

COMMUNITY LEAGUE NEWS SOUTH

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



Apr/May 2015

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

THE BUZZ... (Ritchie News)

Ritchie Hall Revitalisation

Our needs assessment and community consultation project is in full swing! We are holding four community engagement open houses at Ritchie Hall:

- Apr. 30 - Thursday - 10:30 a.m. to 12:30 p.m. (Children and pre-schoolers welcome)
- Apr. 30 - Thursday - 2 to 4 p.m.
- May 01 - Friday - 6 to 9 p.m.
- May 03 - Sunday - 11 a.m. to 2 p.m. (In conjunction with Mill Creek Clean-up)

The format for the open houses will be a facilitated discussion in which Ritchie residents and hall users can share ideas about what Ritchie needs in a new hall. For more information, email our community consultation facilitator, Angie Rout, at RitchieCommunityEngagement@gmail.com

Ritchie Four Corners Committee

The Ritchie Four Corner Committee formed last month and is busy getting up to speed on the needs of the community, city and businesses. We are a diverse group of community members that are excited to help this program improve the four corners area. We will keep the community updated about the exciting changes that are coming. Email jmmarvin@gmail.com with any comments or questions about our committee or the Corner Store Pilot Program.

Don't forget to visit www.ritchiemarket.ca to keep apprised of what's being planned for the northeast corner of the 96 St. and 76 Ave.

(More Buzz page 10)

Strathcona: Park and Playground Plaque Party

Submitted by Jan Olson, Peigi Rockwell, and Mildred Thill

Please join us on Saturday, May 9th at 2pm on the corner of 99th Street and 86th Avenue. We will unveil the plaque to honour the commitment of Carolyn and Richard (Butch) Nutter to our community and officially name the small park there "Nutter's' Corner" in celebration of their work in building our strong and vibrant neighbourhood. We will then walk together to W.C. Tubby Bateman Park, 9703 88 Avenue, to continue the celebration with live music and food.

The organizing committee is lining up local musicians to play at the party until 8 or 9 pm. Farley Scott and a jazz group will be playing at Tubby Bateman Park at 3 pm. A kid's talent show and potluck supper will be held around 5:30 pm. Volunteers to sell CDs for the musicians or to help with food organization would be appreciated. Please contact Mildred either at 780-430-3602 by or by text at 780-271-5099 if you are able to help out. Additional information will be circulated closer to the event via the Strathcona Centre Community League social list.

(More Party page 3)

Mill Creek Clean-up MAY 3rd 2015

Start Location for Hazeldean: The Gazebo on the Green Way at 93 Street and 68 Avenue.

Start time: 10:00am

BBQ celebration after at 1:00 pm at the Ritchie Hall – 7727 98 Street
It's a great FREE outdoor family event, rain or shine, the Mill Creek Clean Up is lots of fun. Gloves and bags will be provided.

Please join your neighbours from the Keepers of Mill Creek, Argyll, Avonmore, Bonnie Doon, Hazeldean, King Edward Park, Ritchie, and Strathcona to keep the ravine looking beautiful.

Everyone is welcome.

Free Drop-In Bike Safety Program

Ritchie Community League
7727 98 street

Saturday June 20th, 2015 12:00 pm – 3:00 pm

For participants of all ages on 2 wheels or 4 wheels!

Children 5 and under require a parent or guardian to attend. Families are encouraged to participate. Fun and basic bike safety skills are the focus of this free drop-in program. Participants will enhance their bike safety skills while participating in stations and games. Participants can make a personalized bike plate.

The program will be adapted to the age and skill level of the participants dropping into the program. The program will take place in a contained area. Participants can stay for the full 3 hours or drop-in for a short while!



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Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE

President	Jeff Samsonow 780-984-1687 president@strathconacommunity.ca
Vice-President	Ross Goodine 780-432-3732 vicepresident@strathconacommunity.ca
Secretary	Colleen Taralson 780-477-0656 secretary@strathconacommunity.ca
Treasurer	VACANT treasurer@strathconacommunity.ca
Membership	Lois Hameister 780-439-5774 Jeanie McDonnell 780-433-0521 membership@strathconacommunity.ca
Communication	Olga Mikheenkova communication@strathconacommunity.ca
Programs	Nikki Moriartey programs@strathconacommunity.ca
Social Co-chairs	Jeanie McDonnell 780-433-0521 Berna Ponich 780-433-8929 social@strathconacommunity.ca
Soccer Co-chairs	Conrad Nobert Simon Thomas strathcona@southeastssoccer.ca
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Safety Committee	Lihn Lu safety@strathconacommunity.ca
Building/Grounds	Jonathan Rockcliff 780-439-6709 grounds@strathconacommunity.ca
Green Initiatives	Mark Anielski 780-491-0696 green@strathconacommunity.ca
Community Garden	Michael Bugler 587-987-8776 garden@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell 780-433-0521 hall@strathconacommunity.ca
CACCL Rep.	Colleen Taralson 780-477-0656 secretary@strathconacommunity.ca
Community Hall	Helen Gillespie 780-439-1501
Website Manager	webmaster@strathconacommunity.ca
Information	info@strathconacommunity.ca

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

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 phone 780-439-1501 or e-mail at info@strathconacommunity.ca

To join our community e-mailing list, contact sccl.social-request@lists.gno.org This list enables the Community League to deliver information about programs and community events to our members in a timely and reliable manner, and enhances our ability to develop and deliver these programs. Postings to the list are screened, and are kept to a minimum.

The Strathcona Community League is on Facebook. Follow us on Twitter @StrathconaCL

If you can help with any of the vacant positions, please contact a member of the executive.

The copy deadline for the June/July, 2015 issue of Community League News is May 18, 2015. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

The Edmonton Insight Community

The Edmonton Insight Community (<https://www.edmontoninsightcommunity.ca/Portal/default.aspxis>) an online space for Edmontonians to provide their views on a wide variety of city issues. It's a place to collaborate and communicate with us and others in our community. We want to hear your opinions, learn about your needs, share information with you, and ask you to express what's most important to you.

