

COMMUNITY LEAGUE NEWS SOUTH

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



Dec 2017/Jan 2018

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

Boardwalk Ice on Whyte Festival

January 25 to 28, 2018 & February 1 to 4, 2018

The Strathcona Centre Community League received notification of the new location of the 15th Annual Boardwalk Ice on Whyte Festival. It will take place along Whyte Avenue between Gateway Blvd and 102 Street, January 25 to 28 and February 1 to 4, 2018. On weekdays the Festival is open 2 pm to 10 pm, with weekend hours from 10 am to 10 pm.

The Festival will showcase internationally acclaimed, professional ice carvings and is one of only 3 professional Ice Carving Competitions in Canada. The carvings will be showcased in a giant tent that will keep them pristine to enjoy through to the end of the Festival. L'il and Big Chipper Ice Carving Lessons, painting parties along with storytelling and crafts are offered to get your winter creativity going. The Festival will also feature an Ice Bar serving up locally brewed and distilled beverages. Pre-registered School Programs will take place throughout the day, January 29 - 31, 2018.

To complete your experience, Ice on Whyte is partnering with local businesses to showcase and encourage the music, theatre, art, food and beverages throughout Old Strathcona.

For more information visit www.iceonwhyte.ca



City Council Turns Down Amendment Mezzo



The following has been edited from a post of November 15, 2017 on the Strathcona Centre Community League's website: We are very pleased with the outcome of today's council meeting in regards to the Mezzo development and the request from the developer to have the affordable housing provision changed. Council turned down the amendment request telling WestOak the developer to meet the provisions approved in the DC2 provision in April of 2016. We are very pleased that council understood the importance of affordable family housing in the communities of Queen Alexandra and Strathcona and is holding the developer accountable to the DC2 provision.

Thank you to Barbara Sander and Kirsten Goa who also spoke in opposition on behalf of our community. Any communication sent to councillors from the community is also ap-

preciated as in this case we gained a positive result. Councillor Henderson was very supportive and worked to assist us with our strategy and did an excellent job of raising the right questions to ensure the rest of council fully understood the important issues around this request for a DC2 provision change.

Maureen Duguay, President of the Strathcona Centre Community League, said affordable housing for families is the cornerstone of the tower proposal. "We need families in our communities," she told CBC News after the public hearing. "As all of these highrises go up that are not built for family, or even affordable family housing, it takes the life out of communities."

To see previous posts about the Mezzo planning application, visit <http://strathconacommunity.ca/?s=mezzo>

Volunteers needed

Argyll Community League has been given two days for our Community Casino. Argyll relies on revenue from Casino fund-raising for a majority of its operating budget. These Casino opportunities are available to us every couple of years. They involve as many as 30 volunteers over a two-day Casino event. With only 340 residences in the Argyll neighbourhood we require a higher percentage of participation from our membership than do some other larger communities. Each Casino event requires nearly 10% of the residents to volunteer.

The dates are: February 08 & 09 at Argyll Casino in 2018. There is some paperwork required for volunteers to fill out and these need to be submitted by the end of January. We can train anyone and we can organize child care if there is enough need.

The coordinator for our Casino events is Roxanne Higuchi who can be reached at: 780.436.9616.

3rd Annual Hazeldean Lantern Parade

January 13, 2018

Lantern building: 4:00 pm

Millcreek walk: 5:00 pm

We will once again be welcoming back the light with colourful creations of our own.

Join your family, friends and neighbours at the Hazeldean Community Hall to create your own lantern. Then we'll take our creations and wander down the greenway and along Millcreek to show them off!

Bring your own travel mug so that you can have some hot chocolate and cider.

We walk right at 5:00 so come early to have time to perfect your creation!

minsos | stewart | masson

barristers, solicitors, notaries

• Real Estate

• Wills and Estates

• Business Law

PH: (780) 466.1175

Fax: (780) 465.6717

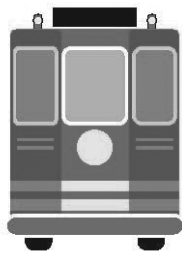
#220, 8723 - 82 Avenue

Edmonton, Alberta T6C 0Y9

Strathcona Centre News

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

website: www.strathconacommunity.ca



Strathcona community league

STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

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	Donna Fong	programs@strathconacommunity.ca
Social Chair	Melissa Conlon	social@strathconacommunity.ca
Soccer	Simon Thomas	strathcona@southeastsoccer.ca
Civics / Planning	Peigi Rockwell	civics@strathconacommunity.ca
Safety Committee	Barry Hickie	safety@strathconacommunity.ca
Building and Grounds	Brian Moffat	grounds@strathconacommunity.ca
Green Initiatives	Vahid Ayan	green@strathconacommunity.ca
Community Garden	Barbara Sander	garden@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell	hall@strathconacommunity.ca
Community & Neighbourhood		
Liaison	Kirsten Goa	
Neighbourhood Renewal		
Ad-Hoc Committee	Conrad Nobert	
Community Hall	Helen Gillespie	780-439-1501
Website Manager	webmaster@strathconacommunity.ca	
Information	info@strathconacommunity.ca	

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

Community League website: www.strathconacommunity.ca

EFCL website: www.efcl.org

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 Centre Community League is on Facebook. Follow us on Twitter @StrathconaCL

The copy deadline for the February/March 2018 issue of Community League News South is January 29, 2018. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca



President's Message By Maureen Duguay

On November 20th, the Strathcona Centre Community League held our annual general meeting. We had a large turnout for the event with great interest expressed in the operations of the board. We thank everyone for turning out and stepping forward to take on board positions or for offering to serve on committees.

The board best serves the community when it is informed by members and is most effective when there is active involvement from the community.

It has been a very busy year for the board and definitely a steep learning curve for me in my first year as president. Thanks to the hard-working board members who support the position of president we have been able to accomplish a lot over the last year.

For a list of the members of the 2017 -2018 Board, see Page 2.

WELCOME TO THE NEW BOARD MEMBERS:

Donna Fong, Chair, Programs

Donna and her husband Kim Fong have lived in Skunk Hollow of Strathcona since 1986. She joined our community league when her two children (now adults) played indoor and outdoor soccer. As the new Programs Chair, Donna coordinates league programs and activities for community members, and collaborates with the City of Edmonton to organize and promote City-run programs, camps, and use of park and hall facilities. In addition, Donna serves as Strathcona's newsletter editor (1993-present) for Community League News South. Donna retired from her positions as Research Administrator at University of Alberta and library assistant at Stanley A. Milner Library of Edmonton Public Library in early 2017.

Peigi Rockwell, Chair, Civics and Planning

Peigi Rockwell has lived in Strathcona for almost ten years. She co-chaired the League's Task Force for 99th Street and led the Ribbons of History project on the street. She has a PhD in Canadian History and an interest in post-war planning issues. She occasionally teaches at the University of Alberta. Peigi has spoken in front of City Council and at the Subdivision and Development Appeal Board (SDAB) in defence of her neighbours. She has been a member of the Civics and Planning Committee for a number of years and looks forward to now chairing the committee and helping our neighbourhood develop to the benefit of us all.

Melissa Conlon, Chair, Social Committee

Melissa Conlon and her family reside in Strathcona. She chairs the Social Committee responsible for Winterfest, pub nights, barbecues, family fun nights, skating parties, etc. to make Strathcona a fun and active neighbourhood.

Brian Moffat, Chair, Building and Grounds

Brian Moffat has been living in the community since 2001 and has a background in both commercial and residential property maintenance. He and his family are regular users of community league facilities and services.

Vahid Ayan, Chair, Green Initiatives

Prior to his election as the Chair of Green Initiatives, Vahid Ayan served as the Chair of the Social Committee and organized our league's Canada 150 events. Vahid has a PhD in Civil Engineering/Transportation and he has over 16 years academic and industrial experience. He has volunteered with Edmonton Public Library, Association of Professional Engineers and Geoscientists of Alberta, Habitat for Humanity, and Canadian Society for Civil Engineering (SCE-Edmonton Section) to network with many people from all layers of the society. As a Master Composter Recycler, Vahid is eager to create new green initiatives through the community league to promote waste management culture for a sustainable environment.

Kirsten Goa, Chair, Community and Neighbourhood Engagement Committee

Kirsten Goa has lived in Strathcona for over 40 years and is now raising her five kids (including two sets of twins) with her husband Shawn Robinson. She coached soccer here in the 1990s and more recently, coached her own kids as well. As the Community co-chair for the City of Edmonton Council Initiative in Public Engagement, she focused on putting communities at the centre of her work. She sat on many boards and as a community organizer, she has been engaged on issues as diverse as land-use planning, large-scale development, human rights and local food. She is very delighted to join the Strathcona Community League Board and looks forward to working with the community and stakeholders.

