

COMMUNITY LEAGUE NEWS SOUTH

Serving the community leagues of
Argyll, Bonnie Doon, Hazeldean, Ritchie and Strathcona.



Aug/Sep 2017

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

Centre LRT Study: Strathcona, Downtown, Bonnie Doon

What's the best LRT route to connect Edmontonians and visitors to Strathcona, Downtown, Bonnie Doon and east Edmonton?

Join the conversation as the City studies possible routes that could best link key destinations on both sides of the river using a low-floor, urban style LRT system. A low-floor, urban style system means the LRT flows with traffic in dedicated lanes using traffic signals with other road users and stops are located at street level like bus stops.

Share your voice to help determine the route at engagement pop-ups this summer or com

plete the [online survey until August 13, 2017](https://www.edmonton.ca/centrelrtstudy) at [Edmonton.ca/centrelrtstudy](https://www.edmonton.ca/centrelrtstudy).

This study includes four phases of public engagement. The first phase ends August 13, 2017. A preferred route will be shared for feedback in Fall 2017 and the route will be further developed with public input to determine stop locations, the alignment of the track in the roadway, pedestrian and cycle connections and integration into communities throughout 2018.

For more information, visit [Edmonton.ca/centrelrtstudy](https://www.edmonton.ca/centrelrtstudy)



Supper's On Us

Residents of Bonnie Doon are invited to Supper's on Us, Bonnie Doon Community League's annual BBQ and membership drive. Burgers, cotton candy, popcorn and more:

Sunday, September 17, 2017*
4 p.m. to 6 p.m.
Bonnie Doon Park, 9240 93 Street
(near Bonnie Doon Hall)

It's a fun way to meet your neighbours and support your community league. BDCL encourages residents to renew their membership at Supper's on Us, held every September in conjunction with Community League Day in Edmonton.

****Please note that this year's Supper's On Us will be on a Sunday rather than a Friday.**

Interested in volunteering at Supper's on Us? Please contact info@bonniedoon.ca.

Ritchie Casino

The RCL casino is almost here and we still have spaces to fill. So here's a plan, why not sign up with your sweetie and be a cool casino couple?

Casino dates: Aug. 31 and Sept. 1. We have just over 50% of the spots assigned but we need more volunteers!

If you want to try being a chip runner, banker, count room team member or cashier - we have a role for you. Sign up online at <https://signup.com/client/invitation/6775657374/1812292/false#!1812292/false/false>

Argyll AGM

At 7:30 PM on Wednesday, September 27th. we will hold our AGM..

All residents are automatically voting members of the community league. All residents can stand for office. The meeting agenda is open for any issue or initiatives you believe our community should deal with. If you have questions about League business, or about issues outside the community boundaries you can bring them forward.

The meeting is also an opportunity to find out what programs are run by the league on your behalf, what changes are coming to the area, and to meet the people who are running your League. The meeting is usually not very long.

This is also an opportunity to contribute to future community events. Put this date on your calendar to come by and see what's going on in Argyll.

Hazeldean AGM October 3, 2017

Join us on the evening of October 3 for the Hazeldean Annual General Meeting. Meet your community league board and share your ideas on what you want for our community. Interested in volunteering on the board? This is a great chance to learn more. Watch for full details on our Facebook, Twitter, and website this fall.

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Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE

President	Maureen Duguay president@strathconacommunity.ca
Past President	Jeff Samsonow pastpresident@strathconacommunity.ca
Vice-President	Conrad Nobert vicepresident@strathconacommunity.ca
Treasurer	Colleen Taralson treasurer@strathconacommunity.ca
Secretary	John de Haan secretary@strathconacommunity.ca
Membership Chair	Lois Hameister membership@strathconacommunity.ca
Communication Chair	Delianne Meenhorst communication@strathconacommunity.ca
Programs Chair	Vacant programs@strathconacommunity.ca
Social Chair	Vahid Ayan social@strathconacommunity.ca
Soccer	Vacant strathcona@southeastsoccer.ca
Civics / Planning	Grant Moore 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	Vacant hall@strathconacommunity.ca
Neighbourhood Renewal Ad-Hoc Committee	Conrad Nobert Kelly Fox John Watson
Community Liaison	
Community Hall	Jeanie McDonnell Helen Gillespie 780-439-1501
Website Manager Information	webmaster@strathconacommunity.ca info@strathconacommunity.ca

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

Community League website: www.strathconacommunity.ca

EFCL website: www.efcl.org

Community Leagues...where neighbours meet and great things happen!

Board meetings are 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

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

The copy deadline for the Oct/Nov issue of Community League News is Sept. 25, 2017. 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.

Celebrate Canada's 150 with Strathcona Community League!

The Strathcona Centre Community League is planning an enjoyable event to celebrate Canada's 150th birthday on September 16 and 17. This is a family oriented, eco-friendly event. It will involve activities such as an outdoor movie, local musicians, outdoor lawn games, jumping castle, and arts & crafts. There will be an integration of community business displays and support activities that will focus on our local history. Recognition will be given to the unique heritage of Indigenous Peoples.

Our Canada 150 event supports the city of Edmonton's strategic plan, focusing on the goals of The Way We Live. Celebrating Canada's 150th birthday as a community fosters a connection between neighbors and supports the goals of Abundant Communities Edmonton that focuses on building a culture of connection, one neighbourly conversation at a time.

In addition, our event coincides with the EFCL annual celebration of Community League Day, September 16, in Edmonton. Follow the conversation and the EFCL on Facebook and Twitter @EFCL.

Depending on the weather, our event will be held in the league hall and open areas, 10139 87 Avenue. If you would like to help by volunteering to make this the party of a century and a half, contact us at social@strathconacommunity.ca

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Registration for Indoor Soccer Season



The indoor soccer season starts Saturday, October 14th, 2017, takes a break over Christmas and continues until end of January (practices may continue longer). For community soccer, the season consists of weekly games on Saturday (on Sunday for U14 and up) along with a weekly practice in a school gym (based on availability).

Online registration is open now (www.emsasoccerportal.com) Please complete the online registration before coming to finalize registration in September at Hazeldean Hall, 9630 66 Avenue.

September 7
6:00 – 8:30 pm

September 17
12 – 3 pm.

Additional information and reminders will be sent prior to the registration.
www.emsasoutheast.com

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

The City of Edmonton invests in the infrastructure of its residential areas, their streets, sidewalks and street lights, through the Building Great Neighbourhoods program. Communities are targeted for renewal in accordance with four-year capital budget cycles. Strathcona Centre Neighbourhood, located just north of Whyte Avenue, between Mill Creek Ravine and 107 Street, will be renewed during the 2019-2023 cycle.

The terms of reference for Strathcona's Neighbourhood Renewal Committee were approved by the league Board on June 12, 2017.

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
Want to receive a reminder email of upcoming social events and programs? Make sure you go to our website www.strathconacommunity.ca, scroll to the bottom for the Subscribe link.

Pop Up Play

(formerly the Green Shack Program, although now part time and without the shack)

Pop Up Play is an exciting opportunity for kids to enjoy access to high quality recreation programming in their own neighbourhood. Join in games, sports, crafts, music, drama and special events 2 days a week at each location. Look out for the colourful Pop Up Play flags flying at a green space near you.