Our City has a lot to be proud of, and we face some big challenges and have some great opportunities. Your input is important in helping to stimulate thoughtful community-wide discussion and inform decision making.

As a City, it's important we address challenges head-on. That's why it is incredibly important for us to hear from a wide range of people, of all ages and backgrounds, as we continue to build an even better city.

We ask just a few minutes of your valuable time to join. Why Join?

- Play a part in shaping your City with other engaged citizens
 - Provide your views on important topics via the web or your mobile device
 - Focus on topics that are important to you and your community
 - Learn about exciting initiatives the City is planning
 - Access opportunities to participate in workshops of interest
 - Engage with the City regularly over a multi-year period
- Telephone 780-495-0395

Hall Rentals

Main Hall: Max capacity 105
With tables and chairs will hold fewer people (number will depend on set up)
Amenities include hardwood floors, balcony, stage, and a bar. \$150 - \$400

Lounge: Seats 30 -35
Overlooks the End of Steel Park and sunsets over the river valley
Amenities include a bar, fireplace, television and piano. \$75 - \$260

Concession/Small Meeting Room
A small meeting room (concession) on the main floor seats 10-12. \$20 - \$75

To check rental availability and for rate details, visit www.strathconacommunity.ca/facilities/hall-rentals

To rent hall facilities, please download and review the Hall Rental Agreement Form (PDF) and contact Helen Gillespie, Hall Manager, at 780-439-1501. If you need clarification on any item, please email hall@strathconacommunity.ca However, all rental agreements are made with the hall manager. Community League members of at least 6 months receive a discount on rates. Rentals are not confirmed until payment is made and the rental contract signed.

If your event is public, we can help you advertise. Contact the hall committee chair to have your event posted to our website.

2014-2015 Memberships on Sale

If you would to purchase a membership, contact Lois 780-439-5774 or Jeanie 780-433-0521. Memberships are also available for sale from the hall manager. For more information about memberships, visit www.strathconacommunity.ca/league/membership Annual membership fees are \$20/family, \$15/single, \$5/senior. What does the Strathcona Community League Membership give you?

- Sports: Soccer, skating
- Discounts: Community League Wellness Program, Ice on Whyte
- Pub Night - usually the third Friday of each month at the community league. Meet your neighbours.
- Playgroup - held at Community League hall Mon. & Wed. mornings.
- A voice in your community - transportation, zoning, housing.
- Free swimming at Edmonton's outdoor pools (certain times)
- Social events - community picnics, winter carnival, etc.

Park and Playground Plaque Party

Submitted by Jan Olson, Peigi Rockwell, and Mildred Thill

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Background information on the Nutters

After settling into the Strathcona neighbourhood in the 1970s, the Nutter's became activists for our community. They worked relentlessly organizing groups to save 'downtown' Whyte Avenue, to protect the green-space along the CN Rail Tracks, to ensure a freeway would not go through the Mill Creek Ravine, to create the Strathcona Area Redevelopment Plan (ARP) to preserve family oriented housing, and to aid the funding and constructing of the community league building. The beautiful Strathcona neighbourhood is built upon a mindset of community, and this is the Nutter's legacy.

Background on W.C. "Tubby" Bateman Park

In 1998 the City Parks Department earmarked the "Tot Lot" at 97 Street and 88 Avenue as one of the 13 worst playgrounds in the city and scheduled it for demolition. The Strathcona Centre Community League of the day was not interested in raising funds for a new playground, as many of the executive had earlier spent 6 years raising funds for the playground at King Edward School, which was installed in 1994.

On the advice of the Community League president of the day, John de Haan, an interested group of neighbors gathered together and formed the Strathcona Park and Playground Redevelopment Society (incorporated February, 1999). The society applied for a casino license and, after initially being turned down, it was approved on appeal.

We raised money selling bricks that were installed in the playground in two hopscotch patterns. Casinos paid for the park redevelopment, including approximately half the cost the "Buffalo Mountain" sculpture by artist Stewart Steinhauer. The Alberta Foundation for the Arts granted us \$23,097 of the \$46,500 budget and first stage submissions were in by Sept 15, 2000. The playground and sculpture were installed in May of 2002.

The Strathcona Park and Playground Redevelopment Society wound down in April 2013, but was able to designate funds for a community party and the installation of the remaining commitment of two plaques. In May of 2014, two plaques which had been planned were finally installed. And this year we are having the plaque party. We decided to join forces with the Nutter's Corner celebration already in the works.



League Programs and Activities

YOGA CLASSES

These holistic yoga classes are great for beginners as well as those with previous yoga experience. Yoga postures, breathwork, and meditation will be taught to promote balance in the body, mind and spirit. Throughout the session, students will develop an understanding of alignment and breath while developing physical strength and flexibility. All levels are welcome!

Instructor: Kyla Fischer lives in the Strathcona Community and has been practicing yoga for over 14 years. She holds RYS 200 Yoga Teacher Training certification and has experience in various styles of yoga including Hatha, Akhanda, Restorative and Yin. Kyla is committed to life-long learning as a student of yoga and is honoured to share the joy and peace that yoga offers.

Strathcona Centre Community League
10139 - 87 Avenue (second floor)
Tuesday, 9:30 – 10:45am
Until April 28

Thursday, 9:30 – 10:45am
Until April 30

To register for sessions in May and June, please email Kyla Fischer at fischerk@telus.net or call 780-430-0229.

EVENING YOGA CLASSES

Yoga classes are held on Wednesday evenings at the hall. For information, contact Lyle at 780-850-8056 to register.

PUB NIGHTS

Pub nights are held on the 3rd Friday of each month, 8 pm. Meet in the Lounge, upstairs at the Strathcona Centre Community League, 10139 87 Ave (use south door).

April 17 Trivia Night

- Come with a team of 4, or on your own and we'll find team mates for you!
- Quizmasters Scott and Gordon will test your knowledge.
- Doors open 7:30 pm, trivia starts at 8:30 pm.

May 15 Beer Tasting

For announcements about upcoming social events, meetings, and news, subscribe to the feed at <http://strathconacommunity.ca/feed/> Contact social@strathconacommunity.ca if you have any questions.

