

COMMUNITY LEAGUE NEWS SOUTH

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



June/July 2016

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

Argyll Summer BBQ

What a great day we had.

Our third summer BBQ was a bit hit again this year. We served 200 plates again and everyone had a great time chatting and getting to know their neighbour. The pie contest expanded this year and a new winner was declared. Thanks to ACME Meats for the prizes.

We have been fortunate to have such great weather on these weekends. Once again the temperature was comfortable, the wind was low, and the sun was hot. We are also fortunate to have such helpful people from the Edmonton Chinese Christian Church lend us a hand with the kids, the inflatable fun, as well as with the silent auction. At every turn our friends helped make this a rousing success. Of course it doesn't happen unless a lot of people from the events committee work together and handle all the little things. Our master chef this year did a very good job of keeping the plates moving.

New families are moving into our community each year. It's been great to meet all the new people and greet those who joined us in years past. There was a display of children's art from the Argyll Art Class program, and a display of the revised design for the playground. The silent auction raised a good deal of money for the playground and we sincerely thank all those who bid for items and thank those who took home the many wonderful items.

*Sincerely,
Dave Trautman, president
Argyll Community League*



Princess Sophie at Dedication of Light Horse Park

Neighbours are invited to the dedication and sod turning for Light Horse Park on June 24. At a ceremony scheduled for 10am, Her Royal Highness, The Countess of Wessex, Princess Sophie will be in attendance to help officially dedicate the newly-named park. HRH Sophie is the Colonel in Chief of the South Alberta Light Horse (Alberta's Regiment), the group for which the park has recently been named. Part of the park's renewal also includes a refreshed green space and new cenotaph location in the northside of the park. As well as providing a space for residents and visitors of Old Strathcona to gather, community organizers of the park renewal (including Holy Trinity Anglican, the unit's regimental church) hope the park will bring notice to the regiment's Edmonton history and military service and be a location of Remembrance Day ceremonies each November 11.

What: Dedication and sod-turning of Light Horse Park

When: Friday, June 24 at 10am

Where: Light Horse Park, Calgary Trail, between 85 Avenue and 86 Avenue

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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 Aug/Sep 2016 issue of Community League News is July 25, 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.

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.

Big Bin Dates

Strathcona Community League parking lot
10139 87 Avenue
Saturday, June 18
Sunday, June 19

Bins will be placed in the league parking lot on these dates. Community residents can use them to dispose of large household items (except for fridges/freezers) and yard waste.

Outdoor Pools – Season Pass and Free Swims

Outdoor Pools Season Pass
Soak up the sun all summer long with the new Outdoor Pools Season Pass! This pass allows unlimited access to all four City of Edmonton Outdoor Pools all season for one great price.

Prices:
Child: \$49
Adult: \$75
Youth/Senior: \$59
Family: \$199

Passes are now available for purchase at any City of Edmonton Recreation Centre. Mill Creek, Queen Elizabeth and Fred Broadstock outdoor pools are now open for the 2016 season, weather permitting. Please check individual pool pages for open status and hours of operation. For details visit Community League Free Swim (with a 2015/16 membership)

Fred Broadstock Outdoor Pool
May 21 – September 5, 2016
Sunday, Monday, Tuesday & Wednesday
5:00 pm – 7:00pm



Oliver Outdoor Pool
June 12 – September 4, 2016
Sunday, Monday, Tuesday & Wednesday
6:00pm – 8:00pm

Queen Elizabeth Outdoor Pool
June 1 – September 5, 2016
Sunday & Tuesday
5:00pm – 7:00pm
Monday & Wednesday
6:00 pm – 8:00 pm

Mill Creek Outdoor Pool
May 21 – September 5, 2016
Every day 7:00pm – 9:00pm

Mill Creek Clean up

By Nancy Rempel, President
The Keepers of the Creek

Just wanted to thank everyone who attended our clean up on Sunday, May 1. Strangest finds included a file cabinet full of rotting meat (now I know why my husky doesn't want his dinner after a walk in the ravine!) YUCK!

Special thanks to The French Quarter Business Association for providing our BBQ again this year and to Don and Gwen from M&M Meat Shops for the cooking and hauling! Also, to Barb Sanders for picking up supplies, and to Brenda and Will with Strathcona Community League for the refreshing watermelon. Yum!

