

COMMUNITY LEAGUE NEWS SOUTH

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



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A Successful Valentine's Winterfest!

Luckily some winter weather greeted the Winterfest on February 14th after a streak of very warm weather, so we were able to skate and do snow carvings, in addition to the indoor activities: Valentine cookie decorating, dessert cook-off and penny carnival games. The BBQ kept us all well fed, and the sleigh ride was enjoyed by many!

The dessert Cook-Off winners were: Lois Hameister, Jesse Hameister-Ries, Kristy Anderson and Heidi Corrigan.

Thanks to our community sponsors for donating great prizes; McBain Camera, Culina's, Big Rock Brewery, Blue Chair Café, Councillor Ben Henderson, Rosso's Pizzeria, Wild Earth Foods, Mill Creek Animal Hospital, Save-On Foods, and Laurel's Flowers.

Thanks to all the kids who helped out (Evern, Isaak, Luke, Marko, Danika, Riley, Lucie, Colin, Noah, Declan, Camilo, Levi, Paule, Brynmar, Shealyn, John, Emi, Siri, Sadie, Aoifa, Sonia, Monroe, Olivia, Amber), as well as many adult volunteers.

An unplanned fire drill added the final touch to a full day – and the fire-fighters enjoyed the Valentine cookies!



Thank you: Argyll Casino

A really big thank you to everyone who helped out for our casino in early March!

I was pleased to see so many first time volunteers along with familiar faces. We also got additional help from the EJCA and from its affiliated groups. I also want to thank those who lent a hand to the EJCA for their Casino in February.

Argyll relies on revenue from Casinos for a majority of its operating budget. These Casino opportunities come up every couple of years. They involve up to 30 volunteers. These events raise an average of \$80,000.00. This money goes toward our own programming as well as maintaining our building.

We have been fortunate to have many hard working volunteers help at these events. As with every community there is a gradual turn-over of families from established neighbours to new neighbours. New families are moving into our community at a rate consistent with our central location and mature surroundings. I understand the demands on families and how little time anyone can dedicate to community service when dealing with full schedules. As difficult as it may seem I believe there are many innovative ways families can make a contribution to this community. We are able to provide Child Care support for Casino volunteers. We plan to use funds for Future Projects (your input is welcome). Each summer we hold an appreciation BBQ for those people (and their families) who helped make our Casino a success. Look for a follow up notice about the date and time for this event.

I hope you will consider offering your time when you hear about the need for volunteers for the next Casino.

Sincerely, Dave Trautman, president, Argyll Community League

Hazeldean - APRIL Game Night and Potluck:

Our first game night was such a success we have decided to have another. ALL AGES are welcome. You can bring your own games (at your own risk) or use ours to have some fun.

We are going to combine the next game night with a community POTLUCK. April 10th from 4pm to 8pm. Meal share starting at 5pm. Bring a dish to share along with plates and utensils for your own use. We want to try to make it a garbage free event.

Come with your family, friends and neighbours.

We will provide the juice and pop.

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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
Treasurer	Colleen Taralson 780-477-0656 treasurer@strathconacommunity.ca
Secretary	Amy Wowk secretary@strathconacommunity.ca
Membership Co-chairs	Lois Hameister 780-439-5774 Jeanie McDonnell 780-433-0521 membership@strathconacommunity.ca
Communication Committee	VACANT communication@strathconacommunity.ca
Programs Committee	Dustin Meunier programs@strathconacommunity.ca
Social Chair	Jeanie McDonnell 780-803-0900 social@strathconacommunity.ca
Soccer Co-chairs	Conrad Nobert Simon Thomas strathcona@southeastsoccer.ca
Civics / Planning	Grant Moore 780-434-3772 civics@strathconacommunity.ca
Safety Committee	Barry Hickie safety@strathconacommunity.ca
Building and Grounds	Benjamin Tucker grounds@strathconacommunity.ca
Green Initiatives	Brenda Reid green@strathconacommunity.ca
Community Garden	Kelly Binnington garden@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell 780-803-0900 hall@strathconacommunity.ca
Community Liaison	Kelly Fox John Watson
Community Hall	Helen Gillespie 780-439-1501
Website Manager	webmaster@strathconacommunity.ca
Information	info@strathconacommunity.ca

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 2016 issue of Community League News is May 23, 2016. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

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.

