

COMMUNITY LEAGUE NEWS SOUTH

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



April/May 2017

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Summary of Southpark Decision

By Maureen Duguay, President (Strathcona Community League)

On March 20, Peigi Rockwell, Michael Boire and I presented to Edmonton City Council on behalf of the Strathcona Centre Community League. We used the information gleaned from our communitywide survey to support our concerns regarding the Southpark proposal. As you may now be aware, council chose to ignore our concerns and approved the Southpark development. While this development will enhance Whyte Avenue from a business perspective and fill in some empty lots, it is again taking away from the historic character of Whyte Avenue that is so valued by our community as affirmed by our community survey.

Again Council recognized that there is not an approved plan for the area and again we have an approval that goes against our existing Area Redevelopment Plan (ARP). There still will be opportunities to provide our voice to Plan Whyte but as Councillor Henderson shared yesterday with Council, he is concerned that we as a community will not see the value in providing community



input as our voices seem not to be listened to. I would like to recognize that Councillor Henderson raised many of our concerns and represented the community as best he could with council.

Our next steps will be to continue to dialog with councillors regarding the process and the fact that development continues to take place without a new approved plan. I would like to thank Elinor Burwash and Barbara Sander who also came to speak on the community's behalf. Mark Anielski and the Civics and Planning committees cannot be thanked enough for all they have done with the community

survey and lobbying the city on our behalf. Donna Fong and the army of volunteers made it possible for us to get such a tremendous response to our survey. Delianne Meenhorst and Karen Rowswell have also been working hard to ensure we are communicating effectively. Amazing that Delianne does this while she is at work in Holland.

I also want to thank everyone who has taken part in the whole process of communicating your views on what is valued by each of you in our community. Please continue to do so. Sustainable Development has to record our written input into their reports. I will post my presentation to council on the Community League website.

86 Street Intersection

Residents from Argyll met with the City in March to continue our discussions regarding changes to the traffic light patterns at 86 St and Argyll Road. Transportation has committed to monitoring the intersection for driving infractions, pedestrian usage, and timing of lights in order to bring back some options they might offer us for changing this intersection.

One proposal already under consideration is to reactivate a second pedestrian crossing along the West side going North and South. Another proposal they were prepared to entertain was to give pedestrians a crossing button to change the signal patterns allowing people to cross before the double right turn arrow. This would remove the hazard pedestrians currently present to Northbound traffic turning right as well as to Southbound traffic turning left when leaving our neighbourhood. If there is a need to consult more residents we will let everyone know. This portion of Argyll Road is also slated for repaving this summer which presents the City with an opportunity to change the road markings (and signage) making it more obvious which lanes are meant to go where. Once the research information has been gathered they will report back to us about what they can do based on the tracking they did. We remain hopeful our left turn lane can be improved while the pedestrian hazard can be significantly reduced if the proposed changes are adopted. There may be more to report once their observations are complete.

Look for more information about this on our web site as Summer progresses.

Hazeldean Easter Egg Decorating: April 9

Think these Easter eggs are great? Want to learn how to make them? Come paint Easter eggs at Hazeldean Hall on Sunday, April 9 from 2 p.m. - 5 p.m. This will be an interactive afternoon, where community members show-off and share their fantastic family Easter egg skills! Brandy will help you make a traditional Ukrainian Pysanka, and Rineke will show how her grandmother painted eggs with flowers and coffee. We will also have 'conventional' Easter egg paint for the kids.

Does your family have an Easter egg painting tradition? We'd love to learn! Send us a note at [facebook.com/HazeldeanCommunity](https://www.facebook.com/HazeldeanCommunity).

Cost? FREE! We'll bring all the supplies, including eggs, but please RSVP at secretary@hazeldean.org.



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Strathcona Centre News

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

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STRATHCONA CENTRE

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Green Initiatives	Brenda Reid green@strathconacommunity.ca
Community Garden	Kelly Binnington garden@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Neighbourhood Renewal Ad-Hoc Committee	Conrad Nobert
Community Liaison	Kelly Fox John Watson
Community Hall	Helen Gillespie 780-439-1501
Website Manager Information	webmaster@strathconacommunity.ca info@strathconacommunity.ca



Strathcona
community league

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.

A Wonderful Winterfest!

By Jeanie McDonnell

We had a great turnout on February 26th for the annual Winterfest! Due to a lack of snow the sleigh ride became a wagon ride, and there was no snow to carve. But we still had skating and a BBQ, and inside the always popular penny carnival games and a cook-off.

The Mac and Cheese Cook-Off winners were: Fay Pytel (1st), Leslie Caffaro (2nd), Lois Hameister(2nd) and Shelagh Campbell (unique).

Thanks to our community sponsors for donating great prizes: Malt & Mortar, McBain Camera, Rosso Pizzeria, Big Rock Brewery, Blue Chair Café, Councillor Ben Henderson, Wild Earth Foods, Save-On Foods and Starbucks College Plaza.