Barbara Sander, Board Representative for the Strathcona Rail Community Garden

Barbara and her family have been living in Strathcona for over 20 years. While raising three children, the priority for their yard has been to create a space that is "activity-hardy": accommodating sledding ramps and snowboarding rails, and the onslaughts of soccer balls and hockey pucks. For close to 10 years, the family's more tender vegetables have found a safe home in the Strathcona Rail Community Garden. The group is a caring community of gardeners from all walks of life. Barbara is looking forward to connecting the community garden and the community league. She would love to see more community garden spaces in our neighbourhood.

League Programs and Activities

ADULTS

YOGA - Sunday Mornings with Dawn Lamothe

Sundays 9:30 – 10:45 am

Winter session (10 classes)

Sundays January 14 to March 18

Spring Session (10 classes)

Sundays, March 25 to June 3

(no class on April 22)

Cost: \$120 for 10-week session or \$14/class drop in

Both sessions \$240

Requirement: Community League membership required (any league)

Register: Contact Dawn at iamtsunami@gmail.com or text 780-990-6247.

Description:

Dawn Lamothe, BA, MA, Certified Registered Experienced Yoga Teacher with the Yoga Alliance, has been teaching in Edmonton for 15 years and is also a Teacher Trainer in yoga and acro-yoga. Founder of Lion's Breath Yoga, she invites you to a pre-registered series for the fall of 2017 Sundays 9:30-10:45 am at Strathcona Community Hall at 10139 87 Ave NW. Spring 2018 session to follow. The style of yoga is a vigorous flow with elemental influences from Shiva Rea. Props provided but please bring your own mats. Classes are cumulative in nature so expect to progress and improve over the term of the session. You will receive your best results and benefits with regular attendance. If you are ever running late, you are still welcome.

YOGA - Tues/Thurs Mornings with Kyla Fischer

Tuesdays and Thursdays 9:30 – 10:45am

Winter session (8 weeks)

Tuesdays January 9 to February 27

Thursdays January 11 to March 1

9:30-10:45am

Fee: \$96.00 for 1 class per week, \$176.00 for 2 classes per week

Drop in: \$14.00

Spring session (8 weeks)

Tuesdays March 6 to April 24

Thursdays March 8 to April 26

(no class on March 22)

9:30-10:45am

Fee: \$96.00 for Tuesdays, \$84 for Thursdays \$165.00 for 2 classes per week

Drop in: \$14.00

Requirement: Community League membership required (any league).

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

Description:

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

YOGA - Monday Evenings with Corinne McNally

Mondays 7:00 – 8:15pm

Session 1 (7 weeks)

January 8 to February 26

No Yoga February 19, Family Day

Session 2 (8 weeks)

March 5 to April 30

No Yoga April 2 - Easter Monday

Cost: \$84 for 7 week session, or \$14/class drop in

Requirement: Community League membership required (any league).

Register: Contact Corinne McNally at corinnemcnally@gmail.com, 780-239-6164.

Website: www.lotusmoonyoga.ca

Description:

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. These classes are perfect for both beginners and seasoned practitioners, and are taught in a friendly and supportive environment. Instructor Corinne McNally lives in Old Strathcona and 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.

YOGA – Kids' - Early Dismissal on Thursday Afternoons (ages 5 – 9)

Winter session (6 classes)

January 18 to February 22

3:00 to 4:00 pm

Spring session (6 classes)

March 8 to April 19

No class on March 29

Cost: \$72 (or \$60 for Community League members) for 6 week session

Register: To register contact: info@yogikids.ca or call Chandra McGlone at 780-700-7971.

Description:

This is the perfect activity for early dismissal Thursdays! Kids' 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! Classes led by two certified kids' yoga instructors from Yogi Kids. A community league membership is required (any league).

ZUMBA – Wednesdays with Mel Kidder

Wednesdays 6:30 to 7:30pm

Winter session

January 10 to February 28

Cost: \$64 (for 8 classes) or \$12 drop in

Requirement: Community League membership required (any league).

Register: Contact Melanie Kidder to confirm dates, 780-722-7558 facebook.com/mel-sactivelife

Description:

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! 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 and everything in between.

KIDS

Art at the Hall

Learn to Draw and Paint

Wednesdays, January 17 to March 14

(No class Feb 28)

4:00-5:15 pm

For ages 6 - 13 years

Cost: \$160 includes all instruction, art materials and a sketchbook.

Requirement: Community League membership required (any league).

Register: For more info and to register, contact Berna at berna@telus.net

Description:

Join Berna Ponich B.Ed (27 years teaching experience, KEE Artist in Residence from 2013 - present) for eight weeks of drawing and painting with a focus on skill development and creative exploration. Introductory/practice projects will be used as teaching tools in both disciplines, followed by a completed drawing and painting. In order to accommodate families who would like to join, but are unable to make the 4:00pm start time, the doors will be open at 4:00 pm for drawing warm-up time and snack time with instruction beginning promptly at 4:15 pm.

Heal Your Life discussion group

Time: Saturdays once a month 10:30am to noon

Cost: \$10 drop in

Register: Contact Dianne at 780-904-0796 or email Dianne.authentic.natural.you@gmail.com

Description:

Is your life too busy? Have you forgotten yourself in the midst of looking after everybody else? Join us in a Louise Hay-based Meetup once a month for discussion of topics like negative vs positive thinking, prosperity and abundance, loving yourself more, relationships, and other topics. Session starts at 10:30 am Saturday morning for an hour and a half - upstairs in the Lounge. Bring a friend!

Dec 16 Say Yes to your Dreams

Urban Pole Walking

Wednesday mornings 7:30am

Ongoing activity - Wednesdays 7.30am

Cost: Free

Requirement: Community League membership required (any league).

Description:

Stay active and meet some new friends! Join the Strathcona Pole Walking Group. On Wednesday mornings at 7:30am, meet Melanie Kidder at the 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. 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.

NOTE: If you are interested in leading a walking group on Sunday afternoons (or possibly another time), email hall@strathcona-community.ca A quick training session will be provided.

Community League membership required (any league).

— SARA —

K A L K E

REALTOR®, ~~RE/MAX~~ RIVER CITY

DIRECT: (780) 710-7669

www.sarakalke.com



Selling or Buying? Call Your Neighbour!

CONGRATULATIONS Strathcona!
#1 Neighborhood in Edmonton
(Avenue Magazine)

Watch for my new bus
benches on 99 Street!

Playgroup

Monday and Wednesdays mornings

Day/time: Every Monday and Wednesday (usually closed on school holidays – check the league event calendar). From 10am to noon.

Cost: free

Requirement: Community League membership required (any league). Memberships available on-site.

Register: Not required – just drop in when you can!

Description:

Parents/caregivers, are you looking for an activity for your young children during the week? The Strathcona Playgroup provides a safe and happy environment for babies, children and caregivers to meet, socialize and have fun. Please bring a snack for your child (nut free), and a coffee for yourself. Upstairs in the main hall – come up the ramp on the north side of the building.

Baby Music Classes

Friday mornings (ages 6 mos-3 years)

Winter session (10 classes)

January 12 to March 23

(no class either Feb 9th or March 9th)

10:00 to 11:00am

Cost: \$120 for 10-week session (subject to change)

Register: To register contact: Lara at lara.debeyer@gmail.com or 587-974-1283

The instructor plans to run a second class (TBA) either starting at 9:00 am or 11:00 am on Fridays. Please contact Lara to confirm the time.

Description:

This is a group music class for 0-3 year olds and their caregivers, with instructor Lara DeBeyer. We'll sing, dance, listen, and play together! The class is intended to expose your little ones to the joy of music through songs, rhymes, and finger plays, to give them a basic, bodily understanding of rhythm, beat, pitch, and melody, and to build early confidence in a group setting. They'll also get experience playing some basic percussion instruments like drum, woodblock, and glockenspiel in addition to singing and creative movement. I love teaching these classes, and I hope to see you there!! Class size is capped at 8 caregiver-child pairs.

Pub Nights

Pub nights are typically the third Friday of the month at 8pm in the upstairs lounge, 10139 87 Avenue. 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 and you can purchase one on site.

Friday, December 15th

Christmas Pub Night

Celebrate the Christmas season with a hot mulled wine and a visit with a neighbour, and maybe we can talk Vic into playing some Christmas carols. If you want, bring an hors d'oeuvre to share.

Friday, January 19th

Games Night!

Come out for a night of (unplugged) games. Bring a board game if you like, some will be provided.