If there's a game or activity you'd like to play, just ask the Program Leader. They are there to make your summer a fun one!

Ages: 6 - 12 years
(children under 6 must be supervised by a parent or guardian)

Dates: Wednesdays and Fridays until August 25, 10:30am to 1:30pm

Cost: Free!

Location: At the park and spray park by the hall

Children are free to come and go as they please from our Pop Up Play Programs. Programs are led by staff who:

- Ensure participants play safely. Parents are responsible for their children at all times and must be available in the event of an emergency
- Are easily identifiable by their blue shirts and name tags
- Have completed a security clearance process, are trained in First Aid and are certified specialists in FUN!

League Programs and Activities

HEALTH AND WELLNESS

Check out our health and wellness programs to keep fit and healthy! Please check the league website calendar for specific dates.

• Zumba

Monday evenings at 7pm

Let the Music Move You! Using Latin and International rhythms these Dance Fitness classes are fun, energetic and make you feel amazing. There are no “wrong moves” in Zumba! After the summer break, check our website for fall dates.

Cost: \$12 for drop-in

Contact: Melanie Kidder, 780-722-7558 www.facebook.com/melsactivelife

• Yoga with Kyla Fischer

Tuesday and Thursday mornings

9:30 – 10:45am

Yoga postures, breathwork and meditation will be taught to promote balance in the body, mind and spirit. Students will develop an understanding of alignment and breath while developing physical strength and flexibility. All levels are welcome!

Cost: \$96 for 8 classes (or \$176 for both Tues and Thurs) or \$14 drop in.

Dates: Classes will resume in September.

Contact: Kyla Fischer at fischerk@telus.net or call 780-430-0229.



• Yoga with Corinne McNally

Tentatively coming fall 2017

Wednesday evenings – 7:00 – 8:15pm

Yoga is a holistic practice that can open & strengthen your body, revitalize your energy and bring peace to your mind. Hatha Flow & Yin styles of yoga are taught by certified yoga instructor Corinne McNally. All levels welcome.

Cost: \$96 for 8 classes; \$14 drop in

Dates: No classes right now, but check our website later for dates in the fall.

Contact: Corinne McNally at corinnemcnally@gmail.com

• Yoga for Kids aged 4 to 8

Thursday afternoons at 3:30pm (1:00pm might be added)

Kid's yoga is a magical adventure that helps children develop important skills in a loving environment. It nurtures creativity, mental focus, body awareness, strength and coordination. And most importantly—it's fun!

For ages 4 - 6: 1 – 1:45pm

For ages 6 - 9: 3:30 – 4:30pm

Dates: check our website later for classes in the fall.

Contact: classes are taught by two certified kids yoga instructors. For more information or to register, please contact us at info@yogikids.ca or call or text Tina at 587-341-7777.

• Urban Pole Walking

Wed mornings at 7:30am

Stay active and meet some new friends! Join the Strathcona Pole Walking Group

On Wednesday mornings at 7:30am, meet Melanie Kidder at the Strathcona Community League Hall (south door, by the rink) then head out for an energizing pole walk through our friendly neighborhood and the majestic Mill Creek.

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. 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. Membership (from any community league) required. SCCL memberships will be available to purchase.

Cost: Free Dates: Every Wednesday morning at 7:30am

Contact: Melanie (melstrand_5@hotmail.com, 780-722-7558) or Mildred (780-271-5099)

PUB NIGHTS

Pub nights are typically the third Friday of the month at 8pm in the upstairs lounge at the Strathcona Community League, 10139 87 Avenue (use south door). It's casual, and a great way to unwind from the week and meet or reconnect with others from the community. A community league membership is required – you can purchase one on site.

Friday, September 15th – tentatively Scotch Tasting.

Check our website later for details.

Note: Pub night is for community league members and invited guests. Memberships available on-site.

2017-2018 Community League Memberships

Join Us!

The new membership year starts on September 1, 2017 so volunteers (where possible) will go door-to-door to sell memberships.

- Membership fees remain \$20/family, \$15/single, \$5/senior.
- Membership year is September 1 to August 31.
- If you would like to volunteer to sell memberships, please contact the membership committee below (it's a great way to help out and meet some neighbours at the same time!)
- If you would rather purchase a membership online, go to www.EFCL.org, then click on League Membership Purchase (the EFCL charges a \$5 admin fee).

Be a community league member and help make our community a better place to live!

Benefits of a membership:

- A voice on issues in our community (neighbourhood renewals, developments, etc.)
- A connection to news and events in the community (e-mail list, website, newsletter, Facebook, Twitter).
- Social events like Winterfest in February, BBQ in September.
- Pub Night on 3rd Friday of every month (themes like Trivia, Scotch tasting, wine sampling)
- Free swims at outdoor pools.
- Free skating and hockey at our two top-notch rinks.
- Up to 20% discount at city-owned recreation facilities (e.g. Kinsmen).
- Discounts on hall rental.
- Health and Wellness programs (yoga, Zumba, soccer, play group)

Membership Committee:
Lois Hamiester
780-439-5774
loish@athabasca.ca
or
Jeanie McDonnell
cell 780-803-0900
membership@strathconacommunity.ca

Development Projects

Project on hold: 99th Street – 89th Avenue Wild Earth Café location

The plan for a 31 story condo at the location of Wild Earth Café/Shop/Bakery has currently been put on hold. Based on public consultation and the city's technical review, concerns were raised regarding the development and its location. Bate-man Properties and One Properties will go back and decide on further steps. There are no plans for the project to go to City Council in the near future.

Approved DV8 site 99th Street– 83 Avenue

The plan for the redevelopment of the DV8 site, located at 99th Street – 83rd Avenue was under Public Hearing Review on July 10th. The project received support of the SCCL and approval of the Council at the public hearing.

The DV8 redevelopment consists of:

- A 6-storey wood-framed condo building.
- The full main floor is a commercial condo that is slated to be a cafe or something similar. A bar/pub is specifically NOT allowed.
- There will be 22 units.
- The two penthouse units are 2-bedrooms plus a den.
- Approximately one parking stall per unit, with a few visitor stalls.

Urban Green Cohousing Project

The Urban Green Cohousing project, 88 Avenue West and 101 Street, was also passed by Council at the public hearing on July 10th. The project is an innovative development in Edmonton. In total, 26 units will share communal spaces such as a dining room, backyard and patio with the purpose to bring young and old together in one building. The SCCL supported the development of the Urban Green project.

The Urban Green Cohousing project consists of:

- 4 storey building and 26 residential units
 - One parking stall per unit, 3 ground-level visitor stalls
 - Four 3-bedroom or larger units
 - Very energy efficient building, this will also be a shipping container building (recycling)
 - Loss of 2-4 trees for staging for this project; developers are very motivated to save trees
 - Communal spaces for residents to get together and create a stronger community than would exist in a conventional building
- Read more about the Urban Green Cohousing Project at urbangreencohousing.ca
- After careful review, the SCCL Civics Committee decided to support both projects, in part for the following reasons.