News from Engage106-76 Core Team

It's been a while since we have been in touch. We want to say THANK YOU again for helping on the project by sharing your experiences, ideas, and taking the time to listen to others as well as explain "why" you are fearful or in favour of different design solutions for 106 Street and 76 Avenue. Because of this incredible feedback, we are confident that 106 Street and 76 Avenue will be transformed into walkable, bikeable, liveable, public spaces that connect people. Here's a quick update on what's been happening since workshops concluded in October. The City Project Design Team took a look at what you said and worked with their internal City of Edmonton Community Partners (yes, we had Operations, Sustainable Development, Forestry and many others sign up as Community Partners too!). They solved problems together and worked collaboratively to find solutions that are reflective of your input.

Where more details were needed at specific locations, the City design team met with stakeholders for additional one-on-one meetings (e.g. a school or business where there may be impacts as a result of the design).

The draft concept plan for 106 Street between 61 Avenue and Saskatchewan Drive and 76 Avenue between 104 Street and Saskatchewan Drive is now complete.

If you cannot attend the Open House on April 7, 2016 at St. Basil's Cultural Centre, the draft concept plan and the Vision to Transform 106th Street and 76th Avenue (developed by your neighbours) are available at <http://engage106-76.info>. The City Project Design Team will refine the concept plan based on information gathered at the Open House, and Neighbourhood Renewal will begin preliminary/detailed design.

Anticipated construction timelines for neighbourhoods (may be subject to change):

- Queen Alexandra – 2017
- McKernan – 2017
- Belgravia – 2017
- Allendale – 2019
- Strathcona – 2019
- Garneau – 2021

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Dive into Pride: 36th Annual Festival

By Angela Bennett
Executive Director, Pride Festival

After a tremendously successful 2015 the Edmonton Pride Festival Society is delighted to return to Old Strathcona in 2016!

In light of the fact that we see approximately 40,000-45,000 people in one day we understand that there is a significant impact on the surrounding. We are committed to working with community groups and those we inadvertently affect and as such we want to make sure that we offer you as much information as possible as far in advance as possible.

For the most up-to-date information please visit our website at www.edmontonpride.ca

Pride Parade

Saturday, June 4, 2016, 11:00 am

- The parade will begin at 11:00 am at 108 St and Whyte Ave and will end at 86 Ave and 104 St
- Whyte Ave will be closed from 10:00 am - approximately 1:00 pm (will re-open immediately following the parade)
- A map of the parade route can be found at <http://www.edmontonpride.ca/parade.html>

Parade Staging

- Staging of the parade will affect residents between 109 St & 107 St between 76 Ave & 82 Ave (the most significant impact for these residents will be between 7 am - 1:00 pm).
- Please note there will be parking restrictions in place from 5:30 am - 2:00 pm. Unfortunately, if people are parked in no parking zones they will be towed.

Parade De-Staging

- Residents on 104 St between 82 Ave & Saskatchewan Drive as well as residents on 86 Ave between Gateway Blvd and 105 St will be affected by the de-staging of our parade.

Pride in the Park

Saturday, June 4, 2016

11:00 am

The main Festival will be held in Big Miller Park, End of Steel Park as well as Strathcona Park (directly behind Yardbird Suite).

End of Steel Park will have live entertainment from 11:00 am - 9:00 pm (sound checks will be done on Friday as well as Saturday morning after 8:30 am).

- This area will be fenced and monitored by EPS and hired security as it is a licensed area. Strathcona Park will host the TD Main Stage and entertainment will run from 11:00 am - 7:00 pm (sound checks will also be done on Friday as well as Saturday morning after 8:30 am).
- In addition to live entertainment there will be food trucks, children and youth activities.
- We encourage the community to come out and join in the fun!
- We understand that parking is one of the most significant problems that comes along with events such as ours and we assure you that we are trying our best to educate our guests and encourage them to park elsewhere.

Pride Family Picnic

Sunday, June 5, 2016

We will wrap up our festivities Sunday, June 5, 2016 with a family picnic in front of the Strathcona Community League, 10139 87 Avenue, Noon - 3:00 pm.

We welcome all community members as well as LGBTQ+ families to join us for a BBQ, children's activities and socializing.