Volunteers and Participants

Thanks to the kids who helped out: Ryland Hesse, Sasha Fleming and Oona Hutton; and the many adults who lent a hand and/or brought some Mac and Cheese: Vahid Ayan, Jeanie McDonnell, Ellen Homola, Berna Ponich, Dilshad Unwala, Betty-Lou Kidder, Ross Bradford, Kelly Binnington, Shelagh Campbell, Rudolph, Amy Nugent, Lois Hameister, Azan Nikzad, Ann Matheson, Ross Bradford, Shannon Berg, Joe Thomas, Wendy Luther, Leslie Caffaro, Fay Pytel, Jan Olson, Mary & Dermot, Darcy Fleming and Robyn & Geoff Ceilin (sorry if I've missed anyone).

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 issue of Community League News is May 22, 2017. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

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Youth Hockey

By Dustin Muenier, Programs Chair

Youth hockey came to the Strathcona Centre Community League rink this year. A lack of local low commitment options to introduce kids to “the best game you can name” became apparent when our own son started asking to play. Parent volunteers were rounded up, a rink time reserved, pucks and nets provided by the league, and so the Community Youth Hockey Night was born.

We ran for 8 weeks starting in the second week of January. In the spirit of keeping it accessible to everyone there was no fee charged and kids 4-12 were only asked to bring their own skates, helmets and sticks with gloves and other gear optional but recommended.

The opening night was a chilly -25 C but this didn't deter a hardy handful of kids. Those around 8 years and under enjoyed the first 30 minutes while the older kids were left asking for more at the end of the hour. And, of course, everyone enjoyed the succeeding hot chocolate in the hall. Week two brought a much warmer temperature and, with it, enough kids to get a game going after a few skill-building exercises. All sticks were thrown in a pile and separated at random by Coach Jeff to form teams. Initial concerns about 4 year olds playing with 12 year olds were quickly relieved when the older kids instinctively watched out for and helped the younger ones. They showed such a great sense of community.

We didn't always get so lucky with the weather. Many weeks were cancelled due to temperatures below -30 C, and of course there was that annual early February melt.

For those few great nights we had, however, parents and kids alike had a blast. Thank you to all who volunteered your time to make youth hockey night a success. We can't wait to get out there again next year!

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

River Valley Clean Up

Join volunteers on Sunday, May 7, 2017 from 10am until 2pm for the previously named River Valley Clean Up (RVCU) kickoff event and help celebrate the 30th Anniversary of River Valley Clean Ups. At the RVCU 30th Anniversary Event, volunteers will start with a clean-up of Victoria Park and area, with support from organizations like the Rotary Club West and the Edmonton Oil Kings. There will be a visit by the Mayor, some beverages and food, entertainment and educational and family activities.

Registration will take place at Victoria Park, 12130 River Valley Road, starting at 9:30am. Clean-up supplies will be provided. Please bring gloves, wear sturdy shoes and dress for the weather.

The Strathcona Centre Community League invites volunteers to the annual Mill Creek clean up event on May 7th. The league has applied for the Big Bin grant for disposal of yard wastes which will be held along with the Mill Creek clean up, subject to City funding. For more information about green initiatives, contact Brenda Reid at green@strathconacommunity.ca

League Programs and Activities

STRATHCONA POLE WALKING GROUP

Stay active this spring and meet some new friends!

Wednesdays @ 7:30 am (on-going)

Sundays @ 1:00 pm (ends on April 16th unless a new leader is found*)

On Wednesday mornings at 7:30 AM, meet Melanie Kidder and on Sunday afternoons at 1:00 PM meet Mildred Thill at the Strathcona Community League Hall (south door, by the rink).

All fitness levels are welcome so dust off the walking shoes and dress for the weather in layers because you will get warm once we get moving. A good walking shoe is required. We will be on sidewalks and river valley paths. Bring a strap on water bottle like runners use if you like, since your hands will be full. Also, feel free to bring a few dollars for a beverage as there will likely be a coffee shop along the way.

Walks are between 30-60 minutes. Several sets of poles are available for use or bring your own.

Please show up at the allotted time, or contact Melanie (melstrand_5@hotmail.com, 780-722-7558) or Mildred (780-271-5099) if you would like to come out and give it a try! Membership from any community league required. SCCL memberships will be available to purchase.

*If you are interested in leading a walking group on Sunday afternoons (or possibly another time), email Programs@StrathconaCommunity.ca. A quick training session will be provided.

NEW! ZUMBA CLASSES

What is Zumba? Let the Music Move You! Using Latin and International rhythms these Dance Fitness classes are fun, energetic and make you feel amazing. In a Zumba class participants do what they can, making it perfect for people of all fitness levels. There are no "wrong moves" in Zumba!

Times & Dates

Monday nights during April and May (excluding Easter Monday and Victoria Day Monday)

April 3, 10, 24 and May 1, 8, 15, and 29 7:00 to 8:00pm

Location

Strathcona Centre Community League 10139 – 87 Ave. (second floor – use the ramp)

Cost

\$12 for drop-in; \$56 for the 7 class session (= \$8 per class)

Community League membership (from any league) is required.

Memberships available on-site. You can try out one class before buying a membership. Instructor: Melanie Kidder lives in Old Strathcona and has been teaching Zumba Fitness for five years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold. To register (or if you have questions), contact Melanie Kidder, 780-722-7558 www.facebook.com/melsactivelife

YOGA CLASSES

Strathcona Centre Community League Hall 10139 87 Avenue (2nd Floor)

Morning Yoga Classes

Classes run Tuesday and Thursdays 9:30-10:45am until the end of June.