The DV8 development offers to bring a valuable amenity to the neighborhood with the (last minute) addition of an entire ground floor of commercial retail space. Note that a pub/bar is specifically restricted in the DC zoning document. Furthermore, the two 3-bedroom penthouse suites could conceivably be used by families, which was also considered to be a valuable addition to the project.

The Urban Green development is unique in that it offers multi-generational living spaces that lean heavily (compared to the average development) towards family units.

A Big Thank You to Casino Volunteers

We would like to extend a big thank you to all of the casino volunteers. The volunteers contributed their time and effort by working a variety of shifts and roles at the SCCL Casino Fundraising Event, July 8 and 9, 2017.

Everyone was in a good mood and did a great job. The Casino Advisor told SCCL that non-profit organizations are making around \$70,000 per casino and the work of the volunteers is essential to our community league.

The Casino is a major fundraiser event for the SCCL. Casino funds help SCCL perform many services:

– inform residents about things happening in Strathcona by newsletter delivery or other media

– organise programs and events to bring together our members and/or inform our Strathcona residents

– a voice on issues in our community

...and so much more!



Thank you for volunteering: Barbara Sanders, Barry Hickie, Birendra Adhikari, Cheryl Trepanier, Chris Kaye, Colleen Taralson, Conrad Nobert, Danielle Taralson, Darcy Fleming, Delianne Meenhorst, Derek Kaplan, Dexter Woo, Donna Fong, Ellen Homola, Gary Duguay, Geoffrey Rockwell, Gloria Letwin, Joanne Booth, John Born, John de Haan, John Stobbe, John Watson, Katie Krause, Kirsten Goa, Linda Crawford, Lois Hameister, Margaret Macpherson, Maureen Duguay, Patricia Vanier, Patrick Gaherty, Peigi Rockwell, Rakesh, Rebecca Cameron, Rechel Amores, Rob Bierman, Ross Bradford, Sherrill Johnson, Vic Yanda, Vickii Williams

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Community Day Family Movie Night

Saturday September 16

Mark your calendars and plan to join us for our 3rd Annual Outdoor Movie Night. We had a blast last year celebrating Community League Day together under the stars!

This event will include pre-show family friendly activities along with presentation of an all-ages appropriate movie on a big outdoor screen.

This event is free for residents. Check the Argyll website, our Argyll Facebook page and look in your mailbox for more information closer to the date.

Progressive Supper

Saturday, October 14

Get to know your neighbours over a delicious meal!

We haven't finalized the details yet for this year, so it might look a little bit different than in past years. More details will be coming soon. Look for the sign-up form on our website in September.

Argyll Playground Update

Construction begins!

Argyll may be a small community but we are getting our new Playground this summer.

We have designed a welcoming community park with expanded gathering spaces and a variety of play structures along with other natural spaces for recreation.

Construction will begin in the latter part of August and continue until about October. During this time the current play area will be fenced in and is off limits during construction.

We will be announcing an event to officially open the park when we get closer to completion.

Argyll YOGA



This fall the community's yoga program **will return September 11th, 2017.**

Class are held each Monday at Argyll Hall from 7:30 – 9:00 PM. Cost is \$100.00 for all sessions in the fall season. You can also drop in for a daily fee.

Registration is at the hall just prior to starting the first class. There are more sessions in the new year and in Spring so be on the lookout.

This is Hatha Yoga with a focus on alignment, core stability and awareness of body and breath. Our instructor is Renee Giammarioli who is a Yoga Association of Alberta Certified Yoga Instructor and is also a physiotherapist.

To inquire call Renee at (780) 431-1916. Classes start Monday September 11th and finish December 4th (there will be no class on October 9th for Thanksgiving Day).

Commonwealth – Fall / Winter Swimming

Members of Argyll Community League are eligible for family swimming at the Commonwealth Recreation Centre Pool. This is exclusive time which is reserved only for community swimming and family swimming. There is room for at least 200 swimmers during these designated days:

Every Saturday from 2:00 – 3:30 PM beginning September 09, 2017 and running until April, 2018

You and your family only need to show an Argyll Community League membership card to gain access.

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

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre every Friday from 10:00 AM – 12:00 Noon. During better weather some activities are held outside. 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 Online

As always our web site has current information. Check-in weekly to see what's changed. Send us things you think the community might be interested in.

Follow our Twitter feed @ArgyllCL.
Our web site: <http://www.argyllcl.ab.ca>
Our Facebook page: <https://www.facebook.com/argyllcl>

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



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Bonnie Doon

President	Don	president@bonniedoos.ca
Vice President	Vacant	
Secretary	Karen	secretary@bonniedoos.ca
Treasurer	Daniel	treasurer@bonniedoos.ca
Social	Karen	social@bonniedoos.ca
Civics	Shauna	civics@bonniedoos.ca
Programs	Ian	programs@bonniedoos.ca
Membership	Mark	membership@bonniedoos.ca
History	Margaret	history@bonniedoos.ca
Communications	Kelsi, Nicola	communications@bonniedoos.ca
Soccer	Diane	sports@bonniedoos.ca
Fundraising	Stephanie	fundraising@bonniedoos.ca
Hall Rental	Stacey	hallrental@bonniedoos.ca

Regular league board meetings are held the second Thursday of the month in September, November, January, March and June, with the AGM in April.

Meetings are held at the City of Edmonton offices in Bonnie Doon Mall, starting at 7:15 p.m. Visit us online at bonniedoos.ca.

Follow us on Facebook at facebook.com/bonniedoos or on Twitter at twitter.com/dbedm.

Hall Rental

If you're planning on hosting a wedding or other large social gathering, then you should check out our hall. Located at 9240 93 Street, it has a stage, kitchen, bar and seating for 275 guests. For more information, visit our website at bonniedoos.ca or contact Stacey at hallrental@bonniedoos.ca.

Abundant Community Edmonton

Bonnie Doon is proud to take part in Abundant Community Edmonton. The initiative helps to build a sense of community by connecting neighbourhoods one block at a time. A new and exciting way to build stronger neighbourhoods. Contact Steve at abundant@bonniedoos.ca.

Thank You Mark

The Community League would like to thank **Mark Gordon** for his multiple terms as President of Bonnie Doon Community League. Mark volunteered countless hours in this position, advocating for Bonnie Doon and engaging the community, and Bonnie Doon is a better place to live thanks to Mark!

We welcome Don Masson as the new President of Bonnie Doon Community League. Don is undertaking this position after serving as Vice President.

Community Swims

Free community swims at Hardisty Fitness and Leisure Centre and Commonwealth Recreation Centre will start up again in September. Updated hours will be posted on the facility website and on the league website. Bring your 2017/18 community league membership card to the pool for all community swims.



Indoor Soccer Registration



Thanks to all the coaches, volunteers, parents and players for a great 2017 outdoor season!

Indoor soccer season is around the corner.

Registration takes place at **Hazeldean Hall, 9630 66 Avenue on September 7 from 6 p.m. to 8:30 p.m. and on September 17 from noon to 3 p.m.**

Please register online by visiting the emsasoccerportal.com prior to attending Hazeldean. For more information, visit emsasoutheast.com.

Community League Memberships

Memberships are available to purchase at the Bonnie Doon Convenience Store, 9104 88 Avenue, open 8 a.m. to 10 p.m. Monday to Thursday and 8 a.m. to 11 p.m. Friday and Saturday.