*Please note that there will be a significant amount of infrastructure that will be set up for this event therefore there will be some traffic interruptions and detours prior to and immediately following our event. We will be arriving in your neighborhood on Wednesday June 1, 2016 to begin our set up and will do everything we can to be completely out by Monday, June 6th at 5 pm.

We are working closely with members of your community to try and minimize the impact our that event will have on your community however, if you have specific concerns, suggestions or ideas please feel free to contact Angela Bennett at exectivedirector@edmontonpride.ca

We look forward to seeing you in June!

League Programs and Activities

YOGA CLASSES

These holistic yoga classes are perfect 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)

Spring yoga starts on April 12 on Tuesdays and Thursdays. To register for classes, email Kyla Fischer at fischerk@telus.net or call 780-430-0229.

Wednesday Night Yoga

Yoga is a holistic practice that can open and strengthen your body, revitalize energy and calm the mind and emotions.

Hatha Flow and Yin Yoga styles are taught by a certified teacher in a friendly and supportive atmosphere. Classes are suitable for all levels.

Wednesday Evenings

7 - 8:15pm

Strathcona Centre Community League

Investment: \$10 if prepaid for a block of classes, or \$12 drop-in

For more information please contact: Lyle Cott at dog08@shaw.ca or 780-850-8056.

OUTDOOR SOCCER

Our community league is a member of the EMSA South East zone. For more information, contact Strathcona soccer co-directors, Conrad Nobert and Simon Thomas, at strathcona@southeastsoccer.ca For news, visit <http://emsasoutheast.com/>

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). It's casual, and a great way to unwind from the week and meet or reconnect with others from the community.

Friday, Apr 15th – Trivia Night

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.

STRATHCONA PLAYGROUP

The Strathcona playgroup hosts a playgroup (September-June) twice a week at the hall, 10139 – 87 Avenue. Enter via the ramp on the north side of bldg.)

- Mondays and Wednesdays, 10am till noon (closed on school holidays)
- 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 a snack for the kids, and a coffee for yourself
- Meet other parents/caregiver
- Any age welcome – babies, toddlers, pre-school

For more information, contact programs@strathconacommunity.ca

Join Us!

2015-2016 League Memberships on Sale

If you want to purchase a membership, contact Lois 780-439-5774 or Jeanie 780-803-0900. Memberships are also available for sale from the hall manager. For more information about memberships, visit www.strathcona-community.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.

Discounts/Community Swim: Your membership can be used to get a discount when purchasing a multi-use pass at City of Edmonton recreation centres (e.g., Kinsmen). Go to the City of Edmonton website and search for Community League Wellness Program for details. And there will be free community swims at outdoor pools for members next summer.

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.


Scona Road Safety Initiatives

The City of Edmonton has completed a comprehensive analysis of the traffic safety concerns at the intersection of Scona Road/99 Street and Saskatchewan Drive and is now moving forward with several safety measures.

The purpose of traffic safety strategies is to upgrade the intersection to ensure safety and meet the needs of current and future users, with particular attention to pedestrians and bicyclists. Some of the safety improvements include digital speed display signs, new traffic and pedestrian lights and several other modifications.

The City held a public meeting on January 18, 2016 at the Strathcona Community League hall to present a proposed plan for discussion and feedback. To view the full presentation, traffic safety studies and Potential Conflicts Videos, visit www.edmonton.ca/sconaroad

Countermeasures will be implemented starting in Fall 2016. If you have any questions or concerns, please contact the Office of Traffic Safety at 780-495-0371 or email transportationoperations@edmonton.ca



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Rachel Notley, MLA
Edmonton-Strathcona

Strathcona Professional Centre
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Edmonton, AB T6E 1X2
Phone: (780) 414-0702
edmonton.strathcona@assembly.ab.ca

Argyll News

www.argyllcl.ab.ca

Mill Creek Clean-up

This year, Argyll will have their own “official” entrance point for our neighbourhood to participate in the annual Mill Creek Ravine Clean-up. Please meet at the bottom of the tobogganing hill (just east of 84 Street) on Sunday May 01, at 10:00 AM. Committee members will provide you with bags and gloves. Everyone is invited to join the other communities involved in a BBQ lunch at Ritchie Hall following the clean-up.

Argyll Pub Night

Come join your neighbours at a drop-in pub night at Time Out Pub in Hazeldean (9604 66 Ave). This will be a come-when-you-can event that will take place on the last Thursday of every month. We will begin on April 28th at 8:00 PM.