Friday, February 16th

Family Skating/Hotdog Night (starts at 5pm)

This month pub night will start early – so if you want to combine it with the Friday Fun Skate you can. Come and skate (weather permitting) or just stop by for a beer/pop/hotdog.

This is a family-friendly event – but you don't need to come as a family! All ages welcome. (come around 8 if you want to miss the fun and noise of the kids).

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

Tuesday Youth Hockey

Tuesdays

January-February 2018 (Dates TBA)

6:30-7:30 pm

Age 4-12 years old

Join us to learn some basic hockey skills and play a game or two at Strathcona Community League, 10139 87 Avenue. Any skill level is welcome.

Required equipment: Skates, helmet and a stick (gloves encouraged).

Community league membership required.

To register, email Cheryl West Hicks at cwesthicks@gmail.com

League Rink Hours

HOCKEY RINK

Parent/Children

Mon & Wed: 3:30 – 7pm

Tuesday: 3:30-9pm

Thurs: 6-9pm

Sat: Noon-4pm

Sunday: Noon-4 pm

Learn to Skate

January 14-February 18: Noon-1 pm

KIDS SCRIMMAGE

Thurs: 2:30-6pm

FUN SKATE

(no hockey)

Friday: 3:30-9pm

ADULT CO-ED HOCKEY

Mon & Wed: 7-9 pm

Sat & Sun: 4-9 pm

SMALL RINK

Skating

Mon, Tues, Wed, Fri: 3:30-9pm

Thurs: 2:30-9pm

Sat & Sun: Noon-6 pm

During the school holiday break – December 25 to January 5 - the rink is open:

Weekdays from 1:00pm till 8:00pm:

Weekends as per the schedule below

Exceptions:

Dec 24, 25, 26 - No set hours

Dec 31 – check back with us for New



Year's Eve hours

Jan 1 – no set hours in the afternoon; 6:00pm to 9:00pm

When there are no set hours, contact Ann (780-433-0767) or Jeanie (780-803-0900) to have the building opened or the lights turned on.

Go ahead and skate whenever you want if you don't need to access the building/rink lights on. January 9, regular hours resume.

Skaters are welcome on the ice prior to opening times if ice maintenance is not in progress. Shoveling may be required.

The rink will be closed when the temperature, including wind chill, is -23 C or colder.

The Strathcona Community League would like to increase the usage of the rink, e.g., special events, new programs, etc. Please send your ideas and comments to Lois at membership@strathconacommunity.ca.

Highlevel Diner

Voted Edmonton's Best Breakfast & Brunch

**Open at 7:30 a.m.
weekdays for breakfast.
Have your early
morning meeting and still
get to work on time!**

🍏 Weekend brunches
open at 8:30 a.m.

🍏 Vegetarian &
celiac friendly

🍏 Warm, homey
surroundings showcasing
local artists

🍏 Healthy, hearty food
using local ingredients

🍏 Great desserts

🍏 Turkey Tuesdays

🍏 Ukrainian Thursdays

🍏 Prime Rib Sunday Dinner

🍏 City View

**10912-88 Avenue
Phone: 780-433-1317
www.highleveldiner.com**

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



Edmonton Aikikai

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

Come learn Aikido, the way of harmony
Tuesdays and Thursdays, 7pm - 9pm
Strathcona Community Centre

Phone: 780.433.8732

Email: mckellar@telusplanet.net

City of Edmonton Programs Strathcona Community League

10139 87 Avenue

Learn to Skate Program
January 14 to February 18, 2018
Sundays, 10:00 am – 1:00 pm

Meet new friends and learn basic skating skills through fun games and activities. This is a free drop in program targeted for children (ages 6-12) and their families, however all are welcome to attend. Skates and helmets are not provided but both are required to participate. Programs will cancel at -25° Celsius with wind chill, or if the ice is closed by the facility.

Winter Green Shack
February 3 to March 2, 2018
Mondays and Wednesdays, 3:30-6:00 pm
Saturdays, 1:00 – 5:00 pm

Come join us for crafts, games, winter activities, outdoor cooking, and more! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. Come prepared for winter fun, bring your winter boots, and mittens, and a flashlight. For more information, visit <https://Edmonton.ca/greenshacks> or call 311.

Call for 2018 Winterfest Volunteers

The annual Winterfest is Sunday, February 25, 2018, 2:00 to 5:00 pm. Please mark your calendars! The Winterfest will be held at the Strathcona Centre Community Hall and grounds, 10139 87 Avenue. As usual we'll have sleigh rides, carnival games, skating, burgers/hotdogs/hot chocolate and snow carving.

Our cook-off theme this year will be macaroni and cheese so dig out your traditional recipe, or experiment with something new and creative. Prizes will be offered in both categories.

We need many volunteers to make this great event happen, so please help out if you can.

VOLUNTEER JOBS:

BBQ'ers
Kitchen workers
Carnival games helpers
Cook-off organizer
Set-up helpers
Clean-up helpers
Sleigh ride supervisors
Snow carving helpers
Request prizes from businesses

If you can help, or wish to enter the macaroni and cheese cook-off, please contact social@strathconacommunity.ca or Melissa at (cell) 780-886-8812.

2017-2018 Community League Memberships

Be a community league member and help make our community a better place to live! Becoming a member supports our League, gives you a voice in our community (City issues like transit, development zoning), entitles you to attend League programs, provides discounts on City recreation passes (e.g., Kinsmen Sports Centre) and gives you a discount on Hall rentals! The membership is valid until August 31, 2018.

You can purchase a membership:

Online at www.EFCL.org (the EFCL charges a \$5 admin fee).

By contacting our membership committee (see below)

At any Servus Credit Union

Membership fees remain \$20/family, \$15/single, \$5/senior.

Membership Committee:

membership@strathconacommunity.ca

Lois Hameister: 780-439-5774

Jeanie McDonnell: cell 780-803-0900

Program Guides

The following City of Edmonton's program guides are available online at www.edmonton.ca/programguides
Winter in the City (January-March 2018)
These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

Rec Centres Winter Guide (January-March 2018) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

Winter Excitement Guide (October 2017-March 2018) Find out about all the festivals and events taking place in Edmonton this winter season.

Priceless Fun Guide (Fall 2017 - Winter 2018) Free or low cost arts and culture, sport and recreation, events, and leisure opportunities.

Inclusive Recreation Guide (2017-2018) Recreation and leisure opportunities for people with special needs at locations across the city.

City Services & General Information

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

Inspections, licenses, permits

Comments, commendations, bylaw complaints

Roadway & waste management information
Program registrations and bookings

Transit information

311 agents are available 24 hours a day,

every day.

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists.

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.

Civics and Community Planning

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. Many thanks to Grant Moore for his service as Chair of Civics and Community Planning for the past six years. To learning more about issues and development projects, please contact the new chair, Peigi Rockwell, at civics@strathconacommunity.ca

The City of Edmonton held a public open house on December 5, 2017 at the ATB Arts Barn about the revised planning application to rezone the Bateman Lands on 99th Street in the Strathcona neighbourhood, which includes a rezoning, plan amendment and partial lane closure. The drop-in event was for the purpose of providing feedback to the City and applicant. Feedback will be summarized in a report to City Council for a final decision on the rezoning. For more information about planning news in Strathcona, visit:

https://www.edmonton.ca/residential_neighbourhoods/neighbourhoods/strathcona.aspx

The City of Edmonton invests in the in-

frastructure 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 2019-2022 cycle. The terms of reference for Strathcona's Neighbourhood Renewal Committee were approved by the league Board on June 12, 2017.

DEVELOPMENT PERMIT COMPLIANCE

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

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

Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and tness facilities. Choose from the following Community League Wellness Products:

Annual Pass*- 20% discount on Adult, Family, Child, and Youth/Senior Annual Passes

Multi Admission Pass*- 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit www.edmonton.ca/wellness

Community Safety

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

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

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

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-

emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

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

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

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



Emergency
Medical
Services

Sledding Safety



Emergency Medical Services (EMS) would like to remind parents and children about some sledding safety tips, as the winter season continues. Sledding injuries may result from collisions with stationary objects, such as trees & rocks, or with other people on the hill. Unprotected falls can result in injury if you lose control at high speeds. Everyone is at risk – especially children. Have a fun and safe trip on the toboggan hill by following these simple reminders.

Equipment

- Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged, or missing parts, before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Hazards

- Avoid hills that are too steep, or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which can present a choking hazard if they become caught, or snagged.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Ensure frostbite hasn't affected any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

Come Sing with Us!