PLAYGROUP

The Strathcona playgroup continues to host a playgroup at the hall twice a week. The playgroup provides a safe and happy environment for babies, children and caregivers of the community to meet, socialize and have fun. There are books and toys for all ages. Trikes, strollers and push cars with plenty of room to zoom. Trucks, dolls, balls and a tent too!

- Mondays and Wednesdays, 10:00 am – Noon
- Free but you must be a member of a community league (memberships sold on site – \$20/family)
- Large room for the kids to run around, lots of toys to play with
- Bring your own snacks and a coffee if you want one.
- Babies/kids of all ages and their caregivers welcome.
- Strathcona Centre Community League hall, 10139 87 Avenue, enter via the ramp on the north side of building.
- Playgroup will be cancelled on school holidays.

For more information, contact programs@strathconacommunity.ca

OUTDOOR SOCCER SEASON

Registration was completed in February for the 2015 outdoor season. Best wishes to all teams, coaches and parent volunteers! If you have any questions about the outdoor season, please email our league contacts at strathcona@southeastssoccer.ca For soccer news, visit www.southeastssoccer.ca

Pride Festival in Old Strathcona

By Jeff Samsonow
President, SCCL

The Edmonton Pride Festival is coming home to the south-side in 2015. After many years downtown, the festival and parade will return to the south side of the river, where everything began 35 years ago.

One of the reasons this is occurring is the festival's need for more space than Churchill Square can offer. Another is the many construction projects happening downtown over the next few years, impacting traffic and other uses.

The Strathcona Centre Community League is working with Pride to ensure a smooth transition to the new location, and the best possible festival and events for our neighbours. The parade will take place on Whyte Avenue, with festival-goers then invited to End of Steel Park, Strathcona Park (where our community hall is located), and King Edward School for live music, food, and celebration. More information is available in an FAQ from Pride Edmonton <http://www.edmontonpride.ca/downloads/2015/2015-01-08-FAQ.pdf>

We appreciate the feedback neighbours provided at Pride's open house in November. Many of the questions asked and concerns raised are part of ongoing discussions between Pride, the SCCL, and the City of Edmonton. If you have any questions, concerns, or feedback about the Pride parade and festival moving into our neighbourhood, please contact Pride's Executive Director, Angela Bennett, or myself at president@strathconacommunity.ca.

Edmonton 311 App

Report your concerns on the go!

With the free Edmonton 311 app, you can use your smartphone to easily notify the city of:

- Potholes • Damaged sidewalks • Damaged trees

- Litter • Graffiti

Help keep Edmonton great! Be the eyes and ears on the streets!

By doing this, you're helping us to better assess, prioritize and determine the corrective action based on severity, location, and other factors.

Note: The 311 mobile app is one more way for you to report your concerns to the city. Download 311 App

Search for "Edmonton 311" on: Google Play & iTunes App Store

For more information:

Online Contact 311 Online

Mill Creek Ravine Clean Up 2015

Our annual Mill Creek Ravine Clean Up will take place on Sunday, May 3 at 10 am. There will be a BBQ to follow after the cleanup. Strathcona will once again be teaming up with the community leagues in Bonnie Doon, Ritchie and Hazeldean to pick up the litter and debris that gathers in the ravine over the winter. Hope you can join us! For more details closer to the event, watch our website www.strathconacommunity.ca or contact the hall at 780-439-1501.

Community League Building Renewal Update
Submitted by Gord Lacey, Member of Building Renewal Committee

In early 2014 there was a public consultation with three architectural firms presenting concept designs for renovating the existing Strathcona Centre Community League building. The consultation resulted in some excellent feedback from league members, and the formation of a working group which has been meeting regularly over the past 6 months. Our goal is to address accessibility, function, and use of space with the renovation of the building and surrounding grounds, and we're currently looking at various grants for the project. While we're still in the preliminary stages, we hope to have various options to present to the community league members for more input at a later date.

Are Coyotes a Problem in Your Area?

To help prevent conflicts with coyotes

- Do not feed coyotes
- Do not leave garbage out (take it out only on the morning of collection)
- Do not leave fallen fruit from trees or bird seed spilled from feeders on the ground
- Do not leave pet food outside
- Do not walk your dog off leash in areas frequented by coyotes
- Do not leave a small dog out in the yard unattended for long periods of time
- Do not leave cats out roaming

For more information on coyotes and tips to follow when you encounter a coyote, call the Edmonton Coyote Information Hotline at 780-644-5744 or visit:

- www.edmonton.ca/coyotes
- www.srd.alberta.ca/FishWildlife/HumanWildlifeConflict/Coyotes.aspx
- www.edmontonurbancoyotes.ca

To report a problem coyote(s), call:

- City of Edmonton Park Rangers at 780-496-2950, or
- Alberta Fish and Wildlife at 780-427-3574

If someone is in danger, call Emergency 9-1-1.



Community Planning and Civics

Grant Moore, Chair of the Civics and Community Planning Committee, maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. If you would like more information, please contact Grant at 780-434-3772, or email civics@strathconacommunity.ca

Development Permit Compliance

The City of Edmonton does not do routine checks to ensure that new developments follow regulations. To a great extent, the city relies on leagues and nearby neighbours to report building developments which are not in compliance with regulations in the zoning bylaw and the development permit.

Call 311 with your inquiry if you suspect abnormalities. Perhaps a building appears abnormally large or too close to the property line, or you are concerned about other problematic irregularities.

2015 Best Neighbourhoods Survey

For the fourth consecutive year, Avenue Edmonton magazine is asking Edmontonians about what they think makes for great neighbourhoods. Visit avenueedmonton.com

The focus this year is health. How healthy is your community? Do you the parks, recreation centres, rinks and pools? Do you feel our neighbourhood is bike- and pedestrian-friendly? The survey results are featured in the Best Neighbourhoods issue in August 2015. Fill out the survey and be entered in monthly draws for gift certificates from some of Edmonton's finest restaurants. The survey closes at the end of April.

Strathcona was tremendously proud to take top honours in 2012, 2013 and 2014 as the best neighbourhood to live!