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre on the Last Friday of each month from 10:00 AM – 12:00 Noon. 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>

Art Classes for Children

Alison Service teaches art at the Art Gallery of Alberta and has done this for 9 years. A few parents have asked if she would be willing to teach a class in the community. We have negotiated a plan for a community-supported programme which will be offered this spring. The programme is directed to children ages 3 to 5 years and a second class (on the same days) for children aged 6 to 9 years. This will be on Tuesday afternoons.

If you want to let your child meet other kids from the neighbourhood and learn to express their creative side then check in with Alison Service at 780.906.8500 so she can register them. You might also e-mail her your questions: alieservice@yahoo.ca. Some other details about her background and the approach she takes to working with children can be found here: www.artofalie.com

Some of the work produced will be on display at community events throughout the year.



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

Argyll Online

As always our web site has current information. Check-in weekly to see what's changed. Send us things you think the community would be interested in. The web site address is: www.argyllcl.ab.ca

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

Argyll Community BBQ ~ Sunday, June 5, 4-7pm

Come and join us for our 3rd Annual BBQ for Argyll residents. This year's fun will be on Sunday, June 05 between 4:00 and 7:00 PM. We will have food and fun activities for all ages. We will be holding our PIE BAKE-OFF again so bring your best pie to share with your neighbours and win a prize!

Triple MEG Soccer will be offered in June

The success of the winter and spring programme for small children to learn the basic skills of soccer has been encouraging. The Triple MEG program will be with us in June this year. Look for details on the Triple MEG site later in May and we will have registration dates and details on the Argyll web site when things are finalized. We expect the cost to remain the same and for the program to run the same number of weeks as it did this past winter. The Triple Meg PreSchool Soccer program is designed for ages 3-5 years. The program is a high energy, fun, age-appropriate introduction to soccer skills involving fun games which encourage children to enjoy the sport. Children will be involved with a soccer ball at their feet giving them the most time with a soccer ball to learn or improve their soccer skill. Triple Meg's focus is soccer skill development, spatial awareness, coordination, balance and agility all through a fun and positive environment for activity. Class size is limited to 12 participants. Please visit www.triplemeg.com for schedules. Location — Argyll Community Hall When — Mondays 5:30 – 6:30 PM Cost — \$85.00 (per student)

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Linda Duncan

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Edmonton Strathcona

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Still time for writers to try for \$500 awards

There is still time for senior writers to enter their work in the 2016 John W. Bilsland Award competition, sponsored by the the Strathcona Place Seniors Society.

Writers aged 55 years and older who live in the Greater Edmonton Area are eligible to submit work to be considered for this year's award. Prizes of \$500 will be awarded in each of three categories: short fiction, short non-fiction and poetry.

The deadline for award submissions is April 22, 2016. For entry rules and regulations, and to download an entry form, go to www.strathconaplace.com. Entry forms are also available at the Strathcona Place Senior Centre, 10831 University Avenue. For further information email Jack-BilslandAward@gmail.com.

Inaugurated last year to celebrate and foster the creativity of older writers, the award was received with enthusiasm, attracting some 175 entries. Winners will be honoured at a gala dinner and awards presentation.

John W. Bilsland, MA (British Columbia), PhD. (Toronto), is Professor Emeritus of English at the University of Alberta. In addition to his 30-year professional teaching career, as a volunteer he taught creative writing at the Strathcona Place Senior Centre for 25 years. During that time seniors who attended his classes produced more than 20 publications, including books.

Strathcona Place Seniors Centre has been serving older adults in south Edmonton for 43 years, providing a range of social and recreational programs.

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
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Protecting Your Eyesight

Damaging UV Light From the SUN

We all know that ultraviolet rays can be harmful to our skin on hot summer days. However, what about our eyes?

Our precious eyesight can be affected in our later years if we do not take the correct steps in protecting them. It all starts at a very young age since most our sun exposure is during our adolescent years playing outdoors.

Sunglasses help to protect our eyes from the harmful UV rays emitted from the sun. To begin, UV light damages the eyes by giving us cataracts sooner in life. This can cause cloudy vision and glare at night. UV light also increases our chances of getting macular degeneration. A disease of the retina that harms our central vision. Finally, we can also get yellowing/thickening of the whites of our eyes. This is known as pinguecula and if the thickening gets worse growing over the cornea it can impair vision. At that point, it is called pterygium.

