COMMUNITY LEAGUE NEWS SOUTH

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



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

Winterfest 2017

The annual Winterfest will be held on Sunday, February 26, 2017, 2-5 pm, at 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. Do you have a great old time mac and cheese recipe? Or a creative new one? Enter mac and cheese cook off and you might win one of our many great prizes!

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

Volunteer jobs:

Before/after the event:

• Pick up/drop off snow molds at the EFCL office (by Strathcona High School) prior to and after the Winter-fest weekend

• Solicit prizes from local businesses (we have a list of those who generally like to contribute)

At the event:

- BBQ'ers
- Kitchen workers
- Carnival games helpers
- Cook-off organizer
- Set Up helpers
- Clean Up helpers
- Sleigh ride supervisor

If you can help, or wish to enter the macaroni and cheese cook-off, contact social@strathconacommunity.ca or Jeanie at 780-803-0900.

HAZELDEAN WINTER FUN FEST: SATURDAY, FEBRUARY 25, 2017 - NOON TO 4 P.M.



Join us at the hall on Saturday, February 25 for the annual Hazeldean Winter Fun Fest!

Bring the family for lots of fun winter activities at this FREE community event between noon and 4 p.m. Activities include: sleigh rides, games, kids crafts, a toasty winter fire, s'mores, hot chocolate, cider, and more!



Congratulations

Recently the ECCC hosted an Argyll Family Christmas party which featured a Gingerbread House decorating contest. Many families participated in the event. The winner was chosen by a panel of four judges from more than ten competing houses. Congratulations to the Twardzik children for their win.



Kids 'Acting' Up???

We suggest you harness their talent and register for some legit classes! Youth theatre is coming to Ritchie this month. Weekly classes start on February 9th, with the final production in mid-May. Participants will get a chance to perform in a reimagined and uniquely staged production of William Shakespeare's "A Midsummer Night's Dream," taking place in our very own Ritchie Park and Community Hall.

Who: This program is aimed at students aged 12-17, and may involve up to 16 participants.

When: Classes run on Thursdays from 4 - 6 pm.

Cost: \$190 per participant, or 20% off for Ritchie Community League members, (\$150).

More info: Contact callawright@gmail.com.



#220, 8723 - 82 Avenue Edmonton, Alberta T6C 0Y9

Strathcona Centre News Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3 website: www.strathconacommunity.ca

STRATHCONA CENTRE

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Past President	president@strathconacommunity.ca Jeff Samsonow
Past President	pastpresident@strathconacommunity.ca
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Hall Use Committee	Jeanie McDonnell
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Neighbourhood Renewal	
Ad-Hoc Committee	Conrad Nobert
Community Liaison	Kelly Fox
	John Watson
Community Hall	Helen Gillespie 780-439-1501
Website Manager	webmaster@strathconacommunity.ca
Information	info@strathconacommunity.ca
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Board meetings are held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information phone 780-439-1501 or e-mail at info@ strathconacommunity.ca

To join our community e-mailing list, contact sccl.social-request@lists.gno. org This list enables the Community League to deliver information about programs and community events to our members in a timely and reliable manner, and enhances our ability to develop and deliver these programs. Postings to the list are screened, and are kept to a minimum.

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

If you can help with any of the vacant positions, please contact a member of the executive.

The copy deadline for the Apr/May issue of Community League News is Mar.20, 2017. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@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.

Plan Whyte

Edmonton city council postponed the South Park on Whyte development decision in order to hear more details on Plan Whyte work done to date. Plan Whyte is a City initiated a land use study for the Whyte Avenue Commercial Area portion of the Strathcona Area Redevelopment Plan (ARP). The goal of Plan Whyte is to better understand how the area's heritage, character and livability can be further strengthened while exploring opportunities for additional development over the next 20-25 years. The city will be presenting a Plan Whyte report on March 20 at the public hearing. Individuals who have concerns about Plan Whyte can register to speak

A working group has been put together under the Civics Committees direction to provide input and develop our vision of this commercial area of the existing ARP. Council has indicated it will be looking at height. A major focus of the working group will be to look at how increased density can be achieved without resorting solely to an increase in the number of high rises. Opportunities for greater community input will be posted on our website and our Facebook page.

For more information regarding the Plan Whyte working group, please contact either Mark Anielski at anielski@gmail.com, cell 780-964-0090 or Grant Moore at gfmarch@telusplanet.net, phone 780-434-3772.