Overall, it was a great day and there was a lot of interest in the possibility of daylighting the creek. Special thanks to caregivers/parents who brought lots of mini- Keepers, who hopefully will find fish in the creek one day soon!

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.

Community League Memberships on Sale

Memberships for the current year are valid until the end of August. If you need a membership to access City programs such as free outdoor swims, contact Jeanie (780-433-0521) or Lois (780-439-5774), or via membership@strathconacommunity.ca. Or you can purchase one online through the EFCL at <http://efcl.org/membership/> (there is a \$5 service charge). The 2016/17 memberships are available for hockey families who need them for hockey registration. If you are purchasing a membership for next year in order for your child to play hockey in the fall, please buy it through the league rather than through your hockey club. Unfortunately many hockey clubs do not have a process to get the information/funds to us in a timely manner, and we often end up with stale-dated cheques, and members often end up buying a second membership later in the year.

Discounts/Community Swim: Your current year membership can be used to get a discount when purchasing a multi-use pass at City of Edmonton recreation centres (e.g., Kinsmen), to purchase a new Outdoor Pools Season Pass http://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx or for free community swims at outdoor pools:

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.

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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)

Yoga classes will continue to June 30th. For information about future classes, email Kyla Fischer at fischerk@telus.net or call 780-430-0229.

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.

Upcoming Pub Nights:

Friday, June 17, 8pm

Beer Tasting – Alberta beers you've never tasted!

Wine, coolers, pop and snacks also available.

July and August

No pub night

Friday, September 16

Theme TBA (perhaps Scotch tasting?)

Thanks to Gordon Kent and Scott Wright for hosting the fun Trivia Night on April 15th.

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

VOLUNTEER APPRECIATION

The Strathcona Community League held our Volunteer Appreciation Wine Tasting event on May 7th for those who volunteered since our last event in May 2014. Volunteers are the heart of our community – thank you! If we missed you, we hope to see you at future social events.





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Triple MEG Soccer

Look for details on the Triple MEG for registration dates and details on the Argyll web site. 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 — \$100.00 (per student)

Parent & Tot Playgroup

Our Parent and Tots program continues 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. The program may take a pause for some Fridays in summer.

Argyll Pub Night

This is a come-when-you-can event which will take place on the last Thursday of every month at 8:00 PM. Our first event was at the Time Out Pub in Hazeldean and the sedan one was at the Thirsty Camel in Avonmore. Look for an announcement for the next one in your e-mail or check with Erin Camponi a day or two before the Thursday. Look for a table sign to identify the group at the pub.



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. A new section has been added to the web site which features announcements and news about the Committee work various residents are involved in. Look for it the next time you visit our site.

The web site address is: www.argyllcl.ab.ca

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

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

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.

Sunbeds and skin cancer

Child getting ready for graduation? Think you need a tan before your vacation? No matter what the motivation now, it's not worth risking skin cancer in the future.

UVR exposure through indoor tanning equipment has been linked to all forms of skin cancer, and the International Agency for Research on Cancer of the World

Health Organization has placed UV tanning beds into its highest cancer risk category, "carcinogenic to humans," thereby ranking tanning beds equal to well-known carcinogens like asbestos and tobacco.

The risk of getting skin cancer is consistently higher among those who started using sunbeds at an earlier age, and for a longer time. In fact, the use of tanning equipment before the age of 35 increases the risk of melanoma, the deadliest form of skin cancer, by 59%. Unfortunately, many young people are still "fake tanning" anyways.

While many teens are aware of the effects of overexposure to UV rays, they don't see their trip to the tanning salon before graduation or vacation as dangerous.

But, every trip adds up—any more than 10 tanning sessions can double the risk of Melanoma, the deadliest skin cancer.

Talk to your kids about skin cancer, and be a healthy example. Here are some facts you can share with your kids:

Tanning beds are NOT a safe way to get your vitamin D. Why increase your risk of skin cancer when taking a vitamin D supplement is safer and cheaper?

Artificial tanning is more dangerous than the sun. Some tanning beds emit 10-15 times more UVA radiation than the midday sun. That means eight minutes in a bed is like 1-2 hours on a beach—without sunscreen.

It has been estimated that an indoor tan offers a sun protection factor (SPF) of only 2 – 4, while an SPF of 30 is the minimum sunscreen recommended. Plus, a base tan is created only at the expense of further skin damage, some of which will be permanent and additional damage to DNA.