Sunglasses, either tinted or polarized lenses help by blocking UV light from reaching the eye. Even clear lenses can have UV light blocked by adding a UV protective coating to the lenses. For comfort and convenience, many people now wear transitional lenses. These lenses change depending on the amount of UV light exposure. The brighter it is, the darker they get.

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Students 7 to 97 years old!

Garneau News

• **Annual General Meeting** – The Garneau Community League Annual General Meeting was held on March 9, 2016. The Executive and Committee slate is as follows:

Kelly Butz – President

Kathy Bruce-Kavanagh – Treasurer

Vacant -Secretary

J. Karen Parker – Past President

Anne de Villars – Chair Planning Committee

Mary Gordon/Al Besecker – VP South Garneau

Ian Burch – VP Middle Garneau

Mark Dunlop/Kai Waselius – VP East Garneau

Dr. Janet Palmer – VP North Garneau

• **Garneau Community League Meeting** – the next meeting of the Garneau Community League will be held at the City Arts Centre on May 11, 2016 at 7.30 pm.

• **Garneau Community League Memberships** – are available by contacting Kathy Bruce-Kavanagh at 780-439-5264 or Kathybk@shaw.ca

• **Patisserie in Garneau** – there are plans to open a patisserie on 88 Ave next to the Sugar Bowl in the former hostel building. Plans are to open in the fall of 2016.

• **City Arts Centre** - Imagination Playground –

“Ask An Expert”. While your little one is busy playing with our big blue blocks, take this chance to tap into the expertise of our invited guests in the “Ask An Expert” program.

Friday April 22 – Ask a massage therapist -Ask about do-it-yourself techniques to reduce muscle pain and techniques to calm your pre-schooler.

Friday April 29 – Ask a Librarian – Did you know you can ask a librarian anything? They will find the answer. You can also ask our librarian about interactive reading ideas and sign up for a free library card. Imagination Playground Drop-In Hours – Fridays (Ages 2-5) 9.30 am – 11 am until May 27, 2016. City Arts Centre 10943 – 84 Ave. No Playground during Spring Break April 1.

Friday Night Out Workshops - \$40.00. Grab a friend and get creative at our short one evening workshops. It's a chance to socialize and experiment with different types of art materials. Absolute beginners welcome and all supplies included. All workshops take place 6.30 – 9.30 pm at the City Arts Centre.

Friday, April 15 – Flora and Fauna, Brush and Pen

Friday April 22 – Portraits

Friday May 13 – Landscapes in Watercolour

Friday May 20 – Arm Knitting

Friday June 3 – Purse Verse and Pocket Poems, Clay Mask and Photo Workshop.

2016 Facilities and Neighbourhood Daycamps booklet is now available at the City Arts Centre or on line at [www. Edmonton.ca/daycamps](http://www.Edmonton.ca/daycamps).

• **Strathcona Place 55+ Centre** at 10831 University Avenue

Multicultural Gala & Dinner – Saturday April 9, 2016 – Tickets \$15

Monthly Dinner Event – Wednesday April 13, 2016 – Tickets \$15

Spring Fling – Friday April 29, 2016

For more information, contact 780-433-5807 or volunteers@strathcona-place.com

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



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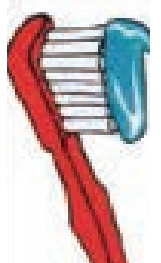
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Hazeldean News

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.

Hazeldean Community Greenway Story: View From My Window

by Marge Brown

I have been looking out of my window at the 93rd Street entrance to Mill Creek Ravine since moving here in the mid-eighties. From my vantage point near a cul-de-sac parking area, I have seen many people at all times of year come and visit the park, using a variety of modes of locomotion. The most thrilling of these remains a horse-drawn cart with passengers on a Christmas day over twenty years ago. On another important occasion, a hot air balloon gracefully slumped into the big open area in an unscheduled stop.

Dogs often accompany walkers. Early on, we had great delight in identifying familiar dogs and making friends with them during our own walks. Having small children greatly helped this process. The walkers and their dogs passed by our house and we often flocked to the window to watch our favourites, or announced for all to hear that so-and-so was passing by. My favourites are the dogs that carried their own toys in their mouths.