Smoking in Outdoor Shared Spaces

The City of Edmonton is proud to be one of more than 30 municipalities across Canada that has implemented outdoor smoking regulations.

Residents and visitors to the City of Edmonton are not allowed to smoke within 10 metres, at all times, at or around playgrounds, water spray parks, sports fields and courts and temporary, seasonal outdoor ice skating rinks. Public Places Bylaw

An amendment to the Public Places Bylaw was passed on April 4, 2012 with the intention of keeping areas that are frequented by children, smoke free.

The smoking restrictions are in effect at all times but only apply to the outdoor structures and places listed above.

Not complying with the bylaw will result in a \$250 fine.

Enforcement

If you witness a violation of the bylaw, feel free to discuss your concerns with the smoker. You can also record the address and description of the violation and report it to 311.

The ability to enforce individual infractions is limited but areas with high reports can be targeted and patrolled by enforcement officials. Enforcement of the bylaw through targeted blitzes will be used in problem areas on a complaint basis only.

Please be aware, smoking is not permitted within 10 metres at or around sports fields in accordance with the Public Places Bylaw 14614. Failure to comply will result in loss of field privileges.

For more information: 311

Community Safety

The Strathcona Centre Community League and the Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS has developed the Neighborhood Crime Mapping Website for the public to view crime in neighbourhoods across the city. <http://crimemapping.edmontonpolice.ca/>

By accessing this timely information on reported crime, you will be able to know what is happening in your neighbourhood. By knowing what is going on, we can work together to reduce and prevent crime.

For more information about community policing, visit www.edmontonpolice.ca/communitypolicing.aspx

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmonton programs and services such as:

- Inspections, licenses, permits
 - Comments, commendations, bylaw complaints
 - Roadway & waste management information
 - Program registrations and bookings
 - Transit information
- 311 agents are available 24 hours a day, every day.

Stop stigma, learn more about mental illness

Each year, more than 500,000 Albertans visit a doctor about their mental health. Although there are many types of mental health problems, the most common ones are clinical depression and anxiety disorders.

Mental Illness Awareness Week, October 5 – 11, gives Alberta Health Services an opportunity to provide information designed to help Albertans be more aware and open to the reality of mental illness. Mental Illness Awareness Week is an annual national public campaign, coordinated by the Canadian Alliance on Mental Illness and Mental Health.

Clinical depression affects about 2 million Canadians age 20 years and older at some point in their lives. Clinical depression is more common in women and often occurs in conjunction with childbearing. Depression is often seen with other mental health problems and with physical illnesses like heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years and older live with an anxiety disorder.

Knowing the signs and symptoms of someone with a mental illness is the first step. Mental Health First Aid Canada, which is based on the model of medical first aid, teaches people how to help someone showing signs of a mental health illness or going through a mental health crisis.

When trying to be helpful it is important to be sympathetic. By actively listening and understanding why a person is feeling the way they are, conveying that you understand their emotions and that you accept them even though they are not feeling well is the most helpful thing to do.

People who continue to show signs of mental health problems should be encouraged to seek help. A doctor, mental health therapist or addiction counselor can help address a mental health concerns.

For more information on mental health visit: www.myhealth.alberta.ca. To access programs or services related to addiction or mental health visit: www.albertahealthservices.ca.

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Parent & Tot Playgroup

The Argyll playgroup meet on the LAST Friday of each month, 10:00 AM – 12:00 Noon. Our Parent and Tots program operates in the lounge area of the community centre. This volunteer run program is for parents/caregivers and their young children (ages 0-5) to drop by and make friends with other families in Argyll; as well as have fun together! This is a free program for community residents with no snacks & beverages. If you would like to help out contact: Erin Raudebaugh by e-mail at: <mack_329@yahoo.com>

Argyll YOGA

Mondays at Argyll Hall 7:30 – 9:00 PM. This is Hatha Yoga with a focus on alignment, core stability and awareness of body and breath. Our instructor is Renee Giammarioli is a Yoga Association of Alberta certified yoga instructor and is also a physiotherapist. To register for the next class session, call Renee at (780) 431-1916.

Bonnie Doon Pool

Members of Argyll Community League are eligible for family swimming in Bonnie Doon Pool at these designated days and time:

Saturdays from 6:00 – 7:00 PM

Sundays from 4:15 – 5:45 PM

You and your family will need to show an Argyll Community League membership card. NOTE: there may be some weeks where regular maintenance of the pool will interrupt or be unavailable for family swimming. Check the pool schedule to see when this may happen. Contact Dave Trautman for a membership card (780) 463-9310

Jammers (an acoustic music club)

Every Thursday afternoon a JAM SESSION for seniors 1:00 to 4:00 PM [Argyll Community Hall 6750 – 88 Street]. Everyone is welcome to participate! Any instrument (Banjo, Violin, Mandolin, etc). You can come and sing, play along or just relax and enjoy the music and people. Call Ken (780) 466-8127 for more information.

All-women Karate Classes

The Edmonton Women's Gojukai Karate Club provides a traditional style of authentic, Okinawan style of karate. Each woman learns at her own pace in a non-competitive environment geared to encourage self-defence and physical fitness, all in the spirit of camaraderie, for ages from teen to adult.

Sensei Dana Nawata is the founder and head instructor of The Edmonton Women's Gojukai Karate Club. She has studied karate since 1978 and holds a 4th degree black belt, training under the International Karatedo Gojukai Association, as established by Master Gogen Yamaguchi. She is a certified instructor with the International Karatedo Gojukai Association of Canada and a certified karate coach with the NCCPC. She also teaches self-defence courses at the University of Alberta.

Classes are held on Tuesdays from 8:30 – 9:45 PM and Fridays from 7:30 – 9:30 PM at the Argyll Community Hall. For more information on the club, please visit Karateforwomen.ca or contact Sensei Nawata by phone at (780) 803-2353 or by email at dnawata@shaw.ca.