To learn more – including how to talk to your teen - visit <http://www.thebigburn.ca/indoor-tanning-101/>

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Men and depression

It's not a sign of weakness, it's a fact. Guys get depressed. Depression affects 840,000 men every year in Canada, and is the second leading cause of disability worldwide. Men's Mental Health Awareness Day, June 14, aims to raise awareness of signs and symptoms of mental health conditions helping reduce the stigma that often prevents men from seeking help, which includes a number of misconceptions about depression.

Although there are still many misconceptions when it comes to depression, people's ideas about it have changed over the years. New technology and research show that depression is a illness based which impacts how a person's brain and body function, just like asthma or heart failure.

Symptoms of depression

Changes in the levels of certain brain chemicals and activity of some areas in the brain are associated with depression. No one thing causes this. Many things, including your genes, stressful events, illness, and abusing drugs, or taking some types of medicine are all involved in developing depression.

Some misconceptions include:

- Depression only happens if something bad happens. The reality is that depression may start after a stressful event, but other things also may trigger it. Sometimes depression happens with no identified cause, particularly in people who have been depressed before.
 - If you can't get over depression, you're weak. Depression is not about your character, it is an illness. You can't force yourself to get over it any more than you can make asthma or a heart attack go away.
 - Depression always will get better by itself and doesn't need treatment. Although a few people get over depression on their own, most people need treatment. People with depression can be treated and return to work and home routines, however without treatment, depression can last for months or even years.
- Do you have a man in your life who you think may be depressed?

If you're worried about a loved one or a friend, you probably want to talk to him about your concerns. Here are some things you can do:

Tell the person about depression and why you are concerned

- Depression is not about laziness or weakness. It is more common than people realize, and is nothing to be embarrassed about.

- Point out the symptoms of depression that you have noticed in your family member or friend, and say why these symptoms worry you. Use a supportive and caring tone of voice while you are doing this.

Explain why the person needs to see a health professional

- Explain that very few people get over depression on their own. Most people need some type of treatment. The sooner someone gets treatment, the sooner he will feel better.
- Point out that there are many types of professionals who treat depression and many types of treatment. Just because a person is depressed doesn't mean that he needs to see a psychologist or take medicine. A family doctor or a counsellor may be able to help.
- Point out that depression might be caused by another problem. For example, genetic vulnerability, stress, medical problems, and medications all can cause symptoms of depression. A doctor can help diagnose this and provide the person with treatment options.

For more information on depression, visit myhealthalberta.ca or to access treatment and support call Health Link at 811.

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.

We provide UV protective contact lenses, eye glasses and sunglasses.



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Garneau News

The Garneau Community League Meeting Schedule

2016 – September 7 and November 9
2017 – January 11, March 8 (AGM and General Meeting) and May 10
All meetings are at the City Arts Centre and start at 7.30 pm.

Community Swim

The Garneau Community League is again participating in the Outdoor Pool Community Swim. The times and dates are listed below.

Please note that statutory holidays (July 1, August 1, and Sept 5) are omitted from this community swim. A community league membership card is required for entry.

Outdoor Pool Schedule:

Fred Broadstock Outdoor Pool
May 21 – September 4, 2016: Sunday, Monday, Tuesday & Wednesday 5:00 pm – 7:00 pm

Oliver Outdoor Pool
June 12 – September 4, 2016: Sunday, Monday, Tuesday & Wednesday 6:00 pm – 8:00 pm

Queen Elizabeth Outdoor Pool
June 1 – September 4, 2016: Sunday & Tuesday 5:00 pm – 7:00 pm & Monday & Wednesday 6:00 pm – 8:00 pm

Mill Creek Outdoor Pool
May 21 – September 4, 2016: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7:00 pm – 9:00 pm

Garneau Plaza - 84 Ave and 109 St

Garneau Plaza offers a quiet oasis to sit and contemplate in the midst of a busy city. The Garneau Community League provides the plants and flowers that fill the large flower pots in the plaza.



City Arts Centre

KinderArt Camp (Ages 4-5) – Some spaces still available – This is a half-day program filled with colour, music and movement designed to channel your child's natural creativity and enthusiasm. With a variety of activities and a self-structured program, your child will use all their senses to make art. Don't forget to pack a snack.