These holistic yoga classes are perfect for beginners as well as those with previous yoga experience. All levels are welcome! Instructor: Kyla Fischer has been practicing yoga for over 15 years. She holds RYS 200 Yoga Teacher Training certification and has experience in various styles of yoga including Hatha, Akhanda, Restorative and Yin. Please contact Kyla Fischer for more info and/or to register: fischerk@telus.net or 780-430-0229

Wednesday Evening Yoga

Hatha Flow & Yin styles of yoga are taught by certified yoga instructor Corinne McNally. These classes are perfect for both beginners and seasoned practitioners. Instructor Corinne McNally has been teaching for over 10 years. She is a member of the Yoga Association of Alberta and has experience in various styles of yoga including Restorative, Yin, Hatha, Ashtanga & Pre/Postnatal. She holds an E-RYT500 Teacher Certification.

Spring Session

April 5 - May 31, 2017 (9 weeks)

7:00-8:15pm

Pre-reg: \$12/class = \$108

Drop-in: \$14/class

To Register or for more information please contact Corinne at corinnemcnally@gmail.com

Kids Yoga

A magical adventure that helps children develop important skills in a loving environment. Each class is an imaginative journey comprised of poses, stories, music and games.

Times and Dates

4 to 6 years

Thursdays, 1:00 – 1:45pm

April 6 to May 11 (6 classes)

6 to 8 years

Thursdays, 3:30 – 4:30pm

April 6 to May 11 (6 classes)

Please bring your own magic carpet!

Cost: \$72 for 6 weeks

Email info@yogikids.ca or call Tina at 587-341-7777.

PUB NIGHTS

Pub nights are typically the third Friday of the month at 8pm in the lounge (upstairs) at 10139 87 Avenue. It's casual, and a great way to unwind from the week and meet or reconnect with others from the community. Kids are welcome at all pub nights except Trivia Nights (just no room!). A Community league membership is required – you can purchase one on site.

Friday, April 21st – Trivia Night!

Entry fee \$5/person. Doors open at 7:30, trivia starts at 8:00.

Friday, May 19th – Tequila Tasting

Try out a couple of high end tequilas. Beer, wine, juice and pop available also.

Community League News Apr/May 2017 3

CELEBRATE EASTER AT STRATHCONA BAPTIST CHURCH

Service of Shadows: Good Friday, April 14th at 7:30 PM

Worship Service: Easter Sunday, April 16th at 10:30 AM



8318 – 104 St NW, Edmonton, AB

www.strathconabaptist.ca

780-439-3654

Position of Strathcona Centre Community League Regarding Redevelopment Plans for Old Strathcona and Southpark

Presentation to Edmonton City Council
March 20, 2017

My name is Maureen Duguay. I am the president of the Strathcona Centre Community League. I also have been a resident of the Strathcona community for 37 years. Since the January 23rd council meeting our league conducted a community-wide survey so that we could give you a clear understanding of our position on the development proposed for Whyte Avenue. Thanks to the work of Mark Anielski, and the Civics and Planning Committee we received a tremendous response to our on-line survey, garnering 417 responses or 5% of our adult population over the last three weeks. This speaks volumes to the importance and commitment our residents have to the community and the public engagement process. Clearly residents want to be involved in any decision-making regarding developments in their neighborhood. We asked people very straight forward questions about the appropriateness of new developments on and off Whyte Avenue as well as along 99 Street. Specifically, we wanted to know their views about proposed developments that would exceed the current four storey height limitations on Whyte Avenue. We also asked them to express their opinion on the proposed Southpark development.

This survey gives us tremendous information about how our 9000 residents feel about our community and informs our position with respect to the proposed bylaw amendment and the proposed Southpark development:

The Strathcona Centre Community League DOES NOT SUPPORT the proposed Southpark Lands development and rezoning bylaw to amend the Strathcona Area Redevelopment Plan:

- The proposed 17-19 storey development does not align with our ARP exceeding the current four-storey height restrictions.
- Respondents to the survey think that the existing building height limit of 4-storeys along Whyte Avenue from 99 Street to 109 Street should NOT be changed to allow for tall buildings or towers.
- Respondents to the survey also did not think the proposed 17-19 storey Southpark proposal is appropriate for the Whyte Avenue area.
- We are concerned by the mass of the development, especially on the east-west axis, departing from Council's expressed preference for point rather than slab towers.
- We also are concerned that the proposed development would increase the demographic imbalance of our community; we need more families, yet this development adds few family-oriented units.

- We feel that until Plan Whyte is completed, the existing ARP is our approved policy framework, and that the South Park proposal is completely out of alignment with that framework. While we recognize the Southpark proposal has some positive development features, we remain opposed to the Southpark Site re-zoning application because:
 - Its massive appearance runs counter to the look and feel of Old Strathcona. The unprecedented height and massing would be visually disruptive to the look of Strathcona and Whyte Avenue.
 - The proposal includes family-oriented units but we believe that it is less than what the community needs to remain a vibrant family oriented community.
 - The proposal represents a substantial departure from the current ARP and therefore should await completion of Plan Whyte.

We would like to remind Council that the city planning department rejected the Mezzo proposal on the basis that it went against the height limits of the Strathcona ARP. Yet the current Planning Department's position on the Southpark development is a 180 degree reversal with them now supporting the Southpark proposal even though it also goes against the Strathcona ARP. This seemingly flip flop decision making process is bringing frustration and disappointment to our neighborhood especially when we participate in the public engagement process in good faith.