Argyll Executive

President:
Dave Trautman
780.463.9310

Secretary:
Linda Strong-Watson
780.466.4289

Treasurer:
Roxanne Higuchi
780.436.9616

Casino Coordinator:
Dallas Raudebaugh
780-469-1517

Director:
Karl Kovacs

Director:
Brian Stein

Director:
Hope Ungarian

Past-President:
Michael Leedham

HOW ARE MARTHA AND HENRY'S KIDS DOING THESE DAYS?

Decades ago, former Premier Ralph Klein introduced us to Martha and Henry - the average Albertan couple.

How are their kids doing?

The kids are worried. Not just about dignity for their parents, but also the lack of schools and affordable child care spaces.

You can count on the Alberta Liberal Opposition to ask the tough questions.

Let us know how you are doing. Phone 780.427.2292, through our website at www.liberalopposition.com, or e-mail liberal.correspondence@assembly.ab.ca.



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www.progressiveacademy.ca/mas
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 (Ticketmaster service charge applies)

Proceeds of this event are for the benefit of Al Shamal Shriners local projects and activities



Garneau News

Development Applications in Garneau 10 MAR 2015

Minor Development Permit

Reference ID: Job No 141357441-006
Description: To develop a Secondary Suite in the Basement of an existing Single Detached House.
Location: 10926 - 81 AVENUE NW
Plan I23 Blk 142 Lot 8
Applicant: K.D. LAU MANAGEMENT LTD
Status: New
Create Date: 3/10/2015 2:12:19 PM
Neighbourhood: GARNEAU

Development Applications in Garneau 19 MAR 2015

Accessory Building Development Permit

Reference ID: Job No 164633012-002
Description: To construct a two-storey structure (Detached Garage - 6.40m x 8.23m)
Location: 11002 - UNIVERSITY AVENUE NW
Plan 4676X Blk A Lot 12
Applicant: FIGTREE HOMES
Status: In Development Review
Create Date: 3/19/2015 4:23:34 PM
Neighbourhood: GARNEAU

Childhood Immunizations

New Alberta website launches

When it comes to childhood immunizations, Albertans have questions. But where is the best place to get good answers?

Not only can you chat with your family doctor or local public health nurse about your child's immunization, you can also visit Alberta Health Services' new immunization website: ImmunizeAlberta.ca.

ImmunizeAlberta.ca was designed for, and is based on, insight and feedback from Albertan parents.

Whether it's a simple question about the childhood immunization schedule or what to expect after your child gets immunized, uncertainty about the real risk of diseases, or concerns about immunization safety: ImmunizeAlberta.ca has the info you need.

Visit ImmunizeAlberta.ca today.

Jane's Walk Edmonton - The City's Walk Edmonton initiative and a committee of grassroots organizers provide support to local walk leaders and work to promote the event, with all the walk options available on the Jane's Walk Website. Consider leading a walk in your community or join in on a walk at the kick-off at City Hall on Friday, May 1 at noon, or at the wide variety of walks around town over the weekend. Web site: janeswalk.org/canada/edmonton

The Garneau Community League Meeting - The next meeting of The Garneau Community League (TGCL) will be held on Wednesday May 13, 2015 at the City Arts Centre at 7.30 pm.

Summer Daycamps - City of Edmonton - The 2015 Calendar for the Summer Daycamps is now available at The City Arts Centre. Check out the programs offered through City Arts Centre and Outreach in The Garneau Community.

Summer Daycamps Teen Volunteers Needed - Build leadership skills, gain valuable experience and have a summer of fun! Visit: www.edmonton.ca/volunteers and click on Attractions and Recreation Centres to see daycamp positions. Call 780-496-4935 or email rfsvolunteer@edmonton.ca for further information. Deadline for applications: May 31, 2015

Active Living & Wellness for Older Adults - Shape up for spring register for Forever Fit program at the City Arts Centre. This program can help manage common health conditions such as arthritis, hypertension and osteoporosis - no experience is necessary.

What influences your weight after a baby?

Are you a mom?
0-3 months postpartum?
We need you!

The University of Alberta is recruiting women at 0-3 months postpartum for an exciting new research study! The study will be looking at what affects weight change after having a baby. At 3 and 9 months postpartum we will look at how many calories per day mothers' burn, whether they are burning fat or carbohydrate for energy. We will also assess body composition (how much fat and muscle mass) and bone health, dietary intake, physical activity, hormone levels as well as hunger and satiety assessments. At the end of the study you will receive detailed information about your individual energy needs and body composition, as well as two sessions with a registered dietitian. If you would like more information about the study please contact us at: 780 492 4182 or email radinper@ualberta.ca

Garneau Community League

10918 - 81 AVE EDMONTON AB
T6G 0S2 TEL: 439-5264

Karen Parker	President
Paul Cachia	Past President
Kathy Bruce-Kavanagh	Treasurer
Kelly Butz	Secretary
Mary Gordon/Alan Besecker	VP South Garneau
Ian Burch	VP Middle Garneau
Mark Dunlop/Kai Waselius	VP East Garneau
Dr. Janet Palmer	VP North Garneau



Contact my office:

- Employment Insurance
- Canada Pension & Taxes
- Citizenship and Immigration
- Student Loans
- Information Requests
- Celebratory Messages

Linda Duncan
MEMBER OF PARLIAMENT / EDMONTON—STRATHCONA

linda.duncan@parl.gc.ca / lindaduncanmp.ca
10049 81 Ave, Edmonton AB T6E 1W7
780.495.8404



Hazeldean News

Hall Rental

9630-66 Avenue,

Hazeldean Community Hall offers reasonable hourly, weekend, wedding and special event rental rates! We offer a full kitchen, seating capacity of 250/220 with alcohol, free parking and wheelchair accessibility. Our newly renovated Community Room is also available for rental with a maximum capacity of 50. We also have a new large and attractive private patio area directly off of our community room which is perfect for outdoor events.