Outdoor Soccer Registration

The 2017 outdoor soccer registration for Strathcona community members will take place at the Strathcona Community Hall, 10139 87 Avenue.

Thursday February 16
7:00-9:00 pm
Tuesday February 21
7:00-9:00 pm

To Register (U6-U18):

STEP #1 - Register and Pay Online on the NEW EMSA Soccer Portal System (starting February 01, 2016).

STEP #2 - Come to a registration. Please bring:

• Proof of date of birth for your child (birth certificate, passport, or citizenship card (or any government issued identification).

• Community league membership card OR a cheque to purchase a community league membership.

• A uniform deposit check for each player (U8 to U18 - \$75 per player).

- A participation deposit check for each family of players (\$150 per family).
- Your registration form (printed from when you registered online).

To Register (U4):Level U16• There is no online registration.Year of birth: 2000/2001• Complete Step #2 Above.Registration Fee: \$225• U4 form is attached at bottom (U4).Uniform Deposit: \$75• You must provide 4 copies of the completed form.Participation Deposit: \$150/family• U4 Cost is \$30.Playing Nights: Sunday/Thursday

Level U4 Year of birth: 2012/2013 Registration Fee: \$30 Uniform Deposit: NA Participation Deposit: NA Playing Nights: Tuesday or Thursday

Level U6 Year of birth: 2010/2011 Registration Fee: \$135 Uniform Deposit: NA Participation Deposit: \$150/family Playing Nights: Monday/Wednesday

Level U8 Year of birth: 2008/2009 Registration Fee: \$145 Uniform Deposit: \$75 Participation Deposit: \$150/family Playing Nights: Tuesday/Thursday

Level U10 Year of birth: 2006/2007 Registration Fee: \$175 Uniform Deposit: \$75 Participation Deposit: \$150/family Playing Nights: Monday/Wednesday

Level U12 Year of birth: 2004/2005 Registration Fee: \$195 Uniform Deposit: \$75 Participation Deposit: \$150/family Playing Nights: Tuesday/Thursday

Level U14 Year of birth: 2002/2003 Registration Fee: \$225 Uniform Deposit: \$75 Participation Deposit: \$150/family Playing Nights: Monday/Wednesday Level U18 Year of birth: 1998/1999 Registration Fee: \$225 Uniform Deposit: \$75 Participation Deposit: \$150/family Playing Nights: Sunday/Thursday

In-person payment

• You must pay the uniform deposit and the participation deposit by cheque, and you may pay the registration fee(s) by cheque or cash if you choose not to pay online.

- All cheques are to be made out to Strathcona Centre Community League. There will be a stamp available at registration.
- Registration fees for each family member may be combined on a single cheque.

• If you are paying by cash, please ensure that you have the exact amount.

Uniform deposit

• Cheques are to be dated June 01, 2017.

Cheques will not be cashed if uniform is returned at the end of season.There must be a separate cheque per child.

Participation deposit

Families with players only at the U4 level will NOT require a participation deposit; families with any player(s) in U6-U18 will be required to provide a deposit.
Cheques are to be dated June 01,

• Cheques are to be dated june 01, 2017.

• Cheques will not be cashed if volunteer commitment fulfilled.

• There is ONE cheque of \$150 payable per family.

www.communityleaguenews.com

League Programs and Activities

YOGA CLASSES

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.

All Levels are Welcome!

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. She holds an E-RYT500 Teacher Certification.

Wednesday Evening Strathcona Community Centre 10139 – 87 Avenue 7:00 - 8:15pm Winter Session January 25 - March 15, 2017 (8 weeks) Pre-reg: \$12/class = \$96 Drop-in: \$14/class

Spring Session April 5 - May 31, 2017 (9weeks) Pre-reg: \$12/class = \$108 Drop-in: \$14/class To Register or for more information please contact Corinne at corinnemcnally@gmail.com

PUB NIGHTS

Pub nights are held on the 3rd Friday of each month, 8 pm. Meet in the Lounge, upstairs at the Strathcona Centre Community League, 10139 87 Ave (use south door). It's casual, and a great way to unwind from the week and meet or reconnect with others from the community. Friday, Feb 17, 5 pm Family Skating and hot dogs Friday, Mar 17, 8pm Theme TBA For announcements about upcoming social events, meetings, and news, subscribe to the feed at http://strathconacommunity.ca/feed/ Contact social@ strathconacommunity.ca if you have any questions.