City Arts Centre –
July 18-22 – Mon-Fri – 9.30 am- 12 pm
July 18-22 – Mon-Fri – 1 - 3.30 pm
Aug. 8-12 – Mon-Fri 9.30 am – 12 pm
Aug. 8-12 – Mon-Fri 1 - 3.30 pm

Strathcona Place 55+ Centre

Check out the Strathcona Place web site at www.strathconaplace.com for lots on information on courses, health information etc. or subscribe to their weekly eMagazine at www.strathconaplace.com click on At SPSC and click on eMagazine to subscribe to the Silver Times their weekly newsletter. Lot of good information for folks 55+.

The Board of The Garneau Community League wishes you and your family and safe and happy summer.

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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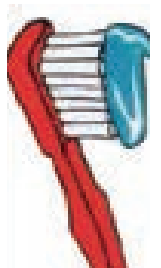
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Hazeldean News

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.

Casino Volunteers Needed!

Did you know that many of the services the Community League provides is funded by an annual volunteer-run casino? We need your help! You will receive training upon arrival, so don't worry if this is your first time. Volunteering at the casino is a great way to try something new and help your community league run for another year.

Positions Needed:

- Cashier: You'll maintain your own float, cash in chips for players and make change.
 - **2 cashiers needed**
September 13th, 6:45pm-3:15am
 - **1 cashier needed**
September 14th, 9:30am-7:00pm
 - **2 cashiers needed**
September 14th, 6:45pm-3:15am
 - Banker: Controls the cashiers' cage floats of chips and cash, responsible for all documentation of cash and chip transfers. Must be able to operate the Casino Track computer system (training will be provided by the advisor during the event)
 - **1 banker needed**
September 14th, 9:30am-7:00pm
- If you have any questions or can volunteer, please contact hazeldeanleague@shaw.ca or call 780-439-0847.

Current City Surveys

Help the City of Edmonton build an even better city by becoming a member of the Edmonton Insight Community. Complete online surveys on City policies, initiatives and community issues. Open to all Edmontonians, over the age of 15. Registration is quick and easy at www.edmontoninsightcommunity.ca

In addition to the Edmonton Insight Community surveys, the City of Edmonton uses a range of survey tools and approaches to gather input from Edmontonians. To view and complete these surveys as they appear please visit and bookmark: Edmonton.ca/Surveys

- Transit Strategy Exploring Trade-offs Survey
- Property Owner Feedback Survey – Property Taxes
- BREATHE – Open Space Plan Survey
- Mature Neighbourhood Overlay Review Survey
- Mill Creek Water Quality Survey
- Traffic Safety Culture Survey

3rd Annual Hazeldean End of School BBQ 9630 66 Ave Friday, June 24 4-8pm

Come and visit with your neighbors and enjoy a hamburger or hotdog and a beverage on our patio. Summer sizzler prices!
BBQ items \$2
Chips & pop \$1
Alcohol \$4
Hope to see you there!!

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.

For more information, please call 311 or visit www.edmonton.ca/wellness



Staff and management of the Hazeldean Drug Mart

9611 66 Ave

Phone: (780) 435-4649



Welcome The new management at the Hazeldean Medical Clinic

9623 66 Ave

Phone: (780) 434-0102

Proudly serving the residents of Hazeldean

Ritchie News

Community League Contacts

Executive:

President: Laura Cunningham-Shpeley
Vice President: dallas Bartel
Secretary: Tracey Price
Treasurer: Simon Slater

Board:

Adult Programs: Tammy Hay
Casino: Peter Willett / Caroline Belanger
Civics: Max Merrett
Communications: Amanda Heiford
Community Events: Sam Heine
Hall Maintenance: Ed Retzer
Liveability/Safety: Tracy Price
Membership: Monika Trott
Soccer: Dave Woo
Sports: Leonard Wampler
Children and Youth Programs: Julie Dalman
Volunteer Director: Angie Tricka
Ritchie Hall Revitalization Director: Jeff Ollis
Director-at-Large: Allan Bolstad
Director-at-Large: Jim Kurylo
Director-at-Large: Cecilia Oteiza Ayres

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
- 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.

Newsletter Submissions

Email ritchienewsletter@gmail.com with submissions or to receive our e-newsletter.