Hazeldean Board

President – Bill Elgert
Vice-President – Jason Said
Secretary – Marci Doroshuk
Treasurer – Tracy Vanberg
Civics – Vacant
Facilities – Mona Boss
Memberships – Toby-Anne Reimer
Publicity – Brandy Berdeniuk
Social – Carrie Madu
Soccer – Dee Karner
HCL Administrator – Dawn Banner
Director-at-Large (Soccer) – Jeff Cummings
Director-at-Large (Publicity) – Alana Cummings
Director-at-Large (Social) – Janel Kidd

Committee Chairs:
Greenway & Naturalization – Donna Gannon
Playground Committee – Blair Croft & Carrie Madu
Playgroup Coordinator – Jennifer Casino – Dawn Banner
Edmonton Safe Parents Association – Dawn Banner

Contact Us
Mail: 9630 – 66 Avenue,
Edmonton AB T6E 4W9
Phone/fax: 439-0847
(24-hour answering machine)
Web: www.hazeldean.org
E-mail: hazeldeanleague@shaw.ca

For more information about Hazeldean Community League visit our website: www.hazeldean.org or join us on Facebook.

Mill Creek Clean-up MAY 3rd 2015

Start Location for Hazeldean: The Gazebo on the Green Way at 93 Street and 68 Avenue.

Start time: 10:00am

BBQ celebration after at 1:00 pm at the Ritchie Hall – 7727 98 Street

It's a great FREE outdoor family event, rain or shine, the Mill Creek Clean Up is lots of fun. Gloves and bags will be provided.

Please join your neighbours from the Keepers of Mill Creek, Argyll, Avonmore, Bonnie Doon, Hazeldean, King Edward Park, Ritchie, and Strathcona to keep the ravine looking beautiful.

Everyone is welcome.

Fruits of Sherbrooke Jam Making Classes for 2015

We are a Not For Profit Society based in Edmonton. Our mission is to make sure that the abundance of urban fruit that grows in people's backyards is used for food, instead of being thrown away or left to rot on the ground.

2015 Jam Making Classes

June 15th 7 – 10 pm

July 7th 7 – 10 pm

July 15th 7 – 10 pm

July 28th 7 – 10 pm

Wed. August 12 7 – 10 pm

Sept. 14 7-- 10 pm

August 25 7 – 10 pm

Cost: The fee is \$50 a person. This includes the kitchen premises (that we rent), access to our equipment and tools, all food supplies (such as sugar, a variety of fruits and juices, pectin, jars and lids, and a wide variety of spices and flavour enhancements), and 2 Fruits of Sherbrooke cooks to teach and guide you through the experience. At the end of the evening you will bring home the education, your personal notes, enthusiasm about making regular and freezer jams and the product you made or traded that evening. We will teach 2 jam making processes: the traditional method as well as freezer.

For further information check our website www.fruitsofsherbrooke.ca or call 780-244-0129.

The 16th Annual Eco-Solar Home Tour May 30 & 31, 2015

What interests you? Solar electricity or solar hot water? Making your house really energy efficient? Geothermal heating or low-water landscaping? Retrofit or new construction? The Tour will have homes that showcase some of Edmonton's best examples of energy-efficient ideas to discover how you can take steps to reduce your gas, electricity and water use, save money and lower your environmental footprint!

Whether you are renting or buying; building or renovating; doing your research or just about to make a big decision; for a homeowner, builder, design professional, trades worker or student; the 2015 Eco-Solar Home Tour will provide you with information to make your home and lifestyle more sustainable.

For more information go to www.ecosolar.ca

Free Drop-In Bike Safety Program

Ritchie Community League

7727 98 street

Saturday June 20th, 2015 12:00 pm – 3:00 pm

For participants of all ages on 2 wheels or 4 wheels!

Children 5 and under require a parent or guardian to attend. Families are encouraged to participate. Fun and basic bike safety skills are the focus of this free drop-in program. Participants will enhance their bike safety skills while participating in stations and games. Participants can make a personalized bike plate.

The program will be adapted to the age and skill level of the participants dropping into the program. The program will take place in a contained area.

Participants can stay for the full 3 hours or drop-in for a short while!

Capital City Clean Up

Spring is here, and with it the resulting spring melt. When all that snow melts it can reveal a lot of litter which has built up over the long winter months.

The City uses many tools as part of our Capital City Clean Up program but there are many things you can do to help. One of the most helpful is reporting litter and graffiti. The easiest and most effective way to report litter or graffiti is to use Edmonton's 311 service. You can call 311, email 311@edmonton.ca or you can use Edmonton's 311 app on your smartphone. With the City's new "311 Explorer" you can see the status of your complaint and see other complaints in your area.

There are also lots of different programs the City has so you can help out. You can "Adopt a Block" where you volunteer to pick up litter on your favourite block, park or trail. You can do it on your own, as a family or as part of your weekly walk with friends. It's a great way to exercise. If you see something dangerous, like a used needle, please contact 311. The City offers free graffiti clean-up kits, though please check with the property owner before using them.

While we all want to do our part, but EPCOR transformers require special paint and treatment to remove graffiti. Painting over them with regular paint can require the entire station to be re-surfaced. If you see graffiti on an EPCOR station report it 311.

As a community group, you can apply for a grant for a bin to get rid of large, bulky items in your neighbourhood. Communities can also organize a community mural as a non-profit group and apply for a matching grant. Community murals are a great way to discourage graffiti and to provide beautiful public art.

You can find more information on the Capital City Clean Up at edmonton.ca

Please feel free to contact me anytime at ben.henderson@edmonton.ca or at 780.496.8146. Follow me on Twitter @ben_hen

Ritchie News

Community League Contacts

President: Laura Cunningham-Shpeley
Vice President: Dallas Bartel
Secretary: Karen Slater
Treasurer: Simon Slater
Membership: Monika Trott
Sports: Leonard Wampler
Youth Programs: Shelby Quinlan
Adult Programs: Terry O'Neill/Dallas Bartel

Communications: Jeff Ollis
Volunteers: Stephen Liley
Facilities: Ed Retzer/Leonard Wampler
Soccer: Vacant

Casino: Berni Fuchs

Civics: Nigel Nethersole

CONNECT WITH RITCHIE COMMUNITY LEAGUE

• Co-ordinates: 7727 98 Street NW
| Edmonton, AB | T6E 5C9 | 780-433-7137

• By e-mail: ritchiewebsite@gmail.com

• Online: www.ritchieCL.com

• Facebook: [facebook.com/WelcometoRitchie](https://www.facebook.com/WelcometoRitchie)

• Twitter: @RitchieYeg

Monthly Meetings

Meetings are held at 7 p.m. on the first Thursday of every month at Ritchie Hall. (Except New Year's Day). Everyone is welcome and encouraged to attend! Next Meetings: Apr. 2, May 7 & June 4, 2015..