- Award winning organization
- Professional conductors
- Travel locally, nationally, internationally
- Variety of musical styles

Junior Choirs - Ages 6-12

Boys' & Girls' Choirs - Ages 12-15

Youth Choir - Ages 15-24

Register now for January

Contact us for more information about our choir programs

info@EdmontonYouthChoir.ca

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



EDMONTON

Youth and Children's Choirs

"Your Home for Choral Excellence"

Holiday eating tips

During the holiday season, keeping healthy habits up during festive gatherings may need a plan of action. Here are some helpful tips you may want to try.

At home:

- Since you will likely be busier than usual, have convenient healthy food available.
- Buy washed, cut up vegetables and fruit to make it easier to add them to meals or snacks.
- Keeping higher calorie food out of sight may make you less likely to be reminded to eat it. If there are leftovers from a meal, send them home with guests in decorative holiday containers or package up for future meals.
- If you bake for the holidays ahead of time, freeze until serving.

At parties and gatherings:

• Bring a healthier option – grilled shrimp, chicken satay, cut up raw vegetables or a fruit tray.

• Make a plan for each party like focusing on enjoying time with others, choosing smaller portions or sharing desserts.

• Socialize away from the food table.

• Choose lower calorie drinks like virgin Caesars, sugar-free pop or sparkling water.

• Use a smaller plate.

• Fill half your plate with vegetables and fruit.

• Focus on the enjoyment of eating food when eating and eat slowly.

For more healthy eating tips and delicious recipes visit: <http://www.albertahealthservices.ca/nutrition/page12598.aspx>



John Stobbe - Owner

○ Buying ○ Selling
○ Renting

Call: 780-439-3300

www.century21edmonton.com



Century 21

PLATINUM REALTY

7605-104th Street NW

Over 50 REALTORS
Here To Help You

Playground Open for Winter Play

If you wish to explore the new apparatus, and see how the areas are laid out, take a stroll through the playground to see what has been installed. The current protective fencing has been moved to allow families to use the playground during the winter months. There are still fences left over for the winter, and into the spring, to protect areas which have been prepared for cement and landscaping. During our annual Summer BBQ we plan to include a ribbon-cutting event in 2018 (hopefully the fences are taken down by then).

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre 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. Grandparents are most welcome to join in. If you would like to help out contact: Erin Raudebaugh by e-mail at: < mack_329@yahoo.com >

Argyll YOGA

Plan to register soon for Winter and Spring Sessions

We host a Yoga Program every Monday evening at Argyll Hall 7:30 – 9:00 PM. The style is “Hatha Yoga” with a focus on alignment, core stability and awareness of body and breathing. Our instructor is Renee Giamarioli who is a Yoga Association of Alberta certified yoga instructor and is also a physiotherapist.

To inquire about our January registration just call Renee at (780) 431-1916 and leave a message.

Community Swimming

Things have changed. We have changed the location and the time for our Fall and Winter community swim. This time is exclusive to Argyll CL and you have the run of the pool during this designated time. Members of Argyll Community League are eligible for family swimming in the Commonwealth Recreation Centre Pool each Saturday from 5:00 – 7:00 PM running until September of 2018.

You and your family will need to show an Argyll Community League membership card to be admitted. Your card also needs to have a barcode stripe on the back to be accepted. Contact Dave if you need to have a barcode added to your family membership card.

Argyll Online

As always our web site has current information. Check-in weekly to see what's changed. Send us things you think the community would be interested in. A new section has been added to the web site which features announcements and news about the Committee work various residents are involved in. Look for it the next time you visit our site.

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

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

Community Membership Cards

Finally, the question of changes to the Membership Cards was taken up by the group. New rules have been put in place by the City regarding what qualifies as a Community Membership Card. The EFCL will be issuing new cards each year for all community leagues. Argyll will be distributing new cards to residents in about April of 2018. These cards expire after each year and will be replaced each year around the same time. Watch for more on this by checking our web site. Until next year your current card will be accepted (but only if it has a barcode sticker on the back).

Toboggan Party on the Hill



Keep your ears tuned for a future announcement regarding plans for our annual Toboggan Party. Come join your neighbours for some gravity-fed fun in the ravine. There will be complimentary hot chocolate and marshmallows for roasting on a fire. All you have to do is bring your sled.

We will be located at the toboggan hill in the Mill Creek Ravine on 84 Street. The event is planned to go regardless of weather or snow conditions.

Be sure to check www.argyllcl.ab.ca for updates, like us on Facebook or follow us on Twitter using the @ArgyllCL handle, and stay in the know.

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

"There's Room at the Manger..."

Trinity Ev. Lutheran Church
10014 - 81 Avenue

We invite you for ...

Christmas Eve Worship
December 24th

4:00 pm Family Service in English
6:00 pm Candlelight Service in German
8:00 pm Candlelight Service in English

Christmas Day Worship

December 25th

9:30 am in German

11:00 am in English

Both Services with Holy Communion

Regular Service Every Sunday

9:30 am German Worship

11:00 am English Worship

TRINITY EV. LUTHERAN CHURCH

10014 - 81 Avenue

Phone: 780-433-1604

www.trinity-lutheran.ab.ca



Season's Greetings and
Best Wishes for a Happy
New Year

**Linda
Duncan**

**Member of Parliament
Edmonton Strathcona**

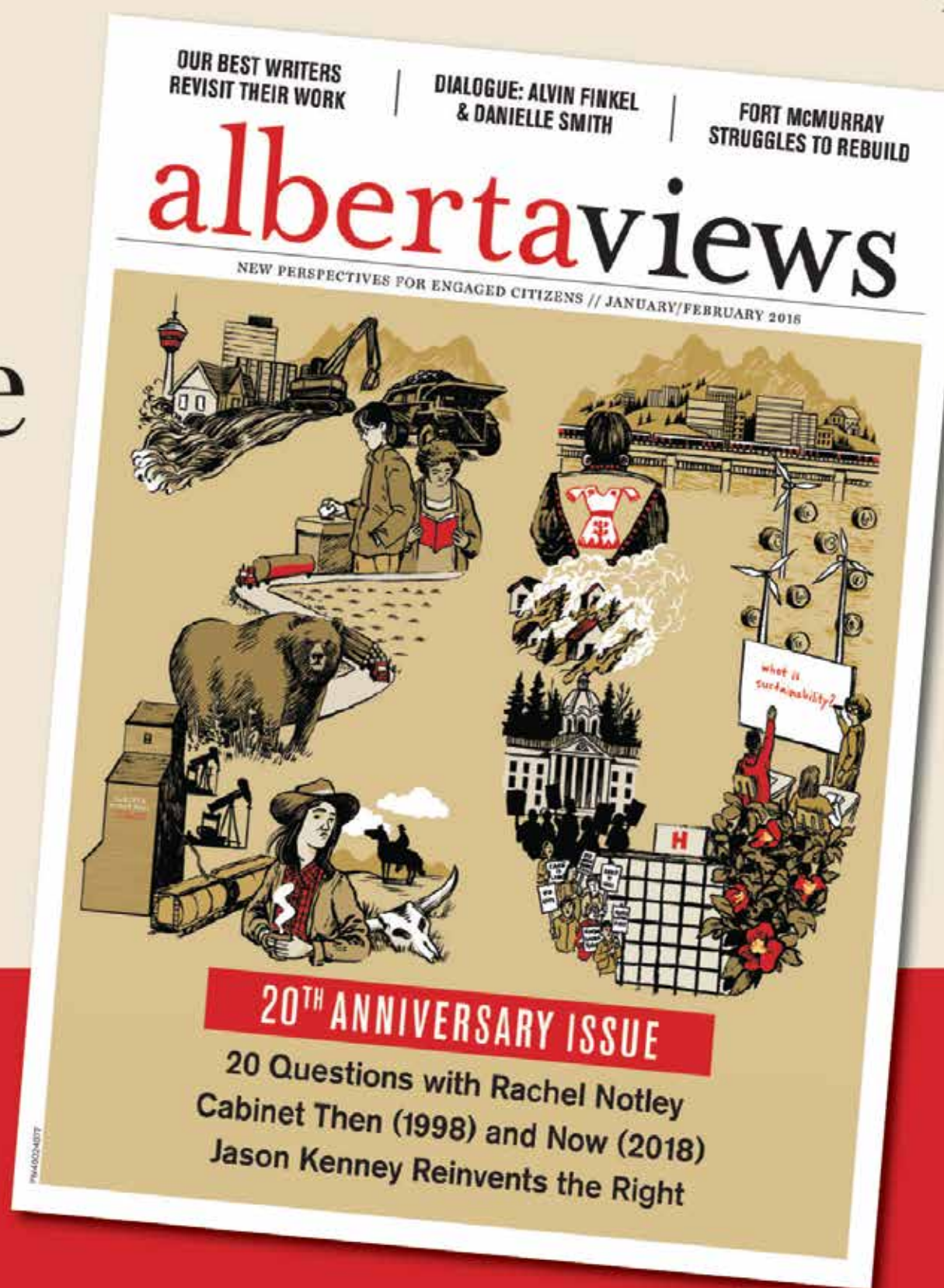
10049 81 Avenue
(entrance on 101 Street)

780-495-8404
linda.duncan.c1@parl.gc.ca



The upstart magazine that's lasted 20 years

**20TH ANNIVERSARY ISSUE
ON SALE DEC 15**



Managing holiday grief and stress

Holidays are a joyful time, offering a chance to reconnect with friends and family. But for many it can also cause loneliness and be a painful time of year. You may worry about family matters, or it may be a painful reminder of past times.

