastest class in drag racing. From their home base in Edmonton, Beck and Peets won an amazing 79% of the NHRA and American Hot Rod Association events they entered that year - 59 wins in 74 runs. They were runner-ups in the 1975 NHRA World Championship. Peets exited his racing partnership with Beck in 1978 as his engine business in Edmonton grew and required more attention.

Peets entered the Canadian Motorsport Hall of Fame in 1999 and the Canadian Drag Racing Hall of Fame in 2017 along with another former Argyll resident, NHRA crew chief Rob Flynn.

The Peets family resided in Argyll from 1960 to 1972 with children Randy, Shaina and Sharlene attending Argyll Elementary School. Currently, Ray and his wife, Marlene, reside in Sherwood Park.

Argyll Community Garden

A great big THANK YOU to Argyll residents for their support with the garden project. It was a great success and we are looking forward to next spring. We will have a few meetings over next few months. If interested please reach out by e-mail and you'll be notified of the next meeting date.

It was a great first year for the Garden. Everyone helped and a lot of flowers and vegetables were grown. The garden is a project which needs volunteers to sustain it, maintain it, guard it, and benefit from the harvest. We deeply appreciate all the generous donations the project received

in its first season. Even if you can't manage a plot this year, we will be at it again next spring. The bottle drive continues to generate funds for operating the garden and we encourage anyone who can contribute to contact us to arrange for a pickup.

Interested residents and neighbours can sign up and receive a dedicated plot for family or a small group for the next growing season. There are people with knowledge of gardening to help you if you need it. There is limited space. You can learn more directly from the Garden Group. Contact: garden.group@argyllcl.ab.ca

Casino scheduled for Spring

We have learned our next Casino will be April 01 & 02. It is possible for volunteers to put their name forward before the date. We may contact you for a commitment closer to the date. It will be at the Pure Casino Edmonton on Argyll Road. This is very convenient for volunteers as there is plenty of parking and a very nice restaurant. Volunteer meals are on us during their Casino shift. We usually need about 30 people over two days. These Casino opportunities are a primary source of revenue for operating the facility and maintaining our infrastructure. Proper dress code required and no gambling allowed.

There is no special knowledge required for any of the positions available so if you've never done it before you will be guided by staff at the casino. The hours dedicated to these events generate a significant return on investment. Since our neighbourhood is so small it is very important for us to find new volunteers early and for us to work together to maintain our programs and events. You can contact our casino coordinator by e-mail for any questions you might have or to put your name forward or to learn more about the positions to be filled and what they do. casino@argyllcl.ab.ca

EPCOR - Winter Caution

For several years, EPCOR has offered an annual Community Ice Rink Grant to support communities in building safe places to skate and help deter Edmontonians from recreating on stormwater ponds. Stormwater ponds collect melting snow and ice from streets and sidewalks, which often include salts and other ice melt products. This runoff is constantly moving in and out of the pond through pipes beneath the surface, making the ice unpredictable and dangerous for any on-ice recreation - even walking. While



Edmontonians are becoming more familiar with stormwater ponds, and how they work, we still logged 32 reports of unsafe activity through the winter. This grant ensures residents can still love the pond in their community while choosing a safe alternative for a game of shinny.

Argyll in your Mailbox and Online

This newspaper is not our only source of information about our activities and issues. Our **Facebook Page** has up-to-date information about each of our public events. Visit <https://www.facebook.com/argyllcl> to see what's happening in the run up to any event and see photos after each event.

Often Argyll Community League will drop a printed brochure into your mailbox regarding events, programs, or issues. Keep an eye out for the Argyll Logo on these brochures so they don't get missed

in the bundle of advertising - which usually fills our mailbox.

Also, Check our web site for city wide issues affecting our neighbourhood. Send us a note about things you think our 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

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

Community Swimming

Commonwealth Community Recreation Centre is the venue for our Community Swimming. Each Saturday from 3:00:PM - 5:00:PM members of Argyll community may swim in the pool. This is a free swimming opportunity for Argyll families to have a regular two hour period of pool use, exclusively for Community League Members. Of course, you must present your Family Membership card at the pool for entry. Health restrictions are posted

and the usual behavioral rules apply for being in the pool area. If you contact the venue in advance they can explain any restrictions or changes. Access to other amenities is not free; just the swimming.