It seems the previous approval of the Mezzo has become the new planning standard rather than having an overall urban design plan in place. This reinforces the need to have Plan Whyte in place before any major projects should be allowed to proceed. To sum up, Strathcona community supports higher density developments in our community as part of our commitment to the Way We Grow but we would also like to ensure that the heritage character, walkability and high quality of life is maintained.

Notwithstanding the age of the Strathcona ARP, the Strathcona Community League believes that the vision, goals and the objectives of the ARP, including mass and height guidelines for development remain relevant and ARE the very reason why Strathcona residents continue to enjoy a high quality of life.

We believe that the Plan Whyte process should be carried through to its natural completion with more robust consultation and engagement with members of our community.

We are repeatedly told that our current ARP is dated. However our community has stated very clearly through the survey that some aspects of the ARP are precisely why they have chosen to live in our community.

The Strathcona Centre Community League believes there is an opportunity for the City to work with the Strathcona Community to create a more meaningful set of guiding principles that give the community, developers and the City a yardstick against which to measure the appropriateness of future developments, including a more meaningful and effective community engagement process.

I would like to conclude that the city has repeatedly indicated that public engagement is an important factor in assessing new developments. We are asking council to consider the weight of our community-wide survey with regards to the Southpark Development and restore our faith in the public engagement process.

Thank you.

Renewal Open House Well Attended by Community

The SCCL Renewal Committee is working with a team of students from the University of Alberta's Urban Planning Committee. These four students created three different concept plans for the neighbourhood, each of which presents a different vision for what it will look like after reconstruction. On March 8, the Committee hosted an open house to showcase the student team's vision for Strathcona's Neighbourhood Renewal. About 75 people turned out to see what the students had come up with and to discuss the wonderful potential that neighbourhood renewal has for Strathcona.

University students Kaylyn, Aaron, Nelson and Stephanie were gathering input for their project and presenting a preliminary concept plan for a more walkable and bikeable Strathcona. The students will be submitting their final report, along with three different concept plans, in mid-April. The Neighbourhood Renewal Committee will present a plan for a further, deep engagement of the community to the league board in mid-May.

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Phone: 780-433-1317	Prime Rib Sunday Dinner
www.highleveldiner.com	City View

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

Art Classes are no longer offered.

The Art for Children programme – which operated out of the community centre last year – is unavailable to us this year. It was very successful and fairly popular with the younger ones. There were a few opportunities for children to display their work at Argyll Social Events. If another opportunity presents itself in the future we will be happy to continue to support Art for Children.

Family Soccer Fun Nights

A group of local families are planning to start a parent-run weekly soccer night in Argyll for 4-6 year olds. It will include games and soccer skill-building in a fun, casual environment with an opportunity to meet some other local families. If you are interested in participating and would like more info, contact Erin at erincamponi@gmail.com. This is not an Argyll Community program, but it's just a fun get together for small children to run around and pick up some movement skills.

Annual Summer BBQ

Save the date.

Argyll will be holding its 4th annual Summer BBQ on Sunday, June 4th 4:00 – 7:00 PM. Come and join your neighbours for some fun, food and family friendly activities. The Pie-making trophy will be up for grabs.

Community Swimming – Spring

Since the Pool at the Mill Woods Recreation Centre is closed for routine maintenance from the middle January right through to April we have relocated our community swimming to Commonwealth Pool on Sunday afternoons from 1:00 – 3:00 PM. This will continue until Spring. This is an exclusive community swim time set aside for Argyll. We will re-evaluate this in greater detail in the summer of 2017. A notice for Summer swimming in the outdoor pools will appear on our website as soon as the details are confirmed.

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>

Argyll YOGA

Yoga classes are held at the Argyll Community Hall each Monday evening. This is Hatha Yoga with a special consideration for those who are new to yoga or are limited in movement. To inquire, call Renee at 780.431.1916.

Argyll Executive

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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 you can monitor our web site for more 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 our EVENTS e-mail distribution list get your name into argyll.social@gmail.com. There is a sign-up link on the EVENTS web page. Also look for our Twitter feed and the Facebook page for Argyll CL.

Join the Argyll Social Committee

We are seeking a few additional members for our Social Committee for the coming year. It is a great way to get to know your neighbours and have a lot of fun.

We usually plan 4 events per year, which are simple to run, and take a small time commitment from each member. Think of it as the fun committee.

Please contact Erin Camponi at argyllsocial@gmail.com with your questions.



Linda Duncan
Member of Parliament
Edmonton Strathcona

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Ask Charles

I saw a house for sale, and I want to check it out – will I have to sign a contract to get a real estate professional to show me the house?

The short answer is no. If you see a house for sale and you simply want a real estate professional to show you that house, you're not required to sign a contract.

Simply viewing a home with a real estate professional doesn't trigger a regulatory requirement to sign a contract with that real estate professional. However, if you start sharing confidential information such as your motivation for buying or your financial qualification, the real estate professional has a responsibility to clarify your working relationship, at which point they are going to provide you with some documents to review.