During the holidays try focusing on some simple steps that can help reduce stress, depression and grief that are commonly felt during this time of year.

Here are some ideas that may help you:

- Do something for yourself. Often times we are so busy taking care of others we forget

to focus on ourselves. Take time for yourself this season by doing something you enjoy, go for a walk, or try a new hobby such as yoga or meditation.

- Connect. Join a community group, reconnect with friends, or volunteer.

- Keep a regular sleep, meal, and exercise schedule and limit alcohol. Taking care of yourself will help you deal with stressful situations during the holidays.

- Get organized. Make lists or use an appointment book to keep track of tasks to do and events to attend.

- Learn to say no. It's okay to say "no" to events that aren't important to you. This will give you more time to say "yes" to events that you do want to attend.

- Know your spending limit. Lack of money is one of the biggest causes of stress during the holiday season. This year, set a budget and don't spend more than you've planned.

- Give something personal. You can show love and caring with any gift that is meaningful and personal. Make a phone call or write a note and share your feelings.

Remember, get help if you need. Holidays can be especially hard if you are already dealing with the death of a loved one or the



breakup of a relationship. Talk with a health care professional in your area or call the Mental Health Helpline 1-877-303-2642 or Health Link at 811.



BONNIE DOON
BOWLING LANES

Presents the
DEEP FREEZE
LEAGUE

- 10 weeks of fun bowling
- Choice of either Mondays @ 7:00 p.m. **OR** Tuesdays @ 7:00 p.m.
- 2 games each week
- 4 player teams. You can register as a single or we can make up teams here
- Cost is \$12.50 for Bowling, \$2.50 Shoe rental = \$15.00 per week **PLUS** \$10.00 registration fee
- Mondays start January 8, 2018 & Tuesdays start January 9, 2018
- Prizes awarded on week 10

Tel: 780-466-9047
www.bonniedoonbowling.com

Keep active during winter time

Snow, ice, cold and fog are just a few of the natural elements we experience when winter is in Alberta.

Although winter provides us with an excuse to cozy up inside and stay warm, this isn't always the healthiest choice. Children often experience a variety of distractions on a daily basis and the frosty winter weather is yet another obstacle to getting the recommended amount of daily physical activity. In order to overcome the cold, sometimes we all need a little extra motivation.

Here are some tips and helpful hints on how to get the whole family outside and active this winter:

- Get the whole family involved by building snow angels, or, if you're really feeling ambitious, create your own look-alike snow-person family.

- Try making the snow into your own work of art by creating snow castles, mazes, or snow sculptures.

- Take a slide on the wild side and go tobogganing (find a safe hill and remember your winter sports helmet).

- Play snow-pitch, a traditional game of slow pitch isn't just for summer anymore! Try playing a game in your local diamond out in the snow, for a fun twist on this great family pastime.



- Create a more challenging game of hopscotch in the snow by using food coloring.

- Don't forget snowshoeing and cross country skiing. Even if you don't own equipment, these items can generally be rented at a variety of outdoor activity centres and parks.

Gear up with a helmet and safety gear and head to your local outdoor rink for a skate or a game of hockey.

AWARD REALTY TEAM

Helping you buy and sell in your local community.
Call today for a free evaluation!

ALEX WARD
780.267.2625

SAMANTHA SAJJAD
780.952.8705

MaxWell
DEVONSHIRE REALTY

Your friends will wonder where your where hiding your talent!

Learn to Play CLASSIC ROCK
on your GUITAR!

ACOUSTIC - ELECTRIC - BASS
Lessons For Children and Adults

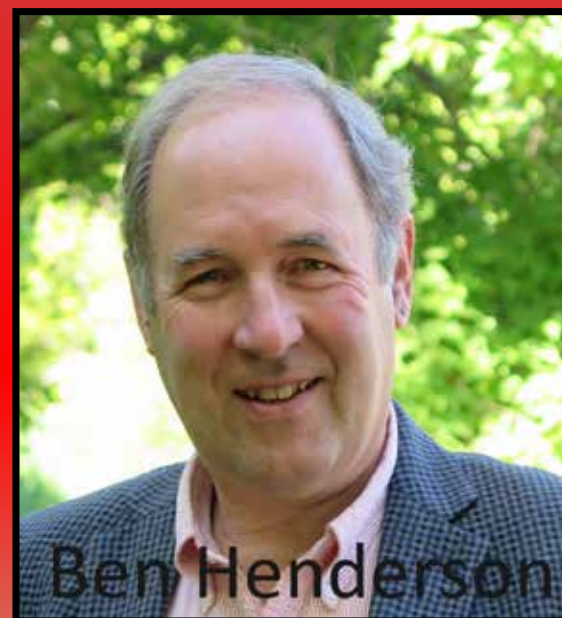
Call today
780.637.0513
to schedule your
30m FREE CONSULTATION

Or visit:
www.EdmontonGuitar.com

FLEXIBLE CLASS TIMES
To Meet Your Schedule!

Edmonton
Guitar
MUSIC SCHOOL

Happy Holidays!



City Councillor for Ward 8

ben.henderson@edmonton.ca

780-496-8146

Bonnie Doon

BONNIE DOON COMMUNITY LEAGUE CONTACTS

President	Don	president@bonniedoon.ca
Vice President	Duane	vp@bonniedoon.ca
Secretary	Karen	secretary@bonniedoon.ca
Treasurer	Daniel	treasurer@bonniedoon.ca
Social	Vacant	
Civics	Shauna	civics@bonniedoon.ca
Programs	Ian	programs@bonniedoon.ca
Membership	Mark	membership@bonniedoon.ca
History	Margaret	history@bonniedoon.ca
Communications	Nicola	communications@bonniedoon.ca
Soccer	Diane	sports@bonniedoon.ca
Fundraising	Stephanie	fundraising@bonniedoon.ca
Hall Rental	Stacey	hallrental@bonniedoon.ca
Hall Address	9240-93 Street, Edmonton, T6C 3T6	
Website	www.bonniedoon.ca	
Facebook	facebook.com/bonniedoon	
Twitter	twitter.com/bdedm	

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. All Bonnie Doon Community League members are welcome to attend meetings.

Potluck

The potluck supper on November 19 was a big success, with over 50 neighbours sharing delicious food. There were many requests to do it again. Let's get together for another potluck supper at Bonnie Doon Hall on January 28, 2018 from 5:00 p.m. to 7:00 p.m.

Bring a dish to share plus plates & cutlery. This is a great way to get to know your neighbours! A few people plan to play board games once the potluck is over. Anyone wanting to stay on for board games is invited to do so. Please visit www.bonniedoon.ca for more information.

T'ai Chi Chi

T'ai Chi Chih group reconvenes in the new year on Monday, January 15 at Bonnie Doon Hall from 10:30 a.m. until 11:45 a.m. We meet weekly, except for statutory holidays. Anyone with prior T'ai Chi Chih experience is welcome to drop in at a cost of \$10 per session. Registration for 10 weeks from January through March is \$50.00.

The group is taught by Tamara Zujewskyj-Brese. For more information please contact Bev at 780-999-1014.

History Tea

Our annual History Tea planned for the fall has been postponed until the spring. The new date will be published here once it's confirmed.

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. Please contact Tony at 780-466-0892 or email history@bonniedoon.ca for more information.

Playgroup

Children under the age of six and their caregivers 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 playgroup on December 26 and January 2.

There is no cost, but a current community league membership is required. For more information please visit www.bonniedoon.ca/playgroup

Rink

We have a beautiful new rink and, weather permitting, great ice. You need a league membership to skate and remember to wear your 2017/18 skate tag (provided when you purchase community league membership) on your skates. These are the times the rink shack is open -- but please feel free to use the rink at all times:

Monday to Friday 5:30 p.m. - 6:30 p.m. Family Skate, 6:30 p.m. - 8:30 p.m. Open Ice.

Saturday and Sunday noon - 2:30 p.m. Family Skate, 2:30 p.m. - 6:00 p.m. Open Ice.