STRATHCONA PLAYGROUP

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

• Mondays and Wednesdays, 10am till noon (closed on school holidays)

• Free but you must be a member of a community league (memberships sold on site - \$20/family)

- Large room for the kids to run around, lots of toys to play with
- Bring a snack for the kids, and a coffee for yourself

• Meet other parents/caregiver

• Any age welcome - babies, toddlers, pre-school

For more information, contact programs@strathconacommunity.ca

Neighbourhood Liaison Committee

The Strathcona Community League is seeking volunteers to be part of The Neighbourhood Liaison Committee. We live in a very busy community that experiences influx of visitors through our many festivals and neighbourhood events. The goal of the Neighbourhood Liaison Committee committee is to work with stakeholders to develop a Good Neighbour policy. We want to ensure issues impacting community residents are addressed. Ideally The Neighbourhood Liaison Committee would have a broad representation of neighbours living in different housing types. If you are interested in getting involved, please contact Maureen Duguay at president@strathconacommunity.ca

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 Input on Edmonton's drainage upgrades Strathcona Centre Community League is hearing of the sewer and drainage issues in

our community. We encourage everyone to take part in the input process. The Edmonton Federation of Community Leagues (EFCL) is taking a lead to get the word out to all of us.

January 13, 2017 – The City of Edmonton is involving the public to provide input in determining the most responsible flood mitigation solutions that balance upgrading the city's drainage systems, while preserving high quality of life and meeting the needs of residents.

The first phase of the public engagement plan runs from January 13, 2017 to February 12, 2017 and includes discussion guides for various community groups like community leagues, sports groups and neighbourhood groups. These discussion guides are intended to inspire meaningful conversation at the community level about this very important topic.

The intention of phase one of this public engagement is to ensure that the public's concerns and aspirations are heard. We intend to gather this data and produce a comprehensive "What We Heard" report that will inform the next stages of public engagement within this project. All of the information collected with be used to create a long term strategy to upgrade the city's drainage system.

Individual residents can also take part through surveys that can be completed over the phone by calling 311 or through the online Edmonton Insight Community survey.

Find more details on the EFCL website: http://efcl.org/edmontons-drainage-upgrades

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

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

Community League Memberships on Sale

The new membership year started Sept 1, so volunteers (where possible) have gone door-to-door to sell memberships. Membership fees remain \$20/family, \$15/single, \$5/senior.

You can also purchase membershipsonline through the EFCL: go

to www.EFCL.org, then click on League Membership Purchase (the EFCL charges a \$5 admin fee)

• through one of our Membership Directors: membership@strathconacommunity.ca, or phone Jeanie McDonnell (780-433-0521) or Lois Hameister (780-439-5774).

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

Annual membership fees are \$20/family, \$15/single, \$5/senior. What does the Strathcona Community

League Membership give you?
Sports: Soccer, skating

• Discounts: Community League Wellness Program, Ice on Whyte

• Pub Night - usually the third Friday of each month at the community league. Meet your neighbours.

• Playgroup - held at Community League hall Mon. & Wed. mornings.

• A voice in your community - transportation, zoning, housing.

• Free swimming at Edmonton's outdoor pools (certain times)

• Social events - community picnics, winter carnival, etc.

SCCL Rink Hours of Operation

Schedule as of December 2, 2016

HOCKEY RINK

Parent/Children Mon & Wed 3:30 – 7pm Tuesday 3:30-9pm Thurs 6-9pm Sat & Sun Noon-4pm

Kids Scrimmage Thurs 2:30-6pm

Fun Skate (no hockey) 3:30-9pm Adult Co-ed Hockey Mon & Wed 7-9 pm Sat & Sun 4-6 pm

SMALL RINK

Skating Mon, Tues, Wed, Fri 3:30-9pm Thurs 2:30-9pm

Sat & Sun Noon-6 pm

Christmas/holiday schedule:

During the school holiday break – Dec 27 to Jan 6 - the rink is open:

Weekdays from 1pm until 8pm: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; 6pm-9pm

Regular hours resume on January 9th.

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.

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.



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www.communityleaguenews.com

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 nonemergencies, 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

Argy News www.argyllcl.ab.ca

Playground **Fundraising**

The playground committee is pleased to announce the approval of considerable funding from the Province which will get us closer to our goal. Look for more on the plans to begin work on the playground in the Spring or Summer.