When you live near a recreational area, you have the chance to see people repeatedly and it can be fun to study their habits. You might not know them to talk to but you definitely know them by their routines. Regular walkers form part of a daily pattern that reassures us with its repetition. An interruption, such as when an old gentleman misses his outing and you figure out he's been moved to assisted living, can cause you to ruminate about the big changes in life, such as aging and loss.

The rhythm of the seasons comes vividly to life when you live beside such a lovely place as a ravine park. I wait for the soft sheen of green to cover the tops of the shrubs in spring, for the small groundcover flowering plants, such as birds' foot lotus or creeping Charlie, or violets to appear. Cyclists, joggers, rollerbladers, with or without children in tow frequent the paths during the summer. In autumn, the colours of the mountain ash and ornamental crabapple and the deepening green of the spruce glow in the slanted golden light. And in winter, dogs can find smells under the snow while flocks of bohemian waxwings search for a tree to descend on and feed from.

I am happy to see bird feeders in the park, happy to see that they are being used and happy to photograph the clusters of birds that are drawn to them. Chickadees are a constant favourite, with their flippy flight style and cheerful call. Both red-breasted and white-breasted nuthatches inhabit the ravine. One old gentleman sometimes walked into the park rattling a holder of black sunflower seeds. He was patient to teach anyone the easy sport of feeding chickadees who are readily trained. When a tiny virtually weightless bird lights on your finger and delicately selects a seed, you will probably hold your breath in wonder.

The ravine provides a chance to connect with nature, and is handy for many of us who live in Hazeldean. Although empty lots and slightly wild spaces are disappearing in Edmonton, this one will stay as a recreational area.

www.communityleagueneews.com

Fitness Options at the Hazeldean

PiYo Mondays 7pm to 8pm

PiYo is Pilates, Yoga and Nonstop Movement. You sweat, stretch and strengthen.. PiYo combines the muscle sculpting, core firming benefits of pilates with the strength training and flexibility benefits of Yoga. You are always in motion so you burn calories. You use your own body weight with no jumping. It is low impact, high intensity, restorative and empowering. The drop in rate is \$15 and there are punch cards available to help reduce the cost. Contact Sarah to receive a one time voucher to try for free: PiYoSarah@gmail.com

Okinawa Style Karate Mondays and Wednesdays

Our own Sensei Bill Elgert teaches karate to children (age 4) up to adults every Monday and Wednesday evening. The benefits of taking karate include learning respect for yourself and others, improved focus, physical fitness, improved self-esteem and confidence. For children it provides an environment to run, share, play and laugh while expending energy and having fun. Contact Sensei Bill at 780-438-3179 for more information

Call Out for Casino Volunteers on Sept.13 and 14:

One of our ways to raise money is to volunteer for a casino. We have been fortunate enough to be selected. It is lots of fun and there are 40 different shifts available. Please come join us. Soccer Parents are encouraged to participate as part of your volunteering duties. Contact Dawn: hazeldeanleague@shaw.ca to find out times available to volunteer.

Our Community Needs Volunteers!

Come be awesome with US! We have an open board position. It requires you to come have fun 1 day a month with the board. Check out the roles and descriptions on our website: <http://www.hazeldean.org/about-us.html>

Community Event IDEAS WANTED

We need community event ideas so we can hold more of them. We need your help though from ideas to planning.

PARTIES before projects
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email) PiYoSarah@gmail.com

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Ritchie News

Community League Contacts

Executive:

President: Laura Cunningham-Shpeley

Vice President: dallas Bartel

Secretary: Karen Slater

Treasurer: Simon Slater

Board:

Adult Programs: Tammy Hay

Casino: Berni Fuchs

Civics: Nigel Nethersole

Communications: Jo-Ann & Jeff Marvin,

Community Events Co-ordinator: dallas Bartel

Facilities: Ed Retzer/Leonard

Wampler

Liveability Co-ordinator: Tracy Price

Membership: Monika Trott

Soccer: (vacant)

Sports: Leonard Wampler

Youth Programs: Julie Kochan

Volunteer Co-ordinator: (vacant)

Director-at-Large: Jeff Ollis

Director-at-Large: Allan Bolstad

Director-at-Large: Val Stark

Director-at-Large: Amanda Heiford

Monthly Meetings

Meetings are held at 7 p.m. on the first Thursday of every month at Ritchie Hall. Everyone is welcome and encouraged to attend!