A family membership is \$20. All other memberships (seniors, singles) are \$10.

Please pay with cash or a cheque made out to Bonnie Doon Community League.

A membership runs from September 1 through August 31. For more information, contact membership@bonniedoos.ca.

What are the benefits of joining Bonnie Doon Community League?

- A great way to meet your neighbours
- Free admission during community swims
- Free skating at Bonnie Doon rink
- Community soccer
- Fun social events and programs
- A voice in your community's development
- Playgroup for pre-schoolers
- Reduced fees for the league's recreational programs

Puppy Alert! Puppy Raisers needed for fostering service dogs in-training

Do you want a cute puppy and only commit for a year? Would you like to learn dog training skills while enhancing the life of an Albertan with a disability? Do you enjoy being involved with a great group of volunteers while helping someone in your community? The call now (780-944-8011) if you are able to provide a safe, stable, and loving home for one of our service dogs in training!

Benefits:

- All food, equipment, and veterinary costs are covered by us! All you provide is bedding, toys, treats, and endless love and fun!
- Holidays planned? No problem! We have loving and dedicated volunteers to care for your puppy while you're away!
- Great memories, and knowing that by fostering one of our dogs, you will be providing someone with independence and their wings of freedom!

Want to help?

Phone 780-944-8011, email kerri@dogswithwings, or attend our upcoming information sessions on Aug. 17 at 5:30pm (11343 174 St).



Seniors News

T'ai Chi Chih

The T'ai Chi Chih program resumes on Mondays from September 11 until December 18 from 10:30 - 11:45 a.m. at Bonnie Doon Hall, 9240 93 Street. Fees are \$60 for the term, or \$10 per session. We will practise outside, if the weather is suitable. Anyone with prior T'ai Chi Chih training is welcome to join.

Beginners are invited to start a seven-session class offered in November, on select Mondays and Wednesdays. Dates are: November 1, 6, 8, 15, 20, 22 and 27. Classes are led by Tamara Zujewskyj-Brese, a certified instructor. Fees are \$60. This class starts at 10 a.m. The hall opens at 9:45. Pre-registration is requested by October 15 by phoning 780-469-1179. Beginners will join the regular group at the end of November and will continue to practice until December 18 when we will break for the holidays.

Community League Membership is required by all participants. For more information about T'ai Chi Chih search: www.taichichih.org

Films & Lunch

Watch free National Film Board documentaries at 10:30 a.m. at Bonnie Doon Hall, followed by a light lunch at 11:45 a.m. for \$2 per person.

Upcoming events:

Thursday, September 21 - Paper Wheat, filmed in 1979. 57 minutes. Directed by Albert Kish. This film follows a theatre group as they depict the harsh lives of early settlers in Saskatchewan.

Thursday, October 19 - Carts of Darkness, filmed in 2008. 59 minutes. Written and directed by Murray Siple. We are shown a far different view of North Vancouver as homeless men compete in shopping cart races.

Documentaries are paired with short animated films which provide opportunities for lively discussions over lunch. Thanks to Robin Hage, Re/Max, for sponsoring our summer lunches.

Bonnie Doon Hall, located at 9240 93 Street, is wheelchair accessible. All seniors are welcome. Phone Margaret at 780-982-8735 if you require further information.

Memories of Bonnie Doon

Memories of Bonnie Doon, a book commemorating the 100th anniversary of Bonnie Doon Community League, will be published in 2018. The book is a collection of reminiscences of past and present residents of Bonnie Doon. Finishing touches are being put on the book's manuscript. Watch for updates.

History Tea

Mark your calendars for Sunday, October 29, 2017. Our annual History Tea takes place at Bonnie Doon Hall from 2 p.m. - 4 p.m. We will showcase historical materials collected during the Memories Project

and launch the new walking map depicting Bonnie Doon in the 1950's.

Committee Volunteers: If you are interested in planning and promoting activities and programs for seniors, we are looking for a few additional members on the Bonnie Doon Community League's Seniors' Committee. Contact Tony at 780-466-0892 or email history@bonniedoon.ca for more information.

Yoga

Join us for hatha yoga on Wednesday evenings. The next 10 week session will run from September 27 until December 6 at Bonnie Doon Hall, 7:15 - 8:30 p.m. Classes are suitable for all abilities from beginners to those more familiar with yoga. Our instructor is Bonnie Doon resident Jen Martin. Cost: Community league members: \$10/class, \$80 for the entire session. Non members: \$13/class, \$110 for the entire session. Drop in's are welcome.

Playgroup

Parents and kids under the age of six are invited to our playgroup at Bonnie Doon Hall Tuesday mornings during the school year, 9 a.m. to 11 a.m. It's a great opportunity for parents to meet and for children to play freely.

There is no cost, but a current community league membership is required. For more information, contact info@bonniedoon.ca.

Summer Green Shack

The Green Shack playground program runs at Bonnie Doon Park, weekdays 2:30 to 6 p.m. until August 24. Kids between the ages of six and 12 are invited to participate in free playground activities, including sports, games and crafts.

Family Movie Night

Our next family movie night is Friday, November 3, 6:30 p.m. at Bonnie Doon Hall. Bring your blanket, sleeping bag, pillow or folk fest chair to enjoy the show! We haven't decided on the movie, but it will be a kids' favourite. Suggested donation of \$5/person, \$20/family. Popcorn and drinks will be for sale. For more information, contact info@bonniedoon.ca

Potluck

Let's get together for a potluck supper at Bonnie Doon Hall, Sunday, November 19 from 5 to 7 p.m. Bring a dish to share and plates and cutlery. A great way to get to know your neighbours! For more information, contact info@bonniedoon.ca.

WHY 30 AT JUNIOR HIGH SCHOOLS?

As of September 5, 2017, school zones are in effect around **elementary** and **junior high schools** throughout Edmonton. Motorists are required to slow down to 30 km/h between 8 a.m. and 4:30 p.m. (08:00 - 16:30) on school days where school zone signs are posted.

WHY IS IT IMPORTANT TO SLOW DOWN?

The lower speed limit protects our most vulnerable road users: our **children**.

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Rachel Notley, MLA

Edmonton-Strathcona

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edmonton.strathcona@assembly.ab.ca

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Tel: 780-782-1083
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Alberta Art Gallery is allowing free admission for ALL children under the age of 18 years and ALL post secondary students (with student ID) regardless of age. For more information, visit the AGA website: www.youraga.ca.

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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 (Volunteer coordinator) – Toby-Anne Reimer
HCL Administrator – Dawn Banner

The 2017-2018 Hazeldean Board will be elected on October 3 at the Annual General Meeting.
Contact us at hazeldeanleague@shaw.ca if you are interested in joining the board.
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

Volunteer with Hazeldean Community League

Volunteering is a great way to share your talents, pick up new ones, meet new people, and most importantly - help our community thrive. Whether you want to help organize a new fun event, take on a senior role on our board, pitch in at a BBQ, take photographs, design or write - there is something for everybody.

Contact us at hazeldeanleague@shaw.ca for more information.

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.

Free Admission to Outdoor Pools

The City of Edmonton is celebrating Canada's 150th anniversary of Confederation by waiving admission fees to all outdoor pools!

