

COMMUNITY LEAGUE NEWS SOUTH

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



June/July 2017

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SCCL needs you: Casino EFCL Community Day Volunteers

By Barry Hickie, Casino Director SCCL

Dear members and neighbours,

Strathcona Centre Community League (SCCL) needs volunteers to work at our casino fundraising event. We have need for volunteers on the following dates:

- **Saturday, July 8 2017**
- **Sunday, July 9 2017**



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

- inform residents about things happening in Strathcona by newsletter delivery or other media
- organise programs and events to bring together our members and/or inform our Strathcona residents
- a voice on issues in our community
- ...and so much more!

No experience is necessary to become a Casino Volunteer! You can sign up through our link: <http://signup.com/go/vk54ks>

Or look at our website for more information: <http://www.strathconacommunity.ca>

If you have any questions, please contact me directly through email: barryhickie05@yahoo.com

Thank you in advance for volunteering.

Keep your eye out for information regarding Community Day 2017 coming in September. Each year all the leagues across the city have events to highlight the benefits of being involved in your community league. Argyll has held an outdoor movie for the past two years. As this is the 100 anniversary of the establishment of our community league system in Edmonton it is an especially big event. A special place commemorating this anniversary is being constructed in Hawrelak Park near the pavilion stage.

Save the Date: Hazeldean Community Summer BBQ



Save the date for the Annual Hazeldean Community Summer BBQ on **June 29, 2017**. It will be a great chance to gather with neighbours and meet fellow community members! Watch our website for more details: hazeldean.org.

Beat It!

Ritchie Community League

The Backbeat Block Party is returning on Sunday, June 18. The event will be held in the alley between 100 and 101 St. and 81 and 82 Ave.

This annual community event celebrates local arts and features live music, art demonstrations, exhibitors and food from local restaurants.



Mill Creek School Replacement UPDATE