Argyll Community League is pleased to be able to offer this to our residents and families and we hope it is useful to you through the winter and into summer. Use of the pool does not include access to any other leisure facilities within the recreation centre.

Do you sometimes need more Kitchen?

If you are part of an organization which often prepares a banquet, dinner, or event catering, our new kitchen might be just what you need. We are offering short term use by professionals and non-profit groups who find they need just a little more space or capability. Amenities are all new appliances and work spaces. They include:

- 4 Burner Gas Stove with Oven
- iCombi programmable, multipurpose Oven
- Large Refrigeration space and Freezer capacity

Dishwashing and Sanitation system
Ice Machine

Large work spaces

Automatic Coffee maker and constant hot water dispenser.

To inquire about rates for Partial Day, Full Day, or Periodic use you can call our office number (780.466.8166) to leave a message or you can contact our Facility Manager by e-mail and they will get back to you with details and to discuss availability. E-mail: office@ejca.org

Yoga program for Winter

Argyll Yoga returns again this year 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 each visit.

Hatha yoga poses and flow sequences

will improve your postural alignment, mobilize your joints, stretch all major muscle groups, and build strength.

Our program starts easy and builds gradually.

To register – or with questions – call/text René at 780-903-1911.

Game Night

Swing by the Argyll hall Friday November 28th, from 7:00 – 9:00 PM for some snacks & fun. Bring a game or just bring yourself. It's a casual time & fun for all ages.

Do you need a will? Take this 5-second quiz!

YES or NO:

- A) Own a home?**
- B) Have kids?**
- C) Have a bank account?**
- D) Have personal belongings?**
- E) Want control over who gets your assets?**

If you said **YES** to any of the above
this is the season to plan for the unexpected



Start Here

www.LocalLegal.ca

Teachers love lively participation in ELLA classes

By Kathy Kerr

Learners on both ends of the age spectrum have a lot in common, including enthusiastic curiosity, says writer and instructor Marty Chan.

The award-winning children's book author is teaching The ABCs of Writing for Kids for Edmonton Lifelong Learners Association's online session, one of 17 courses offered by the organization this winter.

Students at ELLA, which offers classes for those over 50, are ready with as many questions as the elementary school kids he usually teaches,

Chan says.

His class will cover basics, such as character and plot development, and topics such as crafting a voice which will grab the younger reader. Chan says students have a variety of motivations for taking the class, from telling stories to grandkids to publishing a book.

ELLA's winter session course topics range from art to politics, Zumba to psychiatry.

Registration for ELLA's Online Winter Session begins Dec. 2, with classes starting Jan. 12. For course information and more details, visit my-ella.com.

Camera Registry

The Edmonton Police Service is asking residents who have security cameras on their property which record activity to volunteer to register their camera.

The Crime Prevention and Investigation Units would like to make use of recordings from these local cameras if a crime

had been committed near or on your property.

You can learn more about how this program works by visiting their website.

<https://www.edmontonpolice.ca/CrimePrevention/CommunitySafety/CameraRegistry>

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HAZELDEAN Community League News

Overcoming barriers of fruit and vegetable intake

Did you know that since 2015, intakes of vegetables and fruit by Canadians have been steadily decreasing? Only 16 per cent of Albertan men consume vegetables and fruit five times or more per day.

Most people know that vegetables and fruit are good for their health.

Research has shown that men identified the following barriers to getting enough vegetables and fruit daily: lack of time, taste and cost. Read more to find out about these obstacles and tips on how to incorporate more fruit and vegetables in your daily life.

Lack of time

Having a busy schedule, whether it is due to work, family, or other daily activities, may make it difficult to plan, shop for, and prepare healthy meals and snacks. The following tips provide ways to add vegetables and fruits into your daily diet, without making meal preparation too overwhelming.

- Plan ahead:

Look at your schedule at the beginning of the week and brainstorm meal and snack ideas for the week.

Choose vegetables and fruits that can be used for multiple meals in that same week to reduce waste. Try filling out your plate with vegetables and fruits at every meal.

Feeling like you have no time to cook? Try preparing your meals in bulk on your days off for the week ahead. This way, you can come home after a busy day to a completed meal full of vegetables.