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 membership has its benefits: The Community League Wellness Program provides current community league members with admission incentives to enjoy City of Edmonton sports and recreation facilities. Simply 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 discounts:

- 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

SAVE THE DATES!

Check www.ritchiecl.com for more details.

June 16 – Public Meeting: Mill Creek Water Quality 5-7 p.m. at Ritchie Hall

June 26 – SCONA Seniors Garage Sale 9 a.m. – 6 p.m.

July 10 – Adara Hair and Body Studio 7th Annual Cut-a-thon for Y.E.S.S

July 13 – Ritchie Community League BBQ

July 18-22 – SYNC Camp mornings only. Register online.

Adara Hair and Body Studio – 7th Annual Cut-A-Thon for Y.E.S.S.

Come check out this outdoor event on Sunday, July 10th from 11 a.m. – 4 p.m. at 9601-82 Avenue.

Haircuts by donation along with a tasty BBQ and local business sponsored raffle. All proceeds will go to Y.E.S.S.

SYNC Camp

Ritchie will again be hosting SYNC Camp at the Hall this summer. During the week of July 18-22, from 8:30 a.m. to noon, children ages 4 and up will have an opportunity to participate in various games, activities and crafts.

More information about the camp can be found at <https://syncamps.ca> and registration is also conveniently available online: <https://syncamps.ca/registration/>.

Ritchie Gears Up for the New Hall

Our new Ritchie t-shirts (\$25.00) and hoodies (\$50.00) have arrived!

With all proceeds going to the new hall, there has never been a better time to show your neighbourhood pride. We've got lots of sizes and will happily deliver in the Ritchie area.

For more information email ritchieevents@gmail.com.

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

Show your Ritchie Community League Membership and gain free entry at the following pools:

- Mill Creek - Every day 7-9 p.m.
- Fred Broadstock Pool - Sun-Weds 5-7 p.m. opens
- Queen Elizabeth Pool - Sun/Tues 5-7 p.m. and Mon/Weds 6-8 p.m.
- Oliver Pool - Sun-Weds 6-8 p.m.

Opens June 12.

All pools will be open until September 4th

Programs Pause for Summer

Some of our great programs are gearing up for their summer vacations and we hope you are too.

• RCL Bingo, Yoga and Preschool Playgroup are now done and will resume in the fall.

• Crib will play June 1, 15 and June 29.

• Karate wraps up June 30.

For those who are sticking around this summer, you are in luck. Fit for Life, Zumba, and Bridge will continue and a new round of BootCamp is on the horizon. The Home-schooler's Playgroup will also continue having fun all summer long!

Deal Us In!

While some bridge clubs pack up their cards in the spring, the Ritchie Bridge Club keeps the fun going all summer.

Every Friday afternoon (with the exception of holidays) you'll find people playing bridge in Ritchie. In fact, over the last year, 3744 card enthusiasts have done their bidding at our hall!

Cost is \$3/person and includes coffee and cookies. Doors open at 11 a.m. and games start at noon. Everyone is welcome.

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.

Summer City Programs in the Area

The City of Edmonton Summer Daycamp Guide is out and registration has begun. Check out the City of Edmonton Web site: http://www.edmonton.ca/activities_parks_recreation/camps.aspx. Some Camps in the Ritchie Area:

Musical Munchkins

Let's make music together! We will create some of our own instruments the good old fashion way with spoons and tin cans, empty jugs and bottle caps just to name a few. We'll sing and play games and march in a parade with the new friends that we've made! Bonnie Doon Community League Hall August 8-12
Ages: 4-6
9-11:30 a.m.

And Action!

Calling all budding actors and actresses! Have your child spend the week creating an award-winning movie by building and decorating sets, coming up with a script, and showing off their acting skills. At the end of the week, they will unveil the movie to family and friends at the red carpet premiere.
Ritchie CL Hall
Ages: 7-11 years
July 25-29
9a.m.-4 p.m.

X-Treme Action

Does your child have what it takes to be extreme? Do they like challenges and action? This camp is perfect for them! Some of the exciting experiences include wall climbing, laser tag, archery, initiatives and canoeing.
Hazeldean CL Hall August 8-12
Ages 9-12
9a.m.-4 p.m.

COMMUNITY LEAGUE PROGRAMS

Bingo: We've put down our daubers for the summer! Bingo will Resume September 14. 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.