In the process of clarifying your working relationship, the first document a real estate professional should present to you is the Consumer Relationships Guide. The Consumer Relationships Guide is a mandatory document for real estate professionals when they begin working with a buyer or seller of residential real estate. It explains the different types of working relationships between real estate professionals and consumers.

The Consumer Relationships Guide is not a contract. It does not commit you to a specific ongoing working relationship with your real estate professional, but it is an essential information piece for consumers to understand what working with a licensed real estate professional entails. Among other things, it discusses responsibilities and obligations.

The Consumer Relationships Guide contains an acknowledgement that consumers have to sign indicating they've read the Guide, understand it, and have been provided with an opportunity to ask the real estate professional questions about it. Consumers need to review and sign the Guide before entering into any contract with a real estate professional.

Some real estate professionals may actually present the Consumer Relationships Guide and request that you sign the acknowledgement even before showing you a single property, but that specific practice is not a requirement.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email askcharles@reca.ca.

4 Surprising Benefits of Volunteering: Feel Healthier and Happier!

1. Volunteering connects you to others, meeting interesting people and making new friends!
2. Volunteering is good for your mind and body, as helping your community and others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel!
3. Volunteering can advance your career, as you learn and develop new skills!
4. Volunteering brings fun and fulfillment to your life; it can provide a renewed sense of achievement and purpose!

Volunteering as a family

Children watch everything you do. By giving back to the community, you show them firsthand how volunteering makes a difference and how good it feels to help other people and animals and enact change.

It's also a valuable way for you to get to know organizations in the community and find resources and activities for your children and family.





Rachel Notley, MLA

Edmonton-Strathcona

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Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

Fatigue can often be the result of overwork, poor sleep, worry, boredom, or a lack of exercise. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by over work or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

- **Anemia** – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells
- **Heart problems**, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body
- **Metabolic disorders**, including diabetes
- **Thyroid issues** – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue
- **Kidney or liver disease**

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.



Edmonton

PUBLIC ENGAGEMENT

SHARE YOUR VOICE SHAPE OUR CITY

Join us to learn about how the City of Edmonton is transforming the way we include community input in our decision making.

FIND OUT MORE BY GOING TO:
www.edmonton.ca/publicengagement

PUBLIC INFORMATION SESSIONS (DROP-IN FORMAT):

May 3, 2017 from 5:30 to 8:30 p.m.
 Mill Woods Seniors Association (Gym)
 2nd Floor, 2610 Hewes Way

May 11, 2017 from 5:30 to 8:30 p.m.
 South East Edmonton Seniors Association
 9350 – 82 Street (Cafeteria)

May 25, 2017 from 5:30 to 8:30 p.m.
 Southgate Centre
 (Santa area in Centre Court)
 5015 – 111 Street

 OPEN CITY

Giving People a Voice in Mental Health Research

Written By Caitlin Crawshaw

The Mental Health Commission of Canada reports that in a given year, one in five people in Canada experiences a mental health problem or illness. In Alberta, that's more than 675,000 people.

Researchers and clinicians in the province recognize the need to learn more about mental health, but realize most research topics are chosen by the researcher, not the people living with mental illness.

A new study partly funded by Alberta Innovates (previously Alberta Innovates – Health Solutions) is changing that.

This fall, the Alberta Depression Research Priority Setting Project surveyed people who have experienced depression, as well as their clinicians and caregivers, to pinpoint gaps in current research.

“Someone with lived experience will likely have a different perspective than someone doing the research,” explains Robbie Babins-Wagner, PhD, a professor at the University of Calgary Faculty of Social Work and a member of the project’s advisory group.

Researchers are analyzing the survey answers to better understand the needs of people who experience depression. And what they find will shape research to help meet their needs. “This will allow the voice of people living with and caring for mental illness to influence research projects,” adds Babins-Wagner.

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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, renovated washrooms, 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 large and attractive private patio area directly off the Community Room which is perfect for outdoor events. Visit our website at hazeldean.org for photos and info, or contact us at hazeldeanleague@shaw.ca.

Hazeldean Board

President – Troy Pavlek
Vice-President – Jason Said
Secretary – Rineke Steenbergen
Treasurer – Tracy Vanberg
Civics Director – Cait Wills
Social Director – Janel Kidd
Facilities Director – Bill Elgert
Director-at-Large (Memberships) – Jackie Craig
Director-at-Large (Publicity) – Kristel Mason
Director-at-Large (Soccer coordinator) – Dee Karner
Director-at-Large (Volunteer coordinator) – Toby-Anne Reimer
HCL Administrator – Dawn Banner

Contact Us
Mail: 9630 – 66 Avenue,
Edmonton AB T6E 4W9
Phone: 439-0847
Web: www.hazeldean.org
E-mail: hazeldeanleague@shaw.ca
Twitter: @HazeldeanYEG
Facebook: @HazeldeanCommunity

League Programs and Activities

Playgroup

Hazeldean Community League hosts a free drop-in playgroup! All community children with caregivers are welcome. The coffee pot is on and it gives everyone a chance to play in a warm safe atmosphere. Playgroup is at the hall in with our coordinator Jenn. Visit hazeldean.org/activities for details, or contact the hall for more information at hazeldeanleague@shaw.ca or 780-439-0847.