Tobogganing Party

Come and join your neighbors at the hill for our annual winter sledding party. Sunday, February 26 from 2:00 - 4:00 PM. There will be s'mores and hot chocolate provided.

Join the Argyll Social Committee

We are seeking a few additional members for our Social Committee for the coming year. It is a great way to get to know your neighbours and have a lot of fun. We usually plan 4 events per year, which are simple to run, and take a small time commitment from each member. Think of it as the fun committee.

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

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre on the last Friday of each month from 10:00 AM – 12:00 Noon. This volunteer run program is for parents/caregivers and their young children (ages 0-5) to drop by and make friends with other families in Argyll; as well as have fun together! This is a free program for community residents with no snacks & beverages. If you would like to help out contact: Erin Raudebaugh by e-mail at: < mack 329@ yahoo.com >

86 Street Intersection

Residents from Argyll met with the City in early December to investigate changing the traffic light patterns at 86 St and Argyll Road. Transportation has committed to coming back with what options we might have for changing the way traffic uses this intersection. If there is a need to consult more residents then we will let all residents know if a public meeting is set up for it. Look for more information about this as Spring approaches.

Winter Sand

Normally the City provides free sand for residents to use to handle icy sidewalks in winter. A recent decision by the maintenance people has removed this service from the community halls and is asking people to travel out to the maintenance yards to pick up their sand.

The nearest location for Argyll residents to pick up sand is at: 5409 – 59 Avenue (Southeast Yard).

Bring your own buckets to fill and carry your sand back to your home for use there.

Argyll YOGA

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

To inquire, call Renee at 780.431.1916.

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information and access to City of Edmon-

- ton programs and services such as:
- Inspections, licenses, permits · Comments, commendations, bylaw com-
- plaints · Roadway & waste management information
- · Program registrations and bookings
- Transit information

311 agents are available 24 hours a day, every day.

Argyll Executive

President: Dave Trautman 780.463.9310

Secretary: Linda Strong-Watson 780.466.4289

Treasurer: Roxanne Higuchi 780.436.9616

Casino Coordinator: Dallas Raudebaugh 780-469-1517

> Director: Karl Kovacs

Director:

Brian Stein Director: Hope Ungarian

Past-President: Michael Leedham

Argyll Online

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

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

Community Swimming – Fall / Winter

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



Linda Duncan Member of Parliament

Edmonton Strathcona

Contact my constituency office for assistance with:

- Employment Insurance
- Old Age Pensions
- Income Tax
- Citizenship and Immigration
- Canada Student Loans
- Celebratory Messages

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

10049 81 Avenue (entrance on 101 Street)

Assistance également disponsible en francais.

www.LindaDuncanMP.ca 🖬 🎐 LindaDuncanMP



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Ask Charles

I saw an ad saying a real estate professional will buy my house if it's not sold in 90 days. Should I be wary?

Wary might not be the best word, but you do need to make sure you understand the details of the offer. This type of offer is a guaranteed sales agreement, and while there is nothing illegal or wrong with a real estate company offering this kind of arrangement, it is rarely the best option for consumers.

In a guaranteed sales agreement, a real estate brokerage agrees to buy a piece of real estate from a seller at a previously agreed upon price, if it hasn't sold to someone else before a certain date. Only real estate brokerages can offer these agreements, not individual real estate professionals.

If you're selling your home to buy another one, you may be interested in a guaranteed sales agreement for the home you own now. It could help you avoid owning two homes and paying two mortgages. A guaranteed sales agreement might give you the confidence to proceed with your new home purchase before selling your current one.

What sellers need to keep in mind in these arrangements is that the real estate brokerage wants to minimize its risk.

For example, it's rare that a guaranteed purchase price will be based on the property's listing price or the property's market value. In most cases, the brokerage calculates the guaranteed purchase price using a formula where legal fees, carrying cost, and commission on the resale are subtracted from the purchase price. This minimizes the brokerage's risk, but it can also greatly reduce how much that seller receives for their home.

Brokerages that offer guaranteed sales programs are required to have policies for those programs. Those policies should include how the brokerage sets the guaranteed sales price and who is in control of the property's listing price during the listing period; it may not be the seller. It's not unusual for a guaranteed sales agreement to include a clause that requires a seller to lower their listing price during the term of the listing. Remember, your real estate brokerage wants to minimize its risk. It prefers to sell your property to a buyer rather than to use the guaranteed sales agreement, and lowering the listing price can sometimes help that happen.