"Family Skate" means no pucks or hockey sticks at all.

"Open Ice" is for everyone, including hockey players.

The rink shack provides for a warm, comfortable place to change and warm up. We do not open the rink shack when the temperature with wind chill falls below -20C. For more information please visit www.bonniedoon.ca/rink

Yoga

Join us for hatha yoga on Wednesday evenings. The Winter 2018 10-week yoga session is January 10 to March 14 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. New punch card options available. Drop in students are welcome. For more information please visit www.bonniedoon.ca/yoga

Casino Volunteers Needed

Bonnie Doon Community League is slated for a casino on Monday and Tuesday, February 12 & 13, 2018 at Casino Edmonton on Argyll Road. This event is our largest single funding source and could bring in up to \$70,000 to support community league programs. But we need approximately 40 volunteers to run the casino. Please consider helping out.

Working a casino is fun and easy. The money raised goes to programs such as youth soccer, our ice rink, Green Shack and hall im-

Seniors News

Films & Lunch

Watch free National Film Board documentaries at 10:30 a.m. at Bonnie Doon Hall, followed by a light lunch served at 11:45 a.m. for \$2 per person and an opportunity to discuss the films.

Upcoming events:

Thursday, December 14, we are screening three short productions: 'Angotee'(1953), 'The Bear's Christmas' and 'Snow Cat'.

Thursday, January 11, we are screening two short productions. '60 Cycles' (1965, 16 minutes), directed by Jean-Claude Labrecque, features participants from 16 countries covered 2,400 km of Gaspé countryside in 12 days. At this sports event, the challenge seemed more personal than competitive. 'Enigmatico' (1992, 52 minutes), directed by David Mortin and Patricia Fogliato. Interweaving poetry, painting, photography, music and sculpture, this feature documentary is an innovative look at the lives and work of Canadian men and women artists of Italian origin.

Bonnie Doon Hall, located at 9240 93 Street, is wheelchair accessible. All seniors are welcome. For more information, please contact Margaret at 780-982-8735 or visit www.bonniedoon.ca/programs-for-seniors





Rachel Notley, MLA

Edmonton-Strathcona

Strathcona Professional Centre
Suite 101 10328 - 81 Avenue
Edmonton, AB T6E 1X2
Phone: (780) 414-0702
edmonton.strathcona@assembly.ab.ca

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.

Community Swims

Bonnie Doon Community League is providing members with free community swims at Hardisty Fitness and Leisure Centre and Commonwealth Recreation Centre for the 2001/7/18 league membership season.

Bring your community league membership card for free entry to these facilities during community swim times:

Hardisty hours - Sundays 1:15 p.m. - 2:45 p.m.

Commonwealth hours - Saturdays 5 p.m. - 7 p.m.

For more information please visit www.bonnie-doon.ca/pools

For information about unplanned closures, call 311 or visit edmonton.ca

Neighbourhood Watch

Are you interested in community safety and crime prevention? Edmonton Neighbourhood Watch is looking for someone to be the official Neighbourhood Watch representative for Bonnie Doon. The most successful Community Reps are those that have an interest or passion in making their communities safer. Edmonton Neighbourhood Watch provides the training and resources at no cost to the volunteer or the community. Please email president@bonnie-doon.ca if you'd like to be Bonnie Doon's representative and start the process.

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@bonnie-doon.ca.

Congratulations Daniel Cournoyer

Congratulations to Bonnie Doon's Daniel Cournoyer, recipient of a Senate 150th Anniversary Medal for his contribution to the development and vitality of Alberta's francophone communities. Read more about Daniel's contributions and award at www.bonnie-doon.ca/bonnie-blog

Bonnie Doon History Display

Youth interested in Bonnie Doon's history are invited to volunteer for a short project. Funded by Age Friendly Edmonton, 15 youth will create display panels depicting our historic past. A total of 15 volunteer hours are needed. All materials will be supplied. Students in senior high school, college or university are eligible to apply. The project starts over the Christmas break and involves a display workshop on Sunday, January 14. Apply as soon as possible for the few remaining spots. Contact history@bonnie-doon.ca for more details.

Your Help is Needed

We have a great community league! Why not get involved? Please visit www.bonnie-doon.ca/volunteer for a variety of ways you can help our community.

Here are some highlights of current openings:

Social Team - Do you love helping to plan events and fun activities? We are looking for a social chair and three or four volunteers for the Social Team. Upcoming events to plan for include the Easter Egg Hunt, Movie Nights and future Potlucks.

Volunteer Co-ordinator - This role is a few hours per event and involves working with the social team to identify volunteer needs and creating volunteer sign-up sheets

Family Movie Night Host - This role involves choosing the movie, picking up concession supplies as needed, setting up the projection equipment and popcorn machine.

If you would like to help with any of these fun positions, please email communications@bonnie-doon.ca

Flying Canoë Volant Festival

Bonnie Doon and Mill Creek Ravine are the backdrop for Flying Canoë Volant, this winter on February 2 and 3, 2018. It is primarily an outdoor event taking place in Mill Creek Ravine, based on the theme of the Flying Canoe (La chasse-galerie) - a legend with shared First Nations and French Canadian origins. Festival goers will be immersed in urban and traditional programming centred around the three cultures and activities range from traditional storytelling, Métis circle dances, tea ceremonies, live music, outdoor snow slides, sleigh rides, tire sur la neige and much more. For more information, visit: www.flyingcanoevolant.ca

Meals on Wheels

With the Holiday season here, Edmonton Meals on Wheels is currently seeking donations of gift wrap and small gifts to give to their clients. The winter months are some of the hardest for seniors but with help from donations to their Holiday Gift drive, they intend to make the season a little more cheerful. Gift ideas include calendars, warm socks, stationery, toiletries, and crossword puzzles (large print). Donations can be dropped off Monday - Friday, 8am - 4pm at their office, 11111-103 Avenue.

Discovery Daycare

Place of Fun and Learning



- Subsidy available
- Accredited daycare
- Infants to 6 years old
- 7 am to 6 pm

8703 91 Street 780-468-3475
Across the street from Rutherford School

Ashbourne
A GARNEAU UNITED COMMUNITY

*Independent & Assisted Living
at its Finest
Independent & Assisted Living
at its Finest*

Ashbourne offers a wide selection
of services and activities designed
to fit *your* lifestyle in a safe,
secure and friendly
environment



For more information
or to arrange a tour,
please contact us:

(780) 430-5800

11148 84th Avenue www.theashbourne.com

Celebrating more than 15 years in the community



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

Please note that all community league members are welcome to attend our meetings. They are held in our upstairs conference room every first Tuesday of the month at 7pm..

Contact Us
Mail: 9630 – 66 Avenue,
Edmonton AB T6E 4W9
Phone: 780 439-0847
Web: www.hazeldean.org
E-mail: hazeldeanleague@shaw.ca
Twitter: @HazeldeanYEG
Facebook: @HazeldeanCommunity

Fitness Classes

By Jen Hamel

Get Fit, Have Fun doing it:
Hazeldean Community League is proud to introduce Jen Hamel,
Person, 41 trainer and group fitness instructor
Jen is a strong supporter of functional fitness. Jen believes that fitness should be a part of life: young and old.
Class sizes are kept small to properly moderate exercises for all levels and liabilities.
Come Get Fit and have fun with Jen

Winter Fun Fest 2018

February 17, 2018 1-3:30

Come join your neighbours for a FREE family fun afternoon of Sleigh Rides, Skating, outdoor games, S'mores, Hot Chocolate, Cider and more! We can't wait to see you! Happy Holidays!

Ice Bank Rink IS NOW READY



Our wonderful and amazing Anthony Bayduza has begun our ice bank rink. It is located on the east side of the community league hall between the hall and the spray deck.

Please note:

Skate at your own risk
Helmets required
Please be respectful of other skaters

Save The Dates

Jan. 2, 2018	Board meeting	7pm
Jan. 13, 2018	Lantern Parade	
Jan. 20, 2018	Movie Night	
Look for	more Movie nights	
Feb. 17, 2018	Winter Fun Day	12:00 to 3:00 pm
Mar. 25, 2018		

Hazeldean Community Hall

In the Community Room 9630 - 66 ave. Nw
Classes: Tuesdays and Thursday evenings
Starting at 6pm
Call Jen @ 780-660-9214 or email: onthegofitness@shaw.ca

Parents and Tots

Where: Hazeldean Community League Hall
9630 - 66 avenue
When: Thursday Mornings
9 to 11 am
Cost: FREE!!!!
Information: Call 780-439-0847
Email: hazeldeanleague@shaw.ca
Co-ordinator: Rachel
A free welcoming drop in playgroup for children 0-5 years and their care givers. There is plenty of space, lots of Toys and COFFEE!
Come in be warm and let the kids play.