Yoga and Fitness Classes

Hazeldean Community League offers yoga and fitness classes on Monday, Tuesday, and Thursday evenings with Justine Van Ruskenveld, a Registered Yoga Teacher, Personal Trainer, and Fitness Instructor. Classes are kept small to properly moderate exercises for all levels and abilities. Visit hazeldean.org/activities for details, or call Justine at 780-265-5850

Karate

Home to traditional Meibukan Goju Karate Edmonton, Sensei Bill Elgert provides instruction to children from 6 years old to adult in this Okinawan style martial art. Visit hazeldean.org/activities for details, or call Bill at 780-438-3179.

Save the Date: Annual Mill Creek Clean Up!

Save the date for the Annual Mill Creek Clean Up on Sunday, May 7, 2017 from 10 a.m. to 1 p.m. (rain or shine)! It's a great chance to meet your neighbours, get some fresh air and exercise. Gloves and bags will be provided. Watch our website for more details: hazeldean.org.

Community Summer Daycamps Bicycle Helmet Safety

The City of Edmonton Neighbourhood Registered Daycamp Programs offer a variety of themed experiences for children ages 2 to 12. Day camps are hosted at Community Leagues across the city, including a full-day arts and crafts program for ages 8-13 hosted at Hazeldean Community League between July 31 and August 4, 2017!

Registration for summer daycamps opened on March 15, 2017, and there are multiple ways to register.

Learn more about the different programs offered and how to register at: https://www.edmonton.ca/activities_parks_recreation/community-daycamps.aspx.

Do you have an Outdoor Cat?

If you have a licensed, outdoor cat, visit the City of Edmonton Animal Care & Control Centre at 13550 163 St to receive a FREE outdoor cat collar complete with bell and safety snap.

In the City of Edmonton, cats are allowed to roam on public property. Often these cats end up at the facility as it is difficult to know if they are lost or not. Identifying your cat as an outdoor animal will help concerned citizens determine if they require assistance. Cats are NOT allowed to be a nuisance on private property. If you are experiencing a nuisance cat, visit edmonton.ca/pets to discover different options to deal with the issue.

The snow is melting and spring is around the corner - time to brush up on helmet safety! Did you know that head injuries are a leading cause of serious injury and death to children riding bicycles? Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. It's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling. Get informed, get started, and get the right fit with these tips from Alberta Health Services!

Get informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Get started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Get the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.





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At Hazeldean Community League

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JumpingChefsCamp.ca



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<http://www.edmontonaikikai.org/>

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Strathcona Community Centre

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Email: mckellar@telusplanet.net

Cinco de Mayo Tickets Now on Sale!

Come join us for a fun adult night of Sombreros, Tacos, Margaritas & Music as Hazeldean celebrates Cinco de Mayo! We encourage you to come dressed in your most festive attire as there will be fun prizes and a selfie corner! Worried you don't have rhythm? No hay problema! There will be a 45 minute salsa dance lesson at the beginning of the night for dancers of all levels.

Doors open at 7:30 p.m. Salsa Dance Lessons at 8 p.m., and top 40 DJ dance to follow. Taco Bar served at 10 p.m.

When? Friday, May 5, 2017 from 7:30 p.m. - 2 a.m.

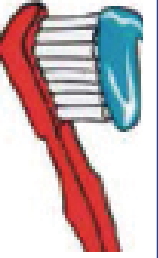
Where? Hazeldean Community Hall, 9630 66 Avenue, Edmonton

Tickets? \$10 each, available for purchase online! Purchase your tickets at: <https://hazeldeancincomayo2017.eventbrite.ca>

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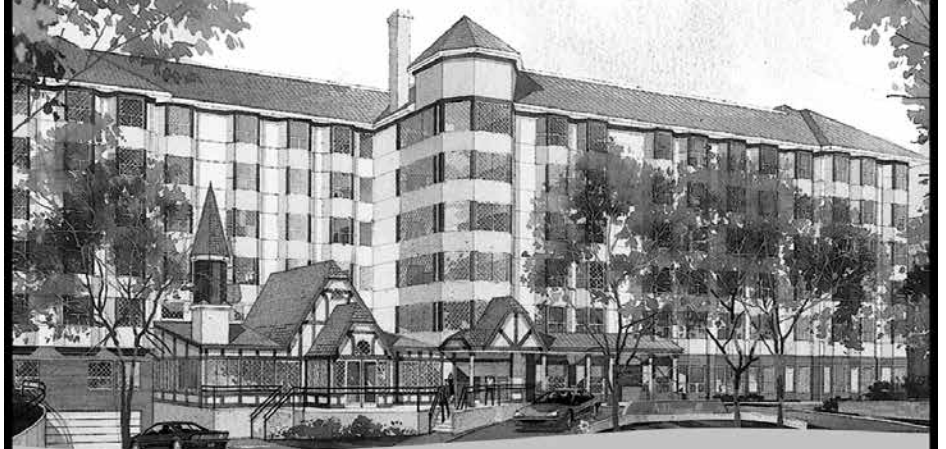
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Ritchie News

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: Julia Dalman
Membership: Monika Trott
Soccer: Dave Woo
Sports: Leonard Wampler
Children and Youth Programs: Leah Underhay
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/Welcome-toRitchie
- 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 DATE