If your real estate brokerage offers you a guaranteed sale agreement, it's up to you to decide whether you're interested. Before you do, make sure you read and understand all of the fine print.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA). 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.

Community League Wellness Program

The Edmonton Federation of Community Leagues and the City of Edmonton are pleased to offer the Community Wellness Program exclusively for community league members.

The Community League Wellness Program offers community league members opportunity to purchase an annual pass or multiple admission pass packages to City of Edmonton sports and recreation facilities at a substantial savings.

Annual Pass – Community League Members receive a 10% discount on Adult, Family, Child and Youth/Senior Annual Passes (applies to new purchases only).

Continuous Monthly Pass – Community League Members enjoy a 10% discount using a convenient Pre-Authorized Debit Program.

Multi Admission Pass – Community League Members receive a 15% on the City's already discounted multi-admission pass (10+ visits)

Facilities and amenities include swimming pools, wave pool, dive tanks, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton, tennis and basketball courts, indoor running tracks, gymnasiums 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





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SPRING SESSION May 1 to 19, 2017

University of Alberta Education Centre

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780-492-5055 or www.my-ella.com

Taking time for yourself is important for your mental health

It sounds obvious but many of us may forget to take time for ourselves. People have all sorts of expectations for themselves and the drive to meet those can make it hard to take time. Taking a little "me" time is an important part of managing life's stresses.

While most of us may not enjoy feeling stressed, it's not always a bad thing. Stress is a biological reaction to what is going on around us and it is a part of how we function. Some stress is good, but chronic stress is not. When you begin to feel overwhelmed or

burnt out, one of the best things you can do is call a timeout, step back and take a moment for yourself.

When you take time for yourself, you are really making space for yourself in your life — giving your mind and body a break and time to re-energize. It's meant to be about you. There is no reason to wait until you are feeling burnt out to make time for yourself a priority.

Building breaks into your days can help keep stress from mounting. Whether it is a busy day at the office, at home or in your life in general, take the time to step away from whatever you are doing and focus on yourself. Make it a part of your everyday schedule and don't skip it — those breaks are just as important as any deadlines, homework, errands or other activities you have going on.

For more information on stress, stress management and how to identify stress, contact Health Link Alberta at 811 or visit www.myhealth.ab.ca.

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Community League News Feb/Mar 2017 7

Hazeldean News

Hall Rental 9630–66 Avenue,

Hazeldean Community Hall offers reasonable hourly, weekend, wedding and special event rental rates! We offer a full kitchen, seating capacity of 250/220 with alcohol, free parking and wheelchair accessibility. Our newly renovated Community Room is also available for rental with a maximum capacity of 50. We also have a new large and attractive private patio area directly off of our community room which is perfect for outdoor events.

Hazeldean Board

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

Committee Chairs: Playgroup Coordinator – Jennifer Casino Coordinator – Dawn Banner Edmonton Safe Parents Association – Dawn Banner

Contact Us Mail: 9630 – 66 Avenue, Edmonton AB T6E 4W9 Phone/fax: 439-0847 (24-hour answering machine) Web: www.bazeldean.org

Web: www.hazeldean.org E-mail:hazeldeanleague@shaw.ca

For more information about Hazeldean Community League visit our website: www.hazeldean.org or join us on Facebook.

Outdoor Soccer Registration



Start the registration process online beginning February 1, 2017 Finalize the process in-person at Hazeldean Hall on February 11, 2017, or Late registration in-person at Ottewell Hall on Sunday, March 12, 2017

Winter is half over and it's time to start gearing up for the outdoor soccer season!

Registration begins online at emsasoutheast.com starting February 1, 2017. On this website you will create a household account, create a player profile for each child, register for the 2017 outdoor season, and pay online*. (*Optional: you may also choose to bring cash/cheque at the mandatory in-person session as well.)

After you have registered online, you will attend an in-person soccer registration session at Hazeldean Community Hall to complete the registration process. The in-person registration session for Hazeldean residents is Saturday, February 11, 2017, between 12 p.m. and 3 p.m. at the hall. Please remember to complete the online registration prior to attending this in-person session, and to bring the list of required items and documents listed in the EMSA Southeast website registration instructions. Registration is not finalized until you have completed both the online and in-person registration.

For more information, including a helpful parent handbook, step-by-step instructions on how to register your child, and the list of items to bring to the in-person registration session - please visit emsasoutheast.com.