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

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.

SAVE THE DATES!

Check www.ritchiecl.com for more details.

April 21 – Paint Night, the Third. Register in advance.

April 25 – Zumba 2 Year Anniversary Party. Email Margareta Jesse (zumbamj@outlook.com).

May 1 – Mill Creek Clean Up, starting and ending at the Ritchie Hall, 10 a.m. – 1 p.m.

May 14 – Beltaine Faire, at the Ritchie Hall.

May 21-22 – Not Enough Fest, at the Ritchie Hall.

Ritchie Community League Memberships

Become a member of Ritchie Community League today! Individual memberships are \$10, family memberships are \$20, and seniors are free. New this year: Associate memberships (\$20) for groups or non-resident individuals who want to support the Ritchie Community League. *Prices subject to change.

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. Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

- Annual Pass* - 10% discount on Adult, Family, Child, and Youth/Senior Annual Passes
 - Multi Admission Pass* - 10% discount on our already discounted multi admission pass (10+ visits)
 - Continuous Monthly Pass – 10% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program. Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.
- * Applies to new purchases only.
- Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit www.edmonton.ca/wellness

THE BUZZ... (RITCHIE COMMUNITY LEAGUE NEWS)

May 1 - Annual Mill Creek Clean Up

10 a.m. - 1 p.m. Free BBQ to follow!

Details at ritchiecl.com

Paint Night, the Third!

Join us for another Paint Night on April 21. Registration is online on our website, be sure to register soon as spots are filling up! Only \$25.00 for an evening of painting and fun. The class is open for all levels of experience from beginners to the more advanced.

Pre-School Playgroup Needs You

Ritchie Community League's last pre-school playgroup will be Tuesday, April 26. If there are any people interested in running the Tuesday pre-school playgroup going forward, please e-mail Monica at winkmonalisa@gmail.com and let her know.

Ritchie Soccer is here to stay!

A big shout out to the tremendous group of people who have volunteered to run Ritchie's Soccer program this spring!

Suki Kaur - Director

Shelley Foss - Volunteer Coordinator- ritchie lovesvolunteers@gmail.com

David Woo and Jeff Ollis - Field/Equipment Coordinators

Tamara Kane - Registrar

Tara Roy - Referee Coordinator

Val Stark - Ritchie Soccer Advisor

Thanks again for everyone's commitment to Ritchie Soccer, we look forward to seeing our neighborhood kids on the fields this Spring!

Fundraisers Unite!

It is time... to start fundraising! In order to build a new Community Hall for Ritchie, we need to start raising some money. If you like working with a team, and you have some ideas on how to raise some funds to help build our new hall then we want to hear from you! Please contact Laura at lauracshpeley@gmail.com for more information.

Free Community Swim

Swim for free if you show your Ritchie Community League Membership, at Bonnie Doon pool on Saturdays 6-7pm and Sundays 4:15-5:45 p.m.

Winter free swim program runs until June 2, 2015.

Clothing donations wanted!

The league and the Cerebral Palsy Association in Alberta are partners. You can help by filling the CPAA clothing bin with donations of quality and clean used clothing. No household items please. The bin is located in the league parking lot at 7724 98 St. Proceeds from the sale of the collected clothing will provide a small stipend to the league, but more importantly will support our neighbours with cerebral palsy. One bin:

- provides 1 person with a 3-month recreation activity subsidy,
- sends 20 children with disabilities to camp,
- funds adaptive equipment like bikes and skis for 6 families
- funds 250 hours of support to CPAA members.

Note this is in addition to the existing bin for the collection of newspapers for recycling. Newspapers only. There is no facility at the league for the collection of other recyclables.

FYI The one garbage bin is for hall use only.

COMMUNITY LEAGUE PROGRAMS

Bingo: Runs every second Wednesday evening from 6:30 - 9 p.m. Next night April 13. All are welcome. For more information, email Joanne: j_niederhaus@hotmail.com.

Bridge Club: Continues at Ritchie hall with 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: Doors open at 12:30 p.m. Runs bi-weekly every second Wednesday, next on April 6 and April 20. All are welcome. For more information, email or call: Maryann hall4mary@telus.net (780) 462-8582 or Kate (780) 433-0977.