LET US HELP YOU
PROTECT THE FUTURE.

Venture Law Group LLP

We care about Alberta's families. We can provide assistance to you and your family in a variety of estate planning matters – including:

- Personal Directives
- Powers of Attorney
- Enduring Powers of Attorney
- Springing Powers of Attorney

as well as...

- Wills
- Financial Trust
- Administration of Trusts & Estates
- Probate of Wills
- Grants of Administration

Call Shelley Smith at:
780.450.2929



VENTURE LAW GROUP LLP

Suite 111, 9440-49 Street - Edmonton - Alberta - T6B 2M9

YOU CAN BE A BLACK BELT

Become a Member of the International
Meibukan Goju Karate-Do Association
Adult Classes -
Mondays and Wednesdays
Proven Effective Self Defense
Competitive Monthly/
Yearly Membership Fees
TRY KARATE TODAY

Memberships

Where: Hazeldean Drug mart
Information: Call 780-439-0847
Email hazeldeanleague@shaw.ca
Cost: \$20.00 for a Family
\$10.00 for a single
\$10.00 for senior's

Movie Passes

Where: Cineplex Theaters
Cost: \$9.00
Information: Call 780-439-0847
Email hazeldeanleague@shaw.ca

Craft Sale Big Thank You!

The Hazeldean Christmas Craft Sale was once again a wonderful weekend filled with smiles, conversations and of course gift buying.

Thank you to all who donated at the door. We raised over \$1000.00 to donate towards the J.H.

Picard Playground and Outdoor Revitalization Committee.

A huge thank you to the all the volunteers -you rock! Special thanks to Angela, Shawn and Kate who helped all weekend.

And finally thanks to the over 600 shoppers, many of whom are our neighbours and lots who came from all over the city and beyond. It was great to meet you.

Free Swim Program

Where: Millwoods Recreation Centre 7207 -28 avenue
When: Saturday afternoons -2 to 3:30 pm
Cost: Free with a community league membership Must have a membership card
Information: Call 780-439-0847
Email hazeldeanleague@shaw.ca

your condo. your style.

COMING TO YOUR FAVOURITE NEIGHBOURHOOD.

OPEN CONCEPT CONDOS RANGING FROM 850 TO 1848 SQUARE FEET.

starting at
\$299,900



BRASS III

VISIT OUR SALES CENTRE AT 9947 - 81 Avenue
PROJECT ADDRESS 9919-80 Avenue
MON-THR 4-7PM SAT-SUN 1-5PM

CALL TROY AT 780.918.0678
brass3.com

Protect yourself from the cold



There's a reason the phrase "Jack Frost nipping at your nose" is so relatable.

When the temperature drops, skin and the tissue underneath—most commonly on the hands, feet, nose and face—can freeze or get frostbitten. From tingling hands to frozen feet, frostbite becomes more severe the longer you're outside and the colder it is; if you think frostbite is severe, seek immediate help.

The best way to protect yourself from the elements is to dress for the weather. Remember these four layers before heading outside.

1. Inner layer: choose socks, long johns and long sleeves made of merino wool or synthetic fabrics to wick moisture away from the skin.

2. Middle layer: choose sweaters and pants made of fleece or synthetic insulation to trap warm air against your body.

3. Outer layer: add a jacket with material that cuts or blocks wind and repels rain and snow.

4. Final layer: wear boots, hats and gloves that can wick away moisture and insulate, and add a balaclava or scarf to cover your face.

WE HAVE MOVED

SHOPPERS DRUG MART 80 Ave NW

save on foods

STRATHCONA REGISTRY

10375 - 78 Ave NW
- Next to Save On Foods on Gateway Blvd -
76 Ave NW

STRATHCONA REGISTRY

HOURS OF OPERATION	MONDAY TO FRIDAY
	8:30am to 7:00pm
SATURDAY	SUNDAY
9:00am to 5:00pm	12:00pm to 4:00pm

WWW.STRATHCONAREGISTRY.COM
INFO@STRATHCONAREGISTRY.COM
[/STRATHCONAREGISTRY](https://www.facebook.com/STRATHCONAREGISTRY)
 (780) 430-1154

Alberta
Authorized Registry Agent

10375 - 78 AVE NW, EDMONTON
• NEXT TO SAVE ON FOODS ON GATEWAY BLVD •

Ritchie News

CONNECT WITH RITCHIE COMMUNITY LEAGUE
7727 98 Street | 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](https://twitter.com/RitchieYeg)

EXECUTIVE:

President: **Tammy Hay**
Past President: **Laura Cunningham-Shpeley**
Vice President: **Tracy Price**
Secretary: **Cecilia Oteiza Ayres**
Treasurer: **Peter Willetts**

BOARD:

Fundraising: **Simon Slater**
Civics: **Max Merrett**
Communications: **vacant**
Community Events : **Sam Heine**
Abundant Community: **Caroline Belanger/Julia Dalman**
Hall Maintenance: **Ed Retzer/Leonard Wampler**
Liveability/Safety: **Julie Dalman**
Programs: **Chantal Lavoie-Michaud**
Membership: **dallas Bartel**
Soccer: **Dave Woo**
Sports: **Leonard Wampler**
Volunteer Director: **Angie Tricka**
Ritchie Hall Revitalization Director: **Jeff Ollis**
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 Dec 7.

NEWSLETTER SUBMISSION DEADLINES

Email ritchienewsletter@gmail.com by the end of the month with submissions or to receive our e-newsletter.

ACE Neighbour Contest

Congratulations to this month's winner and Ritchie's very own Klondike Kitty - Debra Cook! Dianne Hall shared this great story about her great neighbour:

"My neighbor Deb deserves a shout out. She is senior, retired teacher and has volunteered for over 30 years as Klondike Kitty singing to veterans. She has faced numerous health issues this year, but still heads out to spend time to sing and entertain at Vets homes, retirement homes, and the train that runs in the summer for seniors. She shops local, shovels walks and is always there for all the neighbours.

Hearing this story brought back a memory from 30 years ago when Deb came to my grade five class. So congrats Deb - Accent Infills has a cheque for \$100 to reward you for all you've done.

As for Dianne, Transcend is providing her with a \$50 voucher for coffee and other treats to stay warm this winter!

We've got lots of great prizes from local business and cash-ola from Accent Infills so remember, to nominate your pal next door. All you have to do is email ritchieconnector@gmail.com and tell us why your neighbour is ACE!

SAVE THE DATE

Dec 2	RCL Working Bee at 10am
Dec 7	RCL Board Meeting
Dec 9	Crafty Connections
Dec 13	TurkeyBingo!
Jan 4	RCL Board Meeting
Jan 6	RCL Working Bee at 10am
Jan 6	Latern Making

Free Community League Swim

Ritchie Community League is ensuring we can all still make a splash in 2017. RCL had negotiated a new arrangement with Confederation Leisure Centre which will come to an end shortly.

RCL members can swim for FREE at Confed Pool (11204 - 43 Ave) on Saturdays between 4:00 - 5:30pm. This will be our local FREE swimming spot until December 16, 2017. Check our facebook page to find out where we will be splashing around in the new year <https://www.facebook.com/WelcometoRitchie/>

Light it Up!

A Lantern Making Workshop is planned to help people channel their creative energy and spark new friendships. Lanterns will feature at the Flying Canoe Festival in February.

Saturday January 6th
1 - 4pm at Ritchie Hall

Crafty Connections

We can't promise that you'll get a wooly beard, but our Abundant Community team will be helping Ritchie get into the holiday spirit with yarn crafts and other neat seasonal projects this month.

Saturday December 9th
9am - noon at Ritchie Hall

Beat the winter blues

Many people are more sluggish in winter than in summer, but for those affected with Seasonal Affective Disorder (SAD), the problem goes beyond getting a little gloomy. People who have SAD can experience: depressed mood, lack of motivation, fatigue, and often feel tired throughout the day. These symptoms can lead to excessive time in bed or in front of the TV, neglect of usual pleasurable activities, and reduced social contact.

SAD mood boosters

If you are affected by SAD there are several simple steps you can take every day to brighten up both your body and mind, including:

- Be active. Building activity into your lifestyle not only helps lift negative feelings, it also prevents the weight gain associated with the illness. Being physically active relieves stress, builds energy, and increases both your physical and mental wellbeing and resilience. It is as easy as walking outside for 10-20 minutes each day.
- Soak in the sun. Getting in as much sunshine as possible during the winter months can help. Make sure blinds are open during

Monthly Ritchie Working Bee

Did you know that Ritchie Community League is powered by volunteers? Volunteers like you help to keep our hall in working order. No skills required, our hall gurus will teach you what to do. Come prepared to work in or outside. An hour of your time is all we ask.