Can't make the in-person Hazeldean registration session on February 11? Late registration will take place on Sunday, March 12, 2017 between 1 p.m. and 5 p.m. at Ottewell Hall.

Swimming Update

Due to scheduled pool maintenance, the Mill Woods pool will be closed between January 2 - April 3, 2017. Hazeldean Community League members can enjoy community swim times at the Confederation Leisure Centre, located at 11204 43 Avenue, on Saturdays between 4 p.m. - 5:30 p.m. Please remember to bring your membership card to get in! For a list of places to buy your membership card, please visit hazeldean.org.



Volunteer With Hazeldean Community League!



Do you have a knack for events? Soccer? Writing? Community issues? The Hazeldean Community League is looking for you! Contact us at volunteers@hazeldean. org to learn more about the different fun opportunities available year-round.

What Do You Know About Snow? Winter Roads 101

The City of Edmonton has a comprehensive roadway maintenance program to help keep traffic moving safely in the winter months. Here are few helpful facts about winter road maintenance in the city, and in Hazeldean.

When are streets sanded?

Sanding is the City's first line of defense against slippery, unsafe roads. Streets are sanded as required to provide traction.

When will the main streets be plowed? Plowing begins on main roads when 3 cm of snow has accumulated and more snow is forecasted. Roads are plowed in this order:

- Highways;
- Freeways;
- Main arterial roads; Bus collector routes.

During a major plowing event -- after about 10 cm has accumulated on the ground -- you can check plowing status using the interactive map at edmonton.ca/ winterroads.

When are Hazeldean's roads bladed? Blading of residential roads is initiated

once a snowpack of about 5 cm has built up. But, it doesn't begin until highways, freeways, main arterial roads and bus collector routes have been plowed. Note that your neighbourhood is always bladed on the same day of the week, similar to garbage pickup.*In Hazeldean, blading always occurs on a Wednesday.* If blading isn't fully completed on your snow day, crews will be back over the weekend to finish up.

When are parking bans in effect?

Parking bans can be called anytime from November 15 to March 15 on roads with "seasonal parking ban" signs. Parking bans help ensure that City equipment can do the best possible job of clearing the roads so emergency and transit vehicles as well as motorists can get where they're going. Parking bans are called with a minimum of eight hours notice. Sign up for email notifications when parking bans are declared at edmonton.ca/winterroads, or watch for information on the fronts of ETS buses, in local media, on edmonton.ca, on digital message boards around the city and on social media.

Together, residents and the City of Edmonton help maintain the best possible conditions on our roads and sidewalks all winter long. Learn more about safe winter travel in Edmonton by visiting edmonton. ca/winterroads



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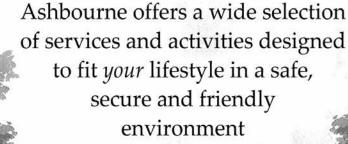
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Open House Dates: March 8 - Avonmore 6 - 8 pm March 9 - Oliver 5 - 7 pm

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Ritchie News

Community League Contacts

Executive:

President: Laura Cunningham-Shpeley Vice President: dallas Bartel Secretary: Tracey Price Treasurer: Simon Slater Board: Adult Programs: Tammy Hay Casino: Peter Willett / Caroline Belanger Civics: Max Merrett Communications: Amanda Heiford Community Events: Sam Heine Hall Maintenance: Ed Retzer Liveability/Safety: Julia Dalman Membership: Monika Trott Soccer: Dave Woo Sports: Leonard Wampler Children and Youth Programs: Leah Underhay Volunteer Director: Angie Tricka Ritchie Hall Revitalization Director: Jeff Ollis

Director-at-Large: Allan Bolstad Director-at-Large: Jim Kurylo Director-at-Large: Cecilia Oteiza Ayres

Monthly Meetings

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

CONNECT WITH RITCHIE COMMUNITY LEAGUE

- Co-ordinates: 7727 98 Street NW | Edmonton, AB |T6E 5C9 |780-433-7137
- By e-mail: ritchiewebsite@gmail.com
- Online: www.ritchieCL.com
- Facebook: facebook.com/Welcome-
- toRitchie
- Twitter: @RitchieYeg

Hall Rental

Hall Co-ordinator: Keri Walmsley • Ritchie Community Hall is a great enue for family and community events, large or small. There are two rooms to rent: one for 150 people, complete with stage and bar. The second room is more suited to intimate gatherings of 60 or fewer guests. Both rooms have access to a kitchen with commercial-grade appliances, and the fabulous parkland and recreation facilities just outside their doors. The facility has ample parking and is wheelchair accessible. Best of all, rent is discounted for Ritchie community league members!