The special offer is in effect from July 1 to the end of the 2017 season!

Drop-in swimming will be free during operating hours, and includes both public and lane swimming. Lessons and rentals will still be available for a fee. All four of the City's four outdoor pools are now open - Queen Elizabeth, Fred Broadstock, Mill Creek and Oliver.



Green Shack

10 a.m. to 1:30 p.m.; July 4 - August 24

Join in games, sports, crafts, music, drama, and special events this summer at the Hazeldean Summer Green Shack. You'll find a list of upcoming activities and special events posted on the side of the Green Shack each week. If there's a game or activity that you'd like to play, just ask the Program Leader.

Programs are led by staff who:

- Ensure participants play safely. Parents are responsible for their children at all times and must be available in the event of an emergency
 - Are easily identifiable by their blue shirts and name tags and may be assisted by volunteer leaders in training
 - Have completed a security clearance process, are trained in first aid and are certified specialists in fun!
- Programming is still available on rainy/snowy days but will be cancelled during severely inclement weather.



Community League Day is September 16, 2017

Come out and meet your neighbours in Hazeldean at the annual Community League Day BBQ!

There will be a FREE family BBQ, fun games, bouncy castles, sparkle tattoos and more. Join us at Hazeldean Community Hall, 9630 66 Ave. Visit our Facebook, Twitter, or website for more details.

Hazeldean Annual General Meeting is October 3, 2017

Join us on the evening of October 3 for the Hazeldean Annual General Meeting. Meet your community league board and share your ideas on what you want for our community. Interested in volunteering on the board? This is a great chance to learn more. Watch for full details on our Facebook, Twitter, and website this fall.

Edmonton Election 2017

On **October 16, 2017**, Edmontonians will elect a Mayor, a Councillor for each of the 12 City of Edmonton wards, a School District Trustee for each of the 7 Edmonton Catholic School Districts, and a School District Trustee for each of the 9 Edmonton Public School Districts. Here is what Hazeldean residents need to know to vote!

Who can vote:

You may vote in the election if you:

- are at least 18 years old,
- are a Canadian citizen,
- have lived in Alberta since April 16, 2017,
- are currently living in Edmonton, and
- you live in the ward where you vote on election day.

Before voting:

- Find your voting station on your Where to Vote card (delivered to Edmonton homes in early October 2017) or using the Where to Vote tool on the Edmonton Elections website (available June 2017).
- Identify a piece of authorized identification to bring to the voting station. Your identification must confirm your name and current residential address.

After entering the voting station:

Step 1 Present your authorized identification. An election worker will assist you with registration.

You will receive a ballot.

Step 2 Go to a voting booth and mark your ballot. You are able to mark one candidate for mayor, ward councillor, and school board trustee. Mark your ballot by filling in the oval beside the name of the candidate of your choice.

Step 3 Take your ballot to the tabulator and deposit it into the ballot box. You've voted!

All About Advance Voting

Advance voting is the opportunity to vote before election day. It takes place October 4-13, 2017. Advance voting is an excellent option for voters, as there are no extra qualifications. This is also a time where voters who wish to vote without assistance can vote. Those who are blind, visually impaired or who have a disability or condition that makes it difficult to traditionally mark a ballot can also benefit from advance voting. All advance vote locations will offer citizens the opportunity to vote independently using an electronic ballot marking tool that accommodates sip-and-puff, audio cues, and braille.

For more information about voting, be sure to visit the City of Edmonton Elections website.



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Ask Charles

I hired a real estate professional to sell my home. The seller representation agreement (*listing agreement*) I signed is for four months. It's only been two months, but I want to terminate the agreement, can I?

The short answer is yes, but it can be complicated.

The agreement you signed is a legal contract between you and a real estate brokerage to sell your home. It contains a start date and an end date, as well as provisions for ending the agreement early.

If you and your real estate professional agree in writing to end the agreement before the end date, the agreement immediately ends.

If you change your mind about selling your home and your real estate professional agrees to end the agreement early, you may be responsible for reimbursing your real estate professional for reasonable expenses they incurred while your property was for sale. Those potential expenses need to be listed on the agreement when you sign it; your real estate professional can't add them after the fact. These expenses may include, but aren't limited to, reimbursement of advertising, measurement, or photography costs.

But, what happens when you want to end your agreement early and your real estate professional doesn't agree?

If you want to end your agreement early because you want to work with a different real estate brokerage, there could be consequences. For example, if you begin working with another real estate brokerage, and your property sells, your first real estate brokerage could make a claim that commissions are payable to them since the brokerage didn't agree to release you from the obligations of your agreement. You could find yourself owing commission to two brokerages.

Think carefully about why you want to end your agreement early. If it's because you genuinely changed your mind about selling, perhaps your employment situation changed, be open and upfront with your real estate professional.

You won't be the first seller who has a change of heart or financial circumstances, but your real estate brokerage is under no requirement to release you from your agreement.

Another possibility is that your real estate professional may agree to a conditional termination of your agreement. Conditional terminations typically require the seller to agree in writing that they won't re-list their property for sale with another real estate brokerage before the end of their original agreement.

If you want to end your agreement early because you and your real estate professional are not working well together or you have concerns about their performance, RECA encourages you to speak to their broker.

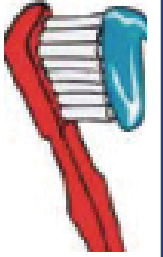
"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA), www.reca.ca. RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, 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.



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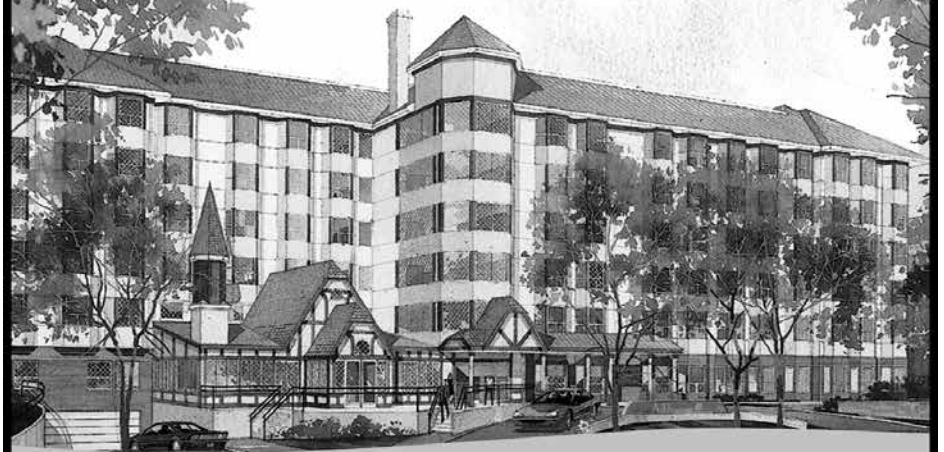
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Ritchie News

Community League Contacts

Executive:

President: Tammy Hay

Vice President: Tracy Price

Past President: Laura Cunningham-Shpeley

Secretary: Cecilia Oteiza Ayres

Treasurer: Peter Willetts

Board:

Abundant Community: Caroline Belanger & Julia Dalman

Civics: Max Merrett

Communications: vacant

Community Events: Sam Heine

Fundraising: Simon Slater

Hall Maintenance: Ed Retzer & Leonard Wampler

Liveability/Safety: Julie Dalman

Membership: Dallas Bartel

Programs: Chantal Lavoie-Michaud

Ritchie Hall Revitalization Director: Jeff Ollis

Soccer: Dave Woo

Sports: Leonard Wampler

Volunteer Director: Angie Tricka

Director-at-Large: Allan Bolstad

Director-at-Large: Maureen O'Neil

Director-at-Large: Leah Wilson

Monthly Meetings

Board meetings are held at 7 p.m. on the first Thursday of every month at Ritchie Hall except in the summer when we head out on vacation like the rest of Edmonton. Everyone is welcome and encouraged to attend! Next Meeting Sept 7.