Newsletter

Submission due date for next print newsletter: May 18, 2015.

Submission due date for next e-newsletter: Apr. 7, 2015.

E-mail jeffreyyollis@yahoo.ca with submissions or to receive our e-newsletter.

Hall Rental

Hall Co-ordinator: Keri Walmsley
Ritchie Community Hall is a great venue for family and community events, large or small. There are two rooms to rent: one for 150 people, complete with stage and bar. The second room is more suited to intimate gatherings of 60 or fewer guests. Both rooms have access to a kitchen with commercial-grade appliances, and the fabulous parkland and recreation facilities just outside their doors. The facility has ample parking and is wheelchair accessible. Best of all, rent is discounted for Ritchie community league members!

To book a room, fill out the online rental request form at www.ritchiecl.com. You can also phone the league office and leave a message at 780-433-7137.

Ritchie Community League Memberships

Become a member of Ritchie Community League today! Individual memberships are \$10, family memberships are \$20, and seniors are free. You can purchase your membership in person at Ritchie Foods (9606-76 Avenue) or online at bit.ly/joinCL through the Edmonton Federation of Community Leagues.

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

Continuous Monthly Pass – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

Multi Admission Pass – Community League Members receive a 15% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums 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 www.edmonton.ca/wellness

THE BUZZ... (Ritchie News)

Ritchie Hall Revitalisation

Our needs assessment and community consultation project is in full swing! We are holding four community engagement open houses at Ritchie Hall:

- Apr. 30 - Thursday - 10:30 a.m. to 12:30 p.m. (Children and pre-schoolers welcome)
- Apr. 30 - Thursday - 2 to 4 p.m.
- May 01 - Friday - 6 to 9 p.m.
- May 03 - Sunday - 11 a.m. to 2 p.m. (In conjunction with Mill Creek Clean-up)

The format for the open houses will be a facilitated discussion in which Ritchie residents and hall users can share ideas about what Ritchie needs in a new hall. For more information, email our community consultation facilitator, Angie Rout, at RitchieCommunityEngagement@gmail.com

Ritchie Four Corners Committee

The Ritchie Four Corner Committee formed last month and is busy getting up to speed on the needs of the community, city and businesses. We are a diverse group of community members that are excited to help this program improve the four corners area. We will keep the community updated about the exciting changes that are coming. Email jmmarvin@gmail.com with any comments or questions about our committee or the Corner Store Pilot Program.

Don't forget to visit www.ritchiemarket.ca to keep apprised of what's being planned for the northeast corner of the 96 St. and 76 Ave.

The Ritchie Safety & Liveability Committee

Coming in June: Ritchie Community Bike Day!

Bike safety course ~ helmet checks ~ bike commuter tips ~ Ritchie bike tour

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Phone: 780-433-1317
www.highleveldiner.com**

🍏 **Prime Rib Sunday Dinner**

🍏 **City View**

High Level Diner is Featured on "You Gotta Eat Here"

Programs

Bingo: Begins on Jan. 21 at Ritchie Hall and continues every second Wednesday evening from 6:30 - 9 p.m. For more information, email Joanne: j_niederhaus@hotmail.com.

Bridge Club: Contract Bridge starts again on Jan. 16 at Ritchie Hall. 25 tables playing every Friday. Doors open 11 a.m. Games start at 12 noon. Newcomers are welcome. Contact Rose-Marie: 780-439-4884.

Cribbage Club: Starts Jan. 21 at Ritchie Hall. Bring your nibs every second Wednesday from 12:30 – 3 p.m. All are welcome. For more information, email Maryann: hall4mary@telus.net.

Home-school Playgroup: Next meeting is Tuesday, Apr. 14 from 1 – 3 p.m. at Ritchie Hall. Meets every second Tuesday thereafter. The playgroup is for school-aged kids and their younger siblings. Activities include: Lego challenges, free play, drama performances for parents, active games, as well as arts and crafts with our other homeschooled buddies. Homeschoolers from neighbouring communities are also welcome! Email karendwhitehead@gmail.com for more information.

Fit for Life (Formerly Older Adult Fitness) Classes: Move to the oldies in this mixed-level class offering exercise for EVERY body! The workout includes components of cardio, strength-training, balance and flexibility for a well-rounded one-hour workout! (NOTE: New instructor starting Apr. 10. Cathy Matthews, who has been teaching the class for almost four years, is leaving for a new job--we wish her all the best! We were very pleased to announce that Lynn Lindsay will be taking over the reins. She has taught some of our members before and previously lived in Ritchie. Starting Apr. 10, the class will change to Tuesdays and Fridays from 9 - 10 a.m. For more information: email lynn@busybodies.ca or call 780-996-2182.)

Preschool Playgroup: Resumes after spring break on Apr. 7. Come hang out with other parents and preschoolers every Tuesday at Ritchie hall from 10 a.m. to 12 noon. For more information contact Monica at winkmonalisa@gmail.com.

Yoga: New session with Shelby starting April 8 at Ritchie hall. 7 p.m. Wednesdays. Drop-ins are welcome. Fees apply.

Zumba at Ritchie Hall: Now TWO classes each week: Mondays from 7 to 8 p.m. and Thursdays from 7:45 to 8:45 p.m. Email zumbamj@outlook.com for more information. Drop-ins are welcome. Fees apply.

Save The Dates!

April 7--Caminitos Spanish Playschool Open House. 6:30 p.m. at Escuela Mill Creek (9735 - 80 Ave. NW). Lottery will take place at 7:00 p.m. because of limited enrolment. For more information e-mail the school: info@caminitosplayschool.com.