To book a room, fill out the online rental request form at www.ritchiecl.com. You can also phone the league office and leave a message at 780-433-7137.

Soccer Registration This Month!

Okay Ritchie, we know that there is still snow on the ground and temperatures are below zero but it is time to start thinking about our glorious spring and the killer soccer season ahead. Ritchie soccer registration will take place mid month at the hall.

Similar to last year, parents will need to complete registration online at www.emsasoccerportal.com prior to heading down to the hall on Sunday February 12 between 1:00 and 4:00 pm. We know, you might want to skip this step, but you can't, sorry!

During registration we will need to see that online registration has been completed. Don't worry, it is easy to do. When we see you at the hall, it will just be a matter of checking your community league membership (or helping you purchase a new one), taking payments and signing you up for your mandatory volunteer duties.

Here's the thing, if you don't remember to register online, you'll have to fill out a hard copy at the hall and then take home a copy and fill out all the same details in the online version...it will be a pain and major waste of your time. Don't do it. Visit www.emsasoccerportal.com and follow the easy steps.

You've got this!!!

Free Swim

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

Time to Rock the Ritchie Colours

As Edmontonians, we have all probably forsaken fashion for warmth as the temperature drops. Fortunately this year, Ritchie has you covered...literally.

Mitts and Touques are now available for purchase on our fancy new website. Visit RCL virtual store: http://www.ritchie-league.com/store/ to pick out the coolest way to stay warm this winter.

Ritchie Chili Tastes Better

We are looking for residents and businesses to compete in our annual Chilli Cook-off on April 1st. Contact ritchieevents@gmail.com if you think you've got some hawt stuff!

We are looking for ACE People

We know Ritchie is full of great people that are super helpful, friendly and fun.

Last month, we talked a little about something that we think is pretty cool. The Abundant Community Edmonton (ACE) program is a neighbourhood engagement and organization approach that we are planning to adopt in Ritchie.

To get started however, we are going to need to hear from some potential Block Connectors.

If you don't know what that is, or you do and you are ready to sign yourself up for a great local initiative, visit our website. While you are there, please check out the Abundant Community Ritchie survey.

FREE Learn to Skate

Come to the RCL rink on the following days for some free learn to skate drop-in lessons:

Feb 11 2:30-5:30 pm Feb 18 2:30-5:30 pm Oh and just so you know, Ritchie's Karma Krew will be treating skaters to free hot chocolate and cookies during the February 11th session. Gotta fuel up right??? Thanks for the early Valentine's treat Karma Krew ... we love you!!!

Kindergarten Registration

Although the school won't be ready for next year, some of your kids may just be ready for kindergarten.

Parents that are looking to register their little guys for Escuela's half day program should get on it! Space is limited to two classes this year - one in the morning and one in the afternoon.

Kindergarten registration opens February 1st. Phone 780 433 5746 to book a tour and fill out your forms.

Swanky New School!

In January the parents at Escuela Mill Creek got an update about the new school that will be built on the existing site from Trustee Sterling and planner, Terri Gosine.

Looks like we will not be getting a cookie cutter school but rather a building that reflects the unique personality of the school and surrounding community.

The plan is to engage parents and community members and we have been told to get ready for a survey. Of course, we will continue to keep you posted as news becomes available.

A flu free New Year

It's not too late for your influenza immunization

You resolve to start the year healthy. To eat well, be active... but what about your flu shot?

Influenza season is here. As of December 10, 2016, more than 774 lab confirmed influenza cases have been confirmed in Alberta and 5,323 people with influenza-like symptoms have been reported. Of these cases, 189 have been hospitalized.

No matter how healthy you think you are, if you haven't been immunized yet this season, you're at risk of contracting influenza too.

The good news? Influenza immunization, or the flu shot, is still available, free of charge, to all Albertans six months of age and older.

Start your year healthy and stay that way; get immunized today.

For more information, including local clinic schedules, visit http://www. albertahealthservices.ca/influ/ or call Healthlink at 811.

Ritchie Programs

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

Boot Camp: Come out and get in shape with your friends and neighbours! Mondays from 8:30-9:30pm at the hall. RCL Members pay \$60 for 6 weeks, non members pay \$75.00. For more information, email: ritchieprograms@gmail.com.