CONNECT WITH RITCHIE COMMUNITY LEAGUE

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

E-mail: inquiries@ritchie-league.com

Online: ritchie-league.com

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

Twitter: @RitchieYeg

Hall Rental

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 hall rental inquiry form available at www.ritchie-league.com.

SAVE THE DATE

August 16	R-ACE BBQ
Aug 20	Regency Costume Fair
Aug 26	Pagan Pride Day
Aug 27	Ponies & Unicorns
Aug 28	MP Linda Duncan BBQ
Aug 31/	
Sept 1	Ritchie Casino
Sept 7	RCL Board Meetings Resume
Sept 7/17	Indoor Soccer Registration
Sept 10	Ritchie Garden Tour & Harvest Market
Sept 9	Beer Geeks Cask-Aged Ale Fest
Sept 16	Community League Day
Sept 29	RCL Pub Night
Oct 21	Oktoberfest

Can't Stop - Won't Stop!

This summer we have been hotdogging up a storm at RCL and we can't wait to do it again.

Our next free BBQ will be hosted by our Ritchie ACE (Abundant Community Edmonton) team.

Come and hang with us on August 16th from 6-8pm at the Hall. We will have hot dogs, marshmallows, lemonade, abundantly good times...and maybe a few veggies to balance out the treats.

Show Us What You've Got!

We're doing it - Ritchie Garden Tours and a Harvest Market. Here's the dirt:

We want to get a bunch a green thumbs or garden lovers together and tour around some of Ritchie's amazing gardens. The plan is to wrap up the tour with a good old garden swap at the hall. If you've got surplus veggies or plants that could use a new home this is the place to do a little trading!

We've tentatively locked in Sunday, September 10 between 10:00am-2:00pm. But right now we need to figure out where we are going!

If you have a great garden and want to be involved, we'd love to hear from you. Please email julia.dalman@gmail.com.

Free League Swim

One of the perks of your Ritchie Community League Membership is that you get FREE entry at some of the city's outdoor pools for evening swims.

This year we are all getting an extra special Canada 150 gift! Drop in swimming at Queen Elizabeth, Fred Broadstock, Mill Creek or Oliver pool is FREE until the season wraps!

See you guys at the pool!

Neighbourliness News!



We're excited to announce that the neighbourliness challenge is in full swing in Ritchie.

The first \$50 Earth's General Store voucher has been awarded to Dave Whelan who moved into Ritchie about 3 years ago and has been a great friend to his pal across the alley.

Here's why Evan took the time to nominate his neighbour:

"We couldn't be more lucky to have a neighbor like Dave. He is always quick to offer his help with anything that we need. Two weeks ago, in the blistering heat, he helped us take apart a new refrigerator so that we could transport it into our house. He's driven us to the airport, shoveled our walkways, and always keeps an eye on our house and the other houses in the neighborhood."

"Dave has become a very good friend to me and my family, and we love having him over for dinner or a beer on the deck. He truly exemplifies what it means to be a great neighbor, and Ritchie is lucky that he choose our great neighborhood to live in."

We've got more vouchers and we'd love to reward the great community builders in Ritchie.

To nominate your neighbour, all you have to do is email ritchieconnector@gmail.com and tell us why you love thy neighbour!

Beep Beep – Make Way for Community Day

Community Day is just around the corner. Come and join us at Ritchie Park on Saturday September 16 for a free breakfast, car show, food trucks and tons of fun activities. More info www.ritchie-league.com

A Little Horse Play

The ponies are coming, the ponies are coming!!!!

On Sunday August 27 from 12 -3, the Ponies & Unicorns Summer Picnic will take place at Ritchie Park.

- pony rides
- live music
- bike decorating
- a bike parade
- a BBQ catered by Quickfire Cookery and
- much much more!

Thanks Walkable Edmonton, Sara Kalke RE/MAX River City and Stefan Cherwoniak from Quickfire Mortgage Solutions. This is an amazing opportunity to horse around with friends and neighbours. Giddy-up.

Neighbourhood Connector

The Ritchie Abundant Community Support Team is thrilled to officially announce that Amanda Heiford has accepted the position of Neighbourhood Connector.

Amanda brings with her years of directly related professional experience in community engagement and outreach, as well as a strong background in volunteer and project management. This along with her passion for Ritchie, enthusiasm for our community, and ability to foster relationships amongst individuals, will help us grow Ritchie into an even stronger community for all neighbours.

The Support Team couldn't be happier, and with Amanda we are certain the Ritchie Abundant Community initiative is in incredibly capable hands. We want you to grow with us and help build Ritchie to its fullest potential!

Ritchie Programs

Most RCL programs are on summer vacation right now. Here's some info about what's on offer and when the fun will resume in September:

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 play all summer long! Contact Rose-Marie: 780-439-4884 or Stella 780-504-3972.

Fit for Life 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: lynn.lindsay828@gmail.com or call 780-996-2182.



Bingo: We are taking the summer off but will start back on September 6. Join us every second Wednesday from 6-9pm! For more information, email Joanne: j_niederhaus@hotmail.com.

Cribbage Club: Cribbage is putting the cards down for the summer but will resume play on September 13th. We usually meet bi-weekly at the hall. Doors open at 12:30 pm. and we start playing at 1:00 pm sharp. Come and enjoy our friendly group for cribbage, coffee and snacks. For more information or to let us know you're coming by please call Kate - 780 433-0977 or Maryann - 780 462-8582.



Home-school Playgroup: We are on vacation but please join us in September - 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. Home-schoolers from neighbouring communities are also welcome! Email karendwhitehead@gmail.com for more information.

RCL Preschool Playgroup: The (free!) pre-school play group at Ritchie Hall will resume in the fall. Please join us 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.



Yoga: In September you can 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 kristalcforrest@hotmail.com.



Zumba at Ritchie Hall: We are taking the summer off but will be back September 11th. 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: zum-bamj@outlook.com. Drop-ins are welcome. Fees apply. Remember: Friends who dance together, stay together! First class is FREE for RCL members so come out and party yourself into shape.

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 Peter Daly.

Scona Seniors: SCONA Seniors offers a variety of recreational and social activities at Ritchie Hall. This active group has a varied and changing schedule, so stay up to date by emailing Cathy or call 780-433-5377.