Home-school Playgroup: Meets every second Tuesday, next on April 5 and 19th. 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 Classes: Tuesdays and Fridays from 9 - 10 a.m. 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! For more information, email Lynn Lindsay: lynn@busybodies.ca or call 780-996-2182.

Preschool Playgroup: The (free!) pre-school play group at Ritchie Hall meets every Tuesday, from 10am-12pm. Bring your children between the ages of 0-5 years to the Ritchie Community League to meet and hang out with other Ritchie parents, have your kids play together, and enjoy complimentary coffee and snacks as well! Please e-mail Monica Grove, the pre-school playgroup co-ordinator, at winkmonalisa@gmail.com, or find us on Facebook if you would like any more information.

Yoga: Yoga runs Wednesdays from 7 - 8 p.m. Instructor Kristal Forrest will be leading a vinyasa flow yoga class open to all levels and abilities of practice. \$10 for Ritchie members / \$12 for non-members.

Zumba at Ritchie Hall: Mondays 7-8 p.m.! 2 year anniversary - April 25: Theme party. Costumes. Prizes! No dance experience necessary, all levels of fitness welcome! Just come out and have some fun! Please bring indoor shoes and a water bottle. More questions? Email Margareta Jesse (zumbamj@outlook.com). Drop-ins are welcome. Fees apply.

IN THE RITCHIE COMMUNITY

Edmonton Bicycle Commuters' Society (EBC): EBC will recognize all Ritchie Community League 2015-2016 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.

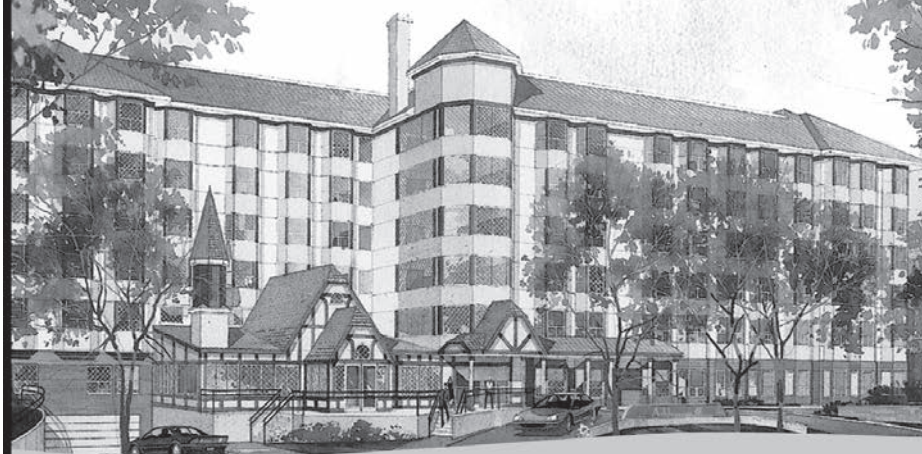
Karate for Families: Ritchie Community League Hall is home to a Karate school that provides lessons for adults, children (age 7+) and families. Everyone is encouraged to come and try TWO FREE classes at any time. Classes run from September to June on Tuesdays and Thursdays at 7:00 p.m. Classes are taught 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. This active group has a varied and changing schedule, so stay up to date by emailing Cathy or call 780-433-5377.

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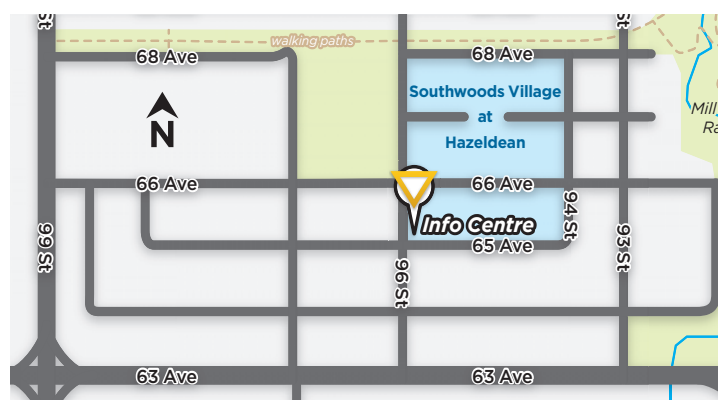
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For more information about Southwoods visit our Info Centre at **9472 - 65 Ave** or call at **(780) 975-2509**.

CDLHomes.com