Bingo: Join us every second Wednesday from 6-9pm. For more information, email Joanne: j_niederhaus@hotmail.com.

Bridge Club: Play continues at Ritchie hall with up to 25 tables playing every Friday. Doors open 11 am. Games start at noon. Newcomers are welcome. Contact Rose-Marie: 780-439-4884 or Stella 780-504-3972.

Cribbage Club: We are continuing to meet bi-weekly at the hall. Doors open at 12:30 pm. and we start playing at 1:00 pm. In February we will play on the 8th and 22nd. For more information please call Kate - 780 433-0977 or Maryann - 780 462-8582.

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

Fit for Life (Formerly Older Adult Fitness) Classes: Tuesdays and Fridays from 9 - 10am. Move to the oldies in this mixed-level class offering exercise for every body! The workout includes components of cardio, strength training, balance and flexibility for a well-rounded one-hour workout! For more information, email Lynn Lindsay: lynnlindsay828@gmail. com or call 780-996-2182. RCL Preschool Playgroup: The (free!) pre-school play group at Ritchie Hall happens on Wednesdays from 10 am-12pm. Bring your children between the ages of 0-5 years to the Ritchie Community League to meet and hang out with other Ritchie parents, have your kids play together, and enjoy complimentary coffee and snacks as well! For more information contact Stephanie at couture.stephanie@ hotmail.com

Teen Art Night: Join us for Teen Art Night once a month on Tuesdays from 5:00-7:00pm at the hall. This program is perfect for budding artists 12 and over. The cost is \$12 per class and includes a light meal. Register online: https://docs.google.com/a/albertabusinessgrants.ca/forms/d/e/1FAIpQLSd8Y huIkRE1NGMwbPRFeTkVZw_69Voc 3opFb0WQ0dBONJ_RBw/viewform

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 http://www.ritchie-league.com/yoga/ or contact Kristal at kristalcforrest@ hotmail.com.

Zumba at Ritchie Hall: Time to try something new! Please join us Mondays 7-8 pm. No dance experience necessary, all levels of fitness welcome! Please bring indoor shoes and a water bottle. More questions? Email Margareta Jesse: zumbamj@outlook.com. Drop-ins are welcome. Fees apply. Please note Zumba will be cancelled on Family Day - Monday, February 20.

In Our Community

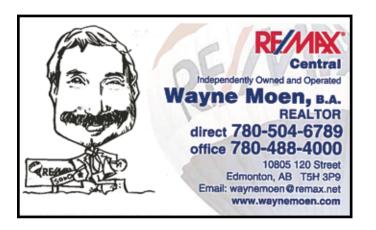
Caminitos Spanish Playschool: Offers a bilingual Spanish program for children aged three to five. No prior Spanish knowledge is required. Children learn Spanish through play guided by experienced and qualified bilingual teachers specializing in early childhood education. Located at Escuela Mill Creek (9735-80 Avenue). For more information or to register, please visit www. caminitosplayschool.com. Please attend our Open House on Monday, February 13 starting at 5 pm. Registration begins on March 1 for September, and we are adding Tuesday/ Thursday classes this year!

Ravenwood Temple Meets the second Sunday evening of each month at 5:30 p.m. E-mail CWAA for more details.

Edmonton Bicycle Commuters' Society (EBC): EBC will recognize all Ritchie Community League 2015-2016 membership cards as equal to EBC membership cards. Ritchie members can now access the following EBC services at discounted rates: Use of EBC shop tools, stands and volunteer support: \$2/hour. Workshop and course registration: now \$5 less than non-member fee! Check out the EBC web site: edmontonbikes.ca. Edmonton Reptiles and Amphibian's Society: Meets on the third Tuesday every month at Ritchie Hall from 7:30 - 9 p.m. For more information, contact Tim.

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

Yoshinkan Karate for Families: Ritchie Community League Hall is home to a Karate school that provides lessons for adults, children (age 7+) and families. Everyone is encouraged to come and try TWO FREE classes at any time. Classes run from September to June on Tuesdays and Thursdays at 7:00 p.m. Classes are taught by certified Black Belt instructors and focus on fitness, self-defense and fun in a safe and social atmosphere providing our members with a place to develop their bodies, minds and spirits while learning traditional Karate. Please visit www.KarateInEdmonton.com, or call 780-913-1652 for more information. New students are always welcome. Also, see our website or ask about our discount for Ritchie Community League Members!



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



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