April 7—Ritchie Community League Special General Meeting. 7 p.m. at Ritchie Hall. A complete revision of Ritchie's 50 year-old bylaws has been completed. New bylaws will be presented and voted on by the membership.

April 17—Youth Art Showcase / Hip-Hop Album release. Ritchie Hall.

April 18 & 19--Tradeshow to support J.H. Picard playground renewal. Ritchie Hall.

April 24--The Association of Graduate Anthropology Students Year-End Social. 8 p.m. at Ritchie Hall. Live local bands interspersed with presentations about field-work undertaken this year in Alberta and abroad. The program kicks off with a presentation of colorful stories from Ritchie's past as unearthed by AGAS in the city and provincial archives. Ritchie members are encouraged to attend to learn more about the folks who built the hood!

April 29—Clean up Ritchie hall work bee. 1-3 p.m.

April 30—Ritchie Hall Revitalisation Community Engagement Open Houses. Come have your say on how the new hall should look! Four open houses at Ritchie hall to accommodate busy schedules:

- Apr. 30 from 10:30 a.m. to 12:30 p.m. (Children and Pre-schoolers welcome)
- Apr. 30 from 2 to 4 p.m. (Everyone welcome)
- May 1 from 6 to 9 p.m.
- May 3 from 11 a.m. to 2 p.m. (in conjunction with Mill Creek cleanup)

Email RitchieCommunityEngagement@gmail.com for more information.

May 2—Edmonton Arts Council Street Art Workshops. May 2 from 12 noon to 4 p.m. (beginners) and 5 to 9 p.m. (advanced). For more information, contact Dawn by email: dsanders-dahl@edmontonarts.ca or by phone: 780-424-2787 ext. 229.

May 3—Annual Mill Creek Cleanup & BBQ. Check the website for details.

May 6—Whip it Cancer: Pampered Chef Fundraiser. Ritchie Hall. 7 to 9 p.m. For more information, contact Shandell Rodermond 780-985-2580.

June 20—Ritchie Community League Bike Day. Stay tuned for details.

In The Ritchie Community

Attachment Parenting of Edmonton: Meets at Ritchie Hall on the second Wednesday of each month from 10:30 a.m. to 12:30 p.m. Next meetings: Apr. 8 and May 13. For more information, email Skye: attachmentparentingofedmonton@gmail.com.

Caminitos Spanish Playschool: Offers a bilingual Spanish program for children aged three and four. No prior Spanish knowledge is required. Children learn Spanish through play guided by experienced and qualified bilingual teachers specializing in early childhood education. Located at Escuela Mill Creek (9735-80 Avenue). For more information or to register, please visit www.caminitosplayschool.com.

Congregationalist Wiccan Assembly of Alberta (CWAA): Meets the second Sunday evening of each month at 5:30 p.m. at Ritchie Hall. E-mail: cwaalberta@gmail.com for more information.

Edmonton Bicycle Commuters' Society (EBC): Hey cyclists! Ritchie is pleased to announce a new partnership with EBC! Now EBC will recognize all Ritchie Community League 2014-2015 membership cards as equal to EBC membership cards. Ritchie members can now access the following EBC services at discounted rates: Use of EBC shop tools, stands and volunteer support: \$2/hour. Workshop and course registration: now \$5 less than non-member fee! Check out the EBC web site: edmontonbikes.ca.

Edmonton Reptiles and Amphibian's Society: Meets on the third Tuesday every month at Ritchie Hall from 7 - 9 p.m. Contact Tim at: president@edmontonreptiles.com.

Karate for Families: Ritchie Community League Hall is home to a Karate school that provides lessons for adults, children (age 7+) and families. Everyone is encouraged to come and try TWO FREE classes at any time. Classes run from September to June on Tuesdays and Thursdays from 6:30 to 7:30 p.m. Classes are taught by certified Black Belt instructors and focus on fitness, self-defense and fun in a safe and social atmosphere providing our members with a place to develop their bodies, minds and spirits while learning traditional Karate. Please visit www.KarateInEdmonton.com, or call 780-913-1652 for more information. New students are always welcome. Also, see our website or ask about our discount for Ritchie Community League Members!

Scona Seniors: SCONA Seniors offers a variety of recreational and social activities at Ritchie Hall. A dinner and dance is presented every third Tuesday of month from 10:00 a.m. to 2:30 p.m. This active group has a varied and changing schedule, so stay up-to-date by e-mailing Cathy at scona84th@shaw.ca.



Rachel Notley, MLA
Edmonton-Strathcona

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Edmonton, AB T6E 1X2
ph: 780-414-0702
edmonton.strathcona@assembly.ab.ca
www.rachelnotley.ca



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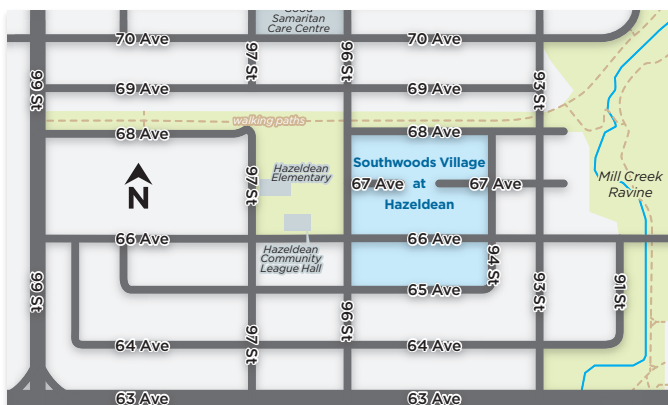
Southwoods **Village At Hazeldean**



The Christenson Group is pleased to introduce the retirement community Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean. Centrally located, Southwoods is close to many amenities, walking paths, and the Millcreek Ravine.

Building **Features:**

- | | |
|--------------------------|----------------------|
| 1) 1 Bedroom + Den | 4) Air Conditioning |
| 2) 2 Bedroom Coach Homes | 5) Family Party Room |
| 3) In-suite Laundry | 6) Guest Suite |



For more information about Southwoods, call Lynne Christenson at **(780) 975-2509** or by email at **LynneC@CDLHomes.com**.

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