Home-school Playgroup: Meets every second Tuesday. 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: lynnlindsay828@gmail.com or call 780-996-2182


Yoga: We are on vacation but in the fall, yoga will run on 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: Achieve your health goals like never before! It's fun, effective and best of all - it is made for everyone! Mondays 7-8 p.m.! 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) (mailto:zumbamj@outlook.com). Drop-ins are welcome. Fees apply. In the Ritchie Community

Edmonton Bicycle Commuters' Society

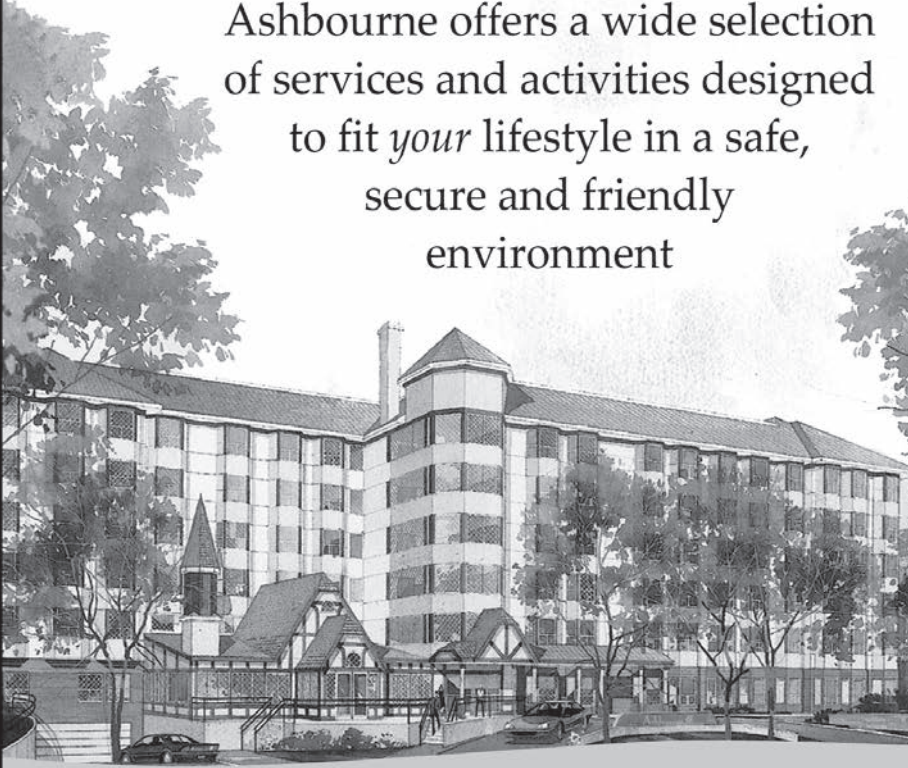
(EBC): EBC will recognize all Ritchie Community League 2015-2016 membership cards as equal to EBC membership cards. Ritchie members can now access the following EBC services at discounted rates: Use of EBC shop tools, stands and volunteer support: \$2/hour. Workshop and course registration: now \$5 less than non-member fee! Check out the EBC web site: edmontonbikes.ca.

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!



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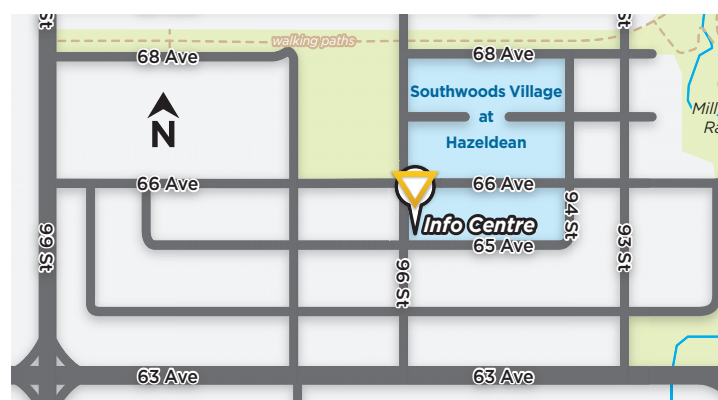
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For more information about Southwoods visit our Info Centre at **9472 - 65 Ave** or call at **(780) 975-2509**.

CDLHomes.com