Please join us at 10:00am on the following dates as we tackle Monthly Hall Maintenance together:

Sat Dec 2
Sat Jan 6


the day, with a direct path to where you sit or work. Better yet, get outside in the sunshine whenever possible.

- Choose healthy foods. For energy throughout the day, eat three meals, and have healthy snacks between meals if you find yourself hungry. Choose foods from at least three to four food groups at meals and one to two food groups at snacks. For more healthy eating information visit www.healthyeating-startshere.ca

- Stay hydrated. Carry a water bottle to make sure you drink enough fluid during the day. The amount of fluid you need depends on your age, gender, body size and activity level. Most adults need nine to -12 cups of water per day.

- Cut down on alcohol and caffeine. Caffeinated and alcoholic beverages disrupt your body's internal clock, resulting in a worsening of SAD symptoms. Try cutting down, or even cutting out, daily intake of these drinks that contain caffeine such as coffee, pop or energy drinks.

If you are concerned about your mental health or someone else's, contact: Mental Health Help Line toll-free at 1-877-303-2642 or Health Link at 811.



RE/MAX
Central
Independently Owned and Operated
Wayne Moen, B.A.
REALTOR
direct **780-504-6789**
office **780-488-4000**
10805 120 Street
Edmonton, AB T5H 3P9
Email: waynemoen@remax.net
www.waynemoen.com

Ritchie Programs

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. We will continue playing every Friday including Dec 29. Please note, we will have our Bridge Christmas lunch on Dec 22 from 1-4pm. 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: Join us every second Wednesday from 6-9pm! Last bingo of 2017 is on Dec 13 (Turkey Bingo) and then the fun resumes on January 3 and 8th! For more information, email Joanne: j_niederhaus@hotmail.com.

NEW! Core Fit: Classes will run right before Zumba on Mondays 6:15-6:45 pm (except for holidays). Check the RCL website for more info or contact Margareta Jesse at zumbamj@outlook.com. First class is FREE for members! Check the Ritchie website for NEW unlimited monthly pricing for all 3 Monday classes with Margareta.

Cribbage Club: Ritchie Cribbage group will meet bi-weekly at the hall. This month we will be playing on December 6 and 20. Doors open at 12:30 pm. for 1:00 pm games. Come and enjoy our friendly group for cribbage, coffee and snacks. Please let Kate - 780 433-0977 or Maryann - 780 462-8582 know you are coming so we can set up and plan. Looking forward to seeing you.

Fibre Arts Group: All fibre crafts welcome - including knitting, crochet, rug hooking, cross stitch! This new group meets at the hall on Monday evenings at 7:00pm and is free.

Everyone is welcome. Some wool and needles will be available

Please note that some basic knitting skills are required (if new to knitting check out a few videos beforehand).

NEW! Fit with Baby: Classes offer a stroller-based fitness program for parents/caregivers who want a full body workout but

don't want to or can't leave their babies behind. Class will run Mondays 9:45-10:45 am starting Jan 15. Check the RCL website for more info or contact Margareta Jesse at zumbamj@outlook.com. First class is FREE for members!

Home-school Playgroup: Please join us 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.

RCL Preschool Playgroup: The (free!) pre-school play group is back! 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: 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 kristalcf@rest@hotmail.com.

Zumba at Ritchie Hall: Zumba(R) The class that started the dance-fitness revolution and changed the way we look at a "workout" forever. It's fun, effective and best of all! Made for everyone! We're back at Ritchie Hall Mondays 7-8! Two left feet?? It's easier than you think! 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. First class is FREE for members! Check the Ritchie website for NEW unlimited monthly pricing for all 3 Monday classes with Margareta. No Class Dec 18, 25, Jan 1, 8. We are back dancing off the treats on Jan 15 - have the happiest of holidays

Winter Brainstorming!

We are always trying to find neat things to do as a community. Here's a few ideas so far:

- Beer Tasting Group
- Snow Fort Building
- Youth Dance/Chill Out Space
- Current Affairs Discussion
- Neighbourly Skate Times
- Bi-Weekly Kids Activities
- Ritchie vs Hazeldean Hockey
- Food Making Workshops
- Snowshoeing
- Curling with Cans
- Traffic Safety
- Local History Project

We know what interests us but we'd like to hear from you. Please email ritchieconnector@gmail.com with your ideas and feedback on fun winter events!

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 RCL members!

To book a room, fill out the hall rental inquiry form on our website <http://www.ritchie-league.com>

FACE of ACE

Louise Perkins is a Ritchie treasure. She might be one of the friendliest and generous people in our neighbourhood...I mean, the woman put out a poop pail in front of her house to help out all the dog walkers in the hood.

When she isn't updating the community bulletin board on her fence, or making sure Ritchie munchkins don't eat too many marshmallows at the community BBQ, she is gathering historic photos of the neighbourhood and sharing ideas about how to foster better connections. Her interest and enthusiasm about Ritchie makes her the perfect choice for the Abundant Community Program. Thanks Louise - we sure do appreciate all you do!

1. What is your Role?

I am a Block Connector and for a short time a Co-Neighbourhood Connector.

2. Why did you volunteer?

Love the neighbourhood and see the irony in the fact that when I was growing up...it was considered to be "on the wrong side of the tracks!" Now it is the "IN PLACE". I want to do what I can to preserve it for future generations.

3. How long have you lived in Ritchie?

My Grandparents moved into the area in 1913 and the family has lived in my current house since 1920. Though I travel the world... this is the place I call home!

4. Why did you pick this neighbourhood?

I didn't...I was born into it...

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

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

I love the diversity of people... I can still hear the birds sing when I sit in my backyard! Also a PET FRIENDLY PLACE!!!!

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

Summer BBQ'smore and more people are attending every year

There are seniors in the neighbourhood who would like to stay in the neighbourhood and I would like to see new development of smaller affordable cottage type housing on some of the 66 foot lots...perhaps 4 cottages to the piece of land. This would free up their single family homes for renos or infill. The seniors could then age in their own community looking out for one another and their pets...this would definitely be a PET FRIENDLY Development.

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

Travel the world.....next up INDIA!

9. What book did you read last?

Seven Fallen Feathers by Tanya Tagala She exposes Human Rights violations against Indigenous Youth attending school in Thunder Bay far from their families....7 young people died between 2000 and 2011.....racism, death and hard truths in a northern city.

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

My FIRE PIT!!!!

Those SCONA Seniors like to party...

Get ready to have a busy December seniors because this month is packed with action:

Thursday Dec 7 at 10:00 am: Christmas with Rutherford School Grade six children. Share your holiday stories, decorate cookies, play games, build a gingerbread house, and enjoy lunch with energetic kids!

Wednesday, December 13 at 12 noon: Christmas Party including ham dinner and all the trimmings entertainment, games, prizes, draws, laughter, and a fond farewell to Maggie who is off to study nursing!! All seniors

55 plus welcome. You can bring your children or grandchildren too. Remember to call 780-433-5377 if you intend to come. Cost \$10 at the door.

Thursday Dec 14 & 21: Free meditation and Chi Gong class from 10:30-11:30am. All are welcome.

Thursday December 21 at 11:30 p.m.: Pot Luck lunch and birthday party for all those born in December. Everyone welcome! Bring a wrapped gift under \$5 for a Chinese gift exchange. The funnier the gift, the better!

Ottewell Dental Clinic

Dr. Gordon Ludwig & Dr. Brian Zwicker

We Welcome New Patients

Family dentists providing all general services.

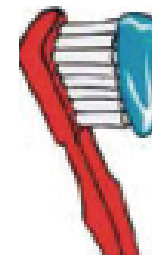
Insurance billed directly.

6128 - 90 Ave. 780-465-0505
Mon, Tue & Fri 8-4; Wed & Thur 8-6,
Saturdays by appointment.



Receive a **FREE**
Oral B 2000 electric toothbrush
MSRP \$99
with an adult check up and cleaning.*
*one/patient/calendar year

ottewelldental.com





109 STREET CLINIC NOW OPEN!

We have undergone renovations and added new services to better serve our patients.

AVAILABLE AUGUST 14, 2017

Breast Centre Radiology

- Mammography
- Breast Ultrasound
- Bone Density
- Interventional Procedures

Medical Imaging

- Pain Management
- Ultrasound
- GI Studies



Canada Diagnostic Centres - 109 Street

7121 109 St NW
Edmonton AB

780-341-6000
1-877-420-4232



CanadaDiagnostics.ca