- Grocery shop with ease:

Make a grocery list and stick to it. This may reduce food waste and additional grocery trips. Buy vegetables, fruits, and other ingredients needed for your meals and snacks ahead of time so you have enough for the week ahead. To reduce food preparation time, try pre-cut or pre-washed vegetables such as baby carrots and spinach or frozen mixed vegetables.

Community Safety Data Portal

The Edmonton Police Service invites you to explore the Community Safety Data Portal! This interactive platform provides access to data including crime statistics and trends occurring in Edmonton. It offers increased transparency into policing activities and encourages public engage-

ment so that we may build stronger and safer communities together. EPS hopes the Community Safety Data Portal will enable the public to take an active role in community safety and crime prevention.

Visit <https://communitysafetydataportal.edmontonpolice.ca>

Leisure Access Program

The Leisure Access Program (LAP) allows eligible low income Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now

offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at https://www.edmonton.ca/programs_services/leisure-access-program.

Community League Wellness Program

The City of Edmonton Recreation Centres and the Edmonton Federation of Community Leagues continue to offer discounted memberships and admissions through the Community League Wellness Program.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any City of Edmonton Recreation Centre and receive the following discounts:

- 20% off annual memberships*

- 20% off continuous monthly memberships using our convenient Pre-Authorized Debit Program*

- 15% off multi admission (5+) passes. Community League members that purchase these passes will be issued a photo access card which is to be swiped at each admission

*Members will be asked to verify their eligibility for the discounted membership on an annual basis. Failure to do so may result in a suspension of the discounted membership rate until valid documentation is presented

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, badminton, indoor running tracks, gymnasiums, and indoor playgrounds. For more information and facility specific amenities, please visit edmonton.ca/activities-parks-recreation or call 311.

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Ritchie Hall Update *(Continued from page 1)*

The construction side of the project

While one team is working hard to increase the funding, another team is working hard to decrease the budget. The architects presented the initial design with the "Green and Inclusive Community Building (GICB)" federal grant program in mind. Net zero energy and carbon neutral design were important in securing the substantial GICB funding from the Federal Government (which is secured). Work is underway to decrease the budget without changing too much of the design and while still aligning with GICB grant requirements. Relying on Krawford Construction's technical knowledge, the team has proposed changes to the roofline and the outer skin of the building to lower costs. The team is also looking at changing the building's framing material from timber to steel, which would lower costs significantly. The team has also proposed deferring costs by adding non-essential finishing details to the building gradually

over a few years while the new hall is in use.

What's in the coming months?

In late December or early January, the league will learn whether it will receive a provincial grant from the Community Facility Enhancement Program. This is a \$1 million matching grant and would provide the final funding to build the structure. We'll still need fundraising to ensure the building can be fully operational, but there are future grants we can apply for to make that happen.

The Government of Alberta cut this program's funds from \$50 million to \$25 million this year, which puts at risk any project hoping to receive funding from this program.

So, we either start construction in spring 2026, or we overhaul the design and hope for a 2027 start, or we spend \$2.6 million on upgrades to the current hall and restart the grant application process.

Stay connected all winter

The days are shorter and the wind is cold, but Ritchie Hall is warm and welcoming. Why not stop by to chat with your neighbours at one of our drop-in programs?

-Ritchie Men's Shed, Saturdays at 10 am

-Coffee and Conversation, Tuesdays from 10 am to noon

-Bridge, Fridays at 11 am (\$3 per person)

If you're itching to run a drop-in pro-



gram, send your ideas to programs@ritchie-league.com.



Heather McPherson

Member of Parliament
Edmonton Strathcona

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Get hyped for Sportball!



Sportball runs Tuesday evenings from January to March and there are three sessions each evening.

Kids aged 2 to 8 (divided by age group) are encouraged to move and play in new and engaging ways, all while learning skills from a broad range of sports. Registration is open but spots are limited and selling fast, so don't wait too long to get the ball rolling!

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Zine workshop

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neighbours at Ritchie Hall on January 25 from noon to 4 pm and learn how to make your very own scrapbook-inspired zine. All materials are included in the sliding scale admission fee. Register online, then mark your calendar!

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