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Scratch Kitchen

BREAKFAST & LUNCH
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— OPEN at 7 am —

BRUNCH
Saturday & Sunday
— OPEN at 9 am —
Jazz Brunch Sundays

LIVE MUSIC
Friday & Saturday

DINNER
Tuesday - Saturday
International Food with Peruvian Specialties

Earlybird Special

Fully Licensed

Craft Beer

Your neighbourhood cafe in Ritchie for 13 years!

Ritchie Gear

The rad red Ritchie merch has arrived and it looks mighty fresh on both kids and adults! If you prefer a vintage blend, we also have older style Ritchie T-Shirts, Hoodies, Mittens and Toques, which we are offering at basement prices.

Check out the online Ritchie Store at www.ritchie-league.com to take advantage of sweet deals and to see swanky new stuff!

Pub Night 2.0

It's taken us 2 years to recover from our last Ritchie Pub Night but we are ready to do it all over again.

On September 29th we will have beer, tunes and snacks at the hall. Bent Stick Brewing will be fueling the fun and Sean Brewer and Kimberly MacGregor will be making sure nobody goes to bed early.

Keep your eyes peeled for the official poster next month.



Overdose Prevention Awareness

August 31 is International Overdose Awareness Day, a global event to raise awareness of overdose and reduce stigma of drug-related death.

In Alberta, opioid related overdoses are occurring at an alarming rate. Fortunately, many overdose deaths are preventable if medical help is given when you first begin to notice any symptoms.

Here are the signs of an opioid overdose:

- Their breathing is slow or they may not be breathing at all
- Body is very limp
- You can't wake them up
- Blue lips and nails
- Skin is cold and/or clammy
- Gurgling or snoring sounds
- Choking or throwing up
- Pupils are tiny
- Seizures

If you come across someone or are with someone who may be overdosing, call 911 and, stay with them until we arrive. They may need your help while the ambulance is on its way.

While you wait for help, keep checking on them. For more information on opioid overdose, or how to get help for yourself or a loved one visit www.stopods.ca.

RCL Executive Spotlight

Allan Bolstad is a bit of a League expert. In fact, up until his recent retirement, he worked for the Edmonton Federation of Community Leagues. These days, his efforts have been honed to his local neighbourhood and we couldn't be happier. Whether it's volunteering on the Board of Directors, setting up tables at our BBQs, planning Community League Day or thinking about how best to fundraise for our new hall, Allan is a great asset. Thanks Allan for your experience and enthusiasm!

1. What is your Role on the Board?
Director at Large

2. Why did you volunteer?
To make some new friends and help the league with its programs and events.

3. How long have you lived in Ritchie?
Eight years

4. Why did you pick this neighbourhood?
Lots of reasons. It was close to the Edmonton Federation of Community League (EFCL) Office, where I worked, as well as the U/A Hospital, where my wife Barb works, had good transit and lots of shops and restaurants along Whyte Avenue, many mature trees and of course the ravine with its bicycle path directly behind our house.

5. What is the best thing you've discovered in Ritchie?

How so many people live here because they want to be here and are ready to pitch in with the league and help make the neighbourhood a better place.

6. What is your wish for the next 5 years in Ritchie?

That the community league thrives and helps ensure that our neighborhood remains an open and welcoming place.

7. What is your favourite Ritchie Event/program and why?

I'm partial toward Community League Day, as I was instrumental in getting the whole thing started when I was at the EFCL and believe it will help raise the profile of leagues generally.

8. What do you do when you aren't volunteering?

I've been travelling a fair bit since I retired last summer (the photo is taken on a road up to an old fort just outside of Jaipur, India) and I serve on the city's Subdivision and Development Appeal Board.

9. What book did you read last?

Born to Run (an autobiography on Bruce Springsteen)

10. What's the one thing you can't live without?

Going places and doing things with our son Brendan (we're pretty tight).

A Face of ACE

Rusty Foerger knows about neighbours - both good and bad. A few years ago, he'd look out his window and see people coming and going from a run-down drug house across the street.

"As tough as it was, it actually brought us closer," he says. "I ended up meeting others in the area who were also concerned about what was going on and wanted to do something about it."

Rusty and a couple of this neighbours worked together, taking down license plate numbers, alerting the landlord and sharing information with the police. Although the problem house has since been torn down, Rusty's desire to strengthen the community remains.

The retired firefighter decided to join Ritchie's Abundant Community team this summer after seeing a call for Block Connectors in the League newsletter.

"I think it is really important to be an active part of the community where you live," says Rusty. "When my kids were younger, it was much easier to meet people because I was coaching soccer or running around with them. Those connections just came naturally."

Over the next few weeks, Rusty will be initiating conversations with his neighbours to learn more about their interests, abilities and ideas for Ritchie.

"Although I wouldn't call myself an extrovert, I'm not afraid to get out there," he says. "I've been on this block for 17 years and I'm looking forward to meeting new people and developing those important community relationships."

Ritchie's Abundant Community program is continuing to gather momentum. We are still actively looking for local volunteers to fill Block Connector roles. If you would like to learn more please email: ritchieconnector@gmail.com



Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as streets become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines until fully clear of the roadway;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca

Back to School Health Checklist

It's that time of year again. Store shelves are stacked with back-to-school supplies and racks of summer clothes are being replaced with sweaters and long pants. Getting your child ready for the new school year includes stocking up on notebooks, binders and pencils, but there's more to making the most of the year ahead: taking care of your child's health. As the most important head-start you can give your child, beginning the year with good health is also simple with this back-to-school health check-list:

- ☐ Immunization: Ensure your child's immunizations are up-to-date for his or her age. This is especially important for kids entering kindergarten or elementary school. If your son or daughter is in Grade 5 and/or Grade 9, also watch for immunization consent forms coming home early in the school year. Remember: your signature on these forms is needed for your child to get his or her important grade 5 and/or grade 9 immunizations.
- ☐ Vision screening: Have your child's vision tested before he or she starts kindergarten (ideally by age three) and again every year, until 18 years of age. It's estimated that up to 80 per cent of learning is visual, so keeping your kid's eyes healthy goes a long way in encouraging their full learning potential. Eye exams for children up to 18 years of age are free of charge, covered by Alberta Health.
- ☐ Hearing/speech screening: If you suspect your child may have a hearing or speech problem, ask your family doctor for a referral to an audiologist and/or speech specialist. Left untreated, these problems could interfere with your child's learning.
- ☐ Dental checkup: Regular dental checkups start early! If your child hasn't had his or her teeth examined prior to starting school, now is a good time to start. Remember: good oral health is essential to good overall health. Regular checkups and cleanings help detect dental problems early, and ensure your child's teeth stay healthy for life.
- ☐ Health conditions: Ensure the school has up-to-date information about any health conditions, allergies or physical impairments your child may have. Also inform the school about any medications your child takes.
- ☐ Backpack basics: Your child's backpack should fit properly and shouldn't be too heavy for him or her to carry, which means it should weigh no more than 10 to 15 per cent of your child's body weight. The backpack should have broad shoulder straps and a waist strap that keeps the bag firmly on the spine. Watch for warning signs that the bag may be too heavy, including sore shoulders or changes in posture.

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www.EYCC.ab.ca | 780-994-6539



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Risks of dehydration

Dehydration can occur in anyone of any age, but it is most dangerous for babies, small children, and older adults.