April 11 Teen Art Night
April 12 Win a ham at Bingo!
April 14 Bridge Club Cancelled
April 17 Zumba Cancelled
April 24 Paint Night
April 29 EFCL Great Neighbourhood Race
May 6 Green Shack Returns!
May 7 Mill Creek Clean Up
May 13 A Midsummer Night's Dream
May 15 Paint Night
May 19 Water on @ Spray Park!!!
May 23 Teen Art Night
June 4 Soccer Photos and BBQ
June 10 RCL Bike Day

Free Swim

Community League Swim! Change of location and time due to Bonnie Doon year-long renovation. Show your Ritchie Community League Membership and gain free entry at:
Commonwealth Recreation Centre
11000 Stadium Road
Saturdays: 5:00 - 7:00 pm
Sundays: 1:00-3:00 pm

Brush Up Your Skills

Adult Paint Night is the place to be. Come show us how you can swirl your paint brush and your wine glass at the same time!

The next paint night will be on Monday April 24. In this class, you will get creative and fresh with a Spring Landscape!

Remember, this program is for adults only but we'll take any level of experience.
• Where: Ritchie Community Hall - 7727 98 Street NW, Edmonton
• Time: 7:00 - 10:00 pm
• Cost: \$25.00 (cash or cheque paid on night of event)
• Coffee is free, bring extra cash for wine
• Members and invited guests only
Please note, to sign up you must be a RCL member. If you are worried about missing out, please email ritchieprograms@gmail.com for information about joining our awesome community league. Membership has its perks - our members are welcome to invite a non-member as a paint night guest.

Hey Teens...

Ritchie's Teen Art Night has returned! Come get creative on April 11 during the Zentangle edition at the Hall.

This class will focus on using ink to create a small structured design within a large drawing. Bring along a black micro liner or pen, coloured
When: 5:00 - 7:00 pm on April 11 - a light meal is provided

If you have questions about the classes or the supplies, please email the instructor Hailey at hk-coogan@gmail.com
For changes to registration, email ritchieprograms@gmail.com

CASINO SIGN UP

We get it, casinos aren't for everyone but they are very important to Ritchie. Every other year, our community benefits from a portion of funding generated through gaming activity around the city.

In order to keep receiving these funds we need people to volunteer for our casino on August 31 and September 1.

Whether you want to try your hand at being a chip runner, banker, count room team member or cashier - we have 50 spots that need to be filled. Please visit <http://signup.com/go/epYS2q> to find the perfect volunteer role!

Spring Shack

Calling all Ritchie rascals! Green Shack is gearing up for spring. Saturday May 6, 13, and 20
Monday May 8 and 15
Wednesday May 10, 17 and 24

Pop Your Kids In A Camp!

The City has a number of great ways to keep kids busy and maintain parent sanity this summer.

Here are a few options that are close by:
Cool Creations Camp at Hazeldean Community League Hall from July 31 - August 4. The camp is geared at children between 8 - 13 years of age who have a passion for tie-dye, or making chocolates, soap, candles and lip balm.
Time: 9:00am - 4:00pm
Cost: \$146.00.
To register, call 311 and quote course number 596279 or do it all online at ereg.edmonton.ca.

Paint, Plaster and Play Camp at Strathcona Community League Hall from July 4 - July 7.
The camp is geared at children between 8 - 13 years of age who like to paint, sculpt, sketch or get messy with paper mâché.
Time: 9:00am - 4:00pm
Cost: \$130.00.
To register, call 311 and quote course number 596274 or do it all online at ereg.edmonton.ca.

Leagues Be Racin'

On April 29, the Edmonton Federation of Community Leagues - EFCL for short - will be holding their second annual Great Neighbourhood Race.

The purpose of this calorie burning/endorphin producing special event is two-fold. Not only will it help raise money for community leagues, it will generate funding for a very cool EFCL 100 Anniversary Project - a brand spanking new Community League Plaza in Hawrelak Park!!!

We know we have a few keeners in Ritchie that want to pound the pavement. In fact, the Ritchie Run Club is looking for runners of all ages and levels to join their team.

Perhaps you guys should make it even more official and join them...just sayin'...if the shoe fits...race it???

Check out the Ritchie Run Club on facebook.

McDougall United Church

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EASTER SERVICES

Good Friday

Gathering at the Cross
Friday, April 14, 2017
2 p.m.

Holy Saturday Interlude

Reflective Music and Readings
Saturday, April 15, 2017
3 p.m.

Easter Sunrise Service and Breakfast

(please use south entrance
10086 Macdonald Dr.)
Sunday, April 16, 2017
6:30 a.m.

Easter Celebration Service

A traditional service
with special music
Sunday, April 16, 2017
10:30 a.m.

Ritchie Programs

RCL programs are back and better than ever. Come and check out what's on offer:

Adult Paint Night: Come out and get creative with your friends and neighbours! Next class is Monday, April 24 - sorry, RCL Members and invited guests only. Cost is \$25 per session. Coffee is free, bring extra cash for wine. For more information, email: ritchieprograms@gmail.com or visit <http://www.ritchie-league.com/paint-night>

Bingo: Join us every second Wednesday from 6-9pm. Get ready to win a ham on April 12! For more information, email Joanne: j_niederhaus@hotmail.com.