Dehydration occurs when your body loses too much fluid. This can happen when you stop drinking water or lose large amounts of fluid through diarrhea, vomiting, sweating, or exercise. Not drinking enough fluids can cause muscle cramps. You may feel faint. Usually your body can reabsorb fluid from your blood and other body tissues. But by the time you become severely dehydrated, you no longer have enough fluid in your body to get blood to your organs, and you may go into shock, which is a life-threatening condition.

Dehydration in babies and small children

Babies and small children have an increased chance of becoming dehydrated because:

- A greater portion of their bodies is made of water.
- Children have a high metabolic rate, so their bodies use more water.
- A child's kidneys do not conserve water as well as an adult's kidneys.
- A child's natural defence system that helps fight infection (immune system) is not fully developed, which increases the chance of getting an illness that causes vomiting and diarrhea.
- Children often will not drink or eat when they are not feeling well.
- They depend on their caregivers to provide them with food and fluids.

Dehydration in older adults

Older adults have an increased chance of becoming dehydrated because they may:

- Not drink because they do not feel as thirsty as younger people.
- Have kidneys that do not work well.
- Choose not to drink because of the inability to control their bladders (incontinence).
- Have physical problems or a disease which makes it:
- Hard to drink or hold a glass.
- Painful to get up from a chair.
- Painful or exhausting to go to the bathroom.
- Hard to talk or communicate to someone about their symptoms.
- Take medicines that increase urine output.
- Not have enough money to adequately feed themselves.

Watch babies, small children, and older adults closely for the early symptoms of dehydration anytime they have illnesses that cause high fever, vomiting, or diarrhea. These are the early symptoms of dehydration:

- The mouth and eyes may be drier than usual.
- The person may pass less urine than usual.
- The person may feel cranky, tired, or dizzy.

Check your symptoms to decide if and when you should see a doctor.



SOUTHEAST ZONE INDOOR SOCCER REGISTRATION

REGISTER ONLINE NOW at emsasoccerportal.com

Then Attend the Southeast Zone Registration Session:

HAZELDEAN HALL 9630 66 ave

SEPTEMBER 7 from 6 – 8:30 pm OR SEPTEMBER 17 from 12 – 3 pm

Register online then attend the Zone Registration Session
or Storm Tryouts & Registration for Storm players
with the following:

- PAYMENT - Pay online with credit card or bring cash or cheque payable to: ESESA.
 - Volunteer (\$150) and Jersey (\$75) deposit cheques payable to ESESA & post-dated Jan 1/18
 - 2 copies of your completed online registration forms
 - Government issued ID to verify age of player
 - 2017/2018 Community League Membership Card - begins with #17-____.
- YOU MUST COMPLETE THE ONLINE REGISTRATION & ATTEND THE REGISTRATION SESSION WITH PAYMENT & DEPOSIT CHEQUES TO HAVE YOUR CHILD PLACED ON A TEAM.

VISIT OUR WEBSITE FOR DETAILS:

www.emsasoutheast.com

Premier Soccer - Storm Registration & Tryouts
South Soccer Centre - 6520 Roper Road

Sept 5: U8 Boys & U10 Boys & U18 Boys AND U10 Girls
Sept 6 & 7: U12, U14, U16 Boys & Girls
Sept 9: U10 Boys

VISIT OUR WEBSITE FOR INDOOR SOCCER SEASON INFORMATION:

www.emsasoutheast.com

Come join the fun!



STORM SOCCER CLUB

INDOOR SOCCER TRYOUTS & REGISTRATION



REGISTER ONLINE NOW at: emsasoccerportal.com

STORM TRYOUTS INDOOR 2017 /18

Location: South Soccer Centre – 6520 Roper Road

Tuesday Sept 5	Field 11	Tuesday Sept 5	Field 10
6 – 7 pm	U8 Boys	6 – 7 pm	U10 Girls
7 – 8 pm	U10 Boys	7 – 8 pm	U18 Boys
Wednesday Sept 6	Field 11	Wednesday Sept 6	Field 10
6 – 7 pm	U12 Boys	6 – 7 pm	U12 Girls
7 – 8 pm	U14 Boys	7 – 8 pm	U14 Girls
8 – 9 pm	U16 Boys	8 – 9 pm	U16 Girls
Thursday Sept 7	Field 11	Thursday Sept 7	Field 10
6 – 7 pm	U12 Boys	6 – 7 pm	U12 Girls
7 – 8 pm	U14 Boys	7 – 8 pm	U14 Girls
8 – 9 pm	U16 Boys	8 – 9 pm	U16 Girls
Saturday Sept 9	Field 11	9 – 10 am	U10 Boys
*****NEW THIS SEASON – U8 BOYS*****			
*Please arrive 30 minutes prior to tryout times to register & attend all tryout dates			
*Your child will not be placed on a team unless all fees are paid in full			

Online Registration must be complete BEFORE attending Storm Tryouts
Please bring the following to Storm Tryouts & Registration:

- Register online at: emsasoccerportal.com prior to attending tryouts.
- PAYMENT - Pay online with credit card or bring cash or cheque payable to: ESESA.
- STORM FEES are an ADDITIONAL \$200 on top of soccer registration fees.
- Volunteer (\$150) - Jersey (\$75) deposit cheques payable to ESESA & post-dated Jan 1/18
 - 2 copies of your completed online registration forms
 - Government issued ID to verify age of player
- 2017/2018 Community League Membership Card - begins with #17-____.

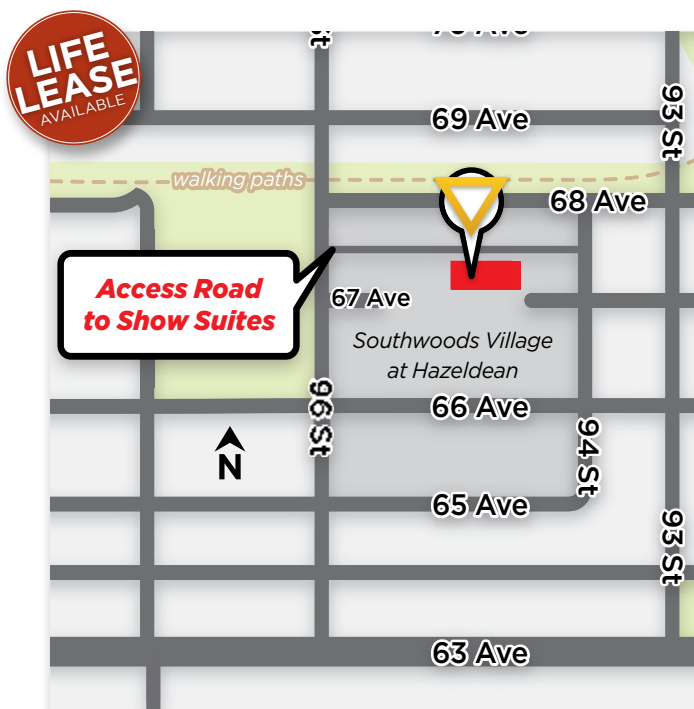
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For more information about Southwoods visit our show suites at **9430 67 Ave** or call at **(780) 975-2509**. Show Suites Open daily 1 PM to 5 PM

CDLHomes.com