Bridge Club: Play continues at Ritchie hall with up to 25 tables playing every Friday. Doors open 11 am. Games start at noon. Newcomers are welcome. Please note, we will take a bridge break on Good Friday, April 14 but we will return the following week and play all summer long! Contact Rose-Marie: 780-439-4884 or Stella 780-504-3972.



Cribbage Club: We are continuing to meet bi-weekly at the hall. Doors open at 12:30 pm. and we start playing at 1:00 pm. For more information please call Kate - 780 433-0977 or Maryann - 780 462-8582.

Home-school Playgroup: Please join us on every second Tuesday from 1-3pm. The playgroup is for school-aged kids and their younger siblings. Activities include: Lego challenges, free play, drama performances for parents, active games, as well as arts and crafts with our other homeschooled buddies. Homeschoolers from neighbouring communities are also welcome! Email karendwhitehead@gmail.com for more information.

Fit for Life (Formerly Older Adult Fitness) Classes: Tuesdays and Fridays from 9 - 10am. 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. Please note, classes cancelled on April 4 and April 7.

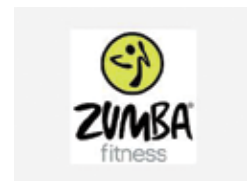
RCL Preschool Playgroup: The (free!) pre-school play group at Ritchie Hall happens on Wednesdays from 10 am-12pm. Bring your children between the ages of 0-5 years to the Ritchie Community League to meet and hang out with other Ritchie parents, have your kids play together, and enjoy complimentary coffee and snacks as well! For more information contact Stephanie at couture.stephanie@hotmail.com.



Teen Art Night: Join us for Teen Art Night once a month on Tuesdays from 5:00-7:00pm at the hall. This program is perfect for budding artists 12 and over. The cost is \$12 per class and includes a light meal. Register here!

Teen Shakespeare Workshop: This program is aimed at students aged 12-17. Classes run on Thursdays from 4 - 6 pm at the Hall. Cost is \$190 per participant, or 20% off for Ritchie Community League members, (\$150). For more info contact callawright@gmail.com.

Yoga: Join Kristal every Wednesday from 7:15-8:30pm for a fantastic yoga class at Ritchie Hall. All you need is a yoga mat (mats are available or bring your own) and some comfortable clothing. We look forward to seeing you there! For additional information visit the website or contact Kristal at kristalforrest@hotmail.com.



Zumba at Ritchie Hall: Time to try something new! Please join us Mondays 7-8 pm. No dance experience necessary, all levels of fitness welcome! Please bring indoor shoes and a water bottle. Email Margareta Jesse: zumbamj@outlook.com. Drop-ins are welcome. Fees apply. No Zumba Easter Monday, April 17. Happy Easter!

In Our Community

Edmonton Bicycle Commuters' Society (EBC): EBC will recognize all Ritchie Community League 2016-2017 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 7:30 - 9 p.m. For more information, contact Tim.

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.

PSYCHOLOGY FOR A CREATIVE DEEPENING INTO SOUL

Local Registered Psychologist Karen Williams is unique in her approach as she works from a Jungian depth psychological perspective. For 15 years, Karen has married her love of art and the creative with Jungian Psychology in her work with clients. She tells us: "Our suffering has meaning and if we are struggling or in crisis this can be the catalyst for change. Our recognition that something is out of balance is the first step in recognizing we need help." Perhaps you are struggling with loss or sadness, anger, frustration, anxiety or depression or nothing satisfies any more. Carl Jung (1875-1961), the Swiss psychiatrist who developed analytical psychology explored the depths of the soul through dreams, art and mythology. Your work with Karen will be to explore these metaphors from your dreams, feelings, memories and reflections in a safe therapeutic environment. The result of this work is a deeper, more meaningful relationship with your Self, others and the world. Karen works with individuals, couples and families. For a free 20 minute telephone consultation call 780-908-6819 or for more information Karen's website is www.KarenWilliamsJungianPsychology.com or email kewill@shaw.ca.

Analytical & Archetypal
PSYCHOLOGY FOR A CREATIVE
 "DEEPENING INTO SOUL"

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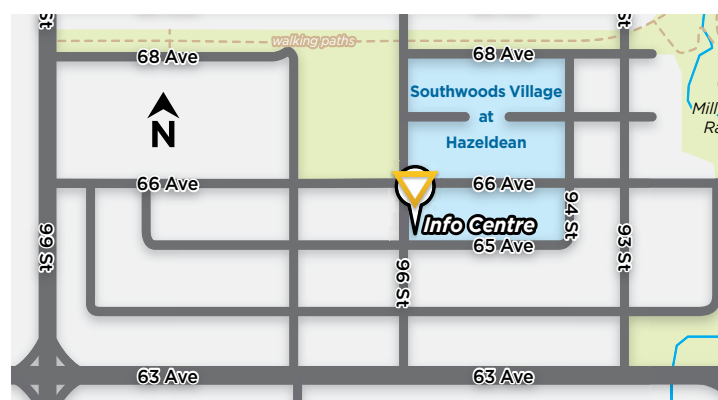
Providing warmth, security and peace of mind, Southwoods Village is a remarkably unique retirement community allowing you the opportunity to maximize quality time.



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Southwoods Village at Hazeldean, is centrally located, Southwoods is close to many amenities, walking paths, and the Millcreek Ravine.

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

CDLHomes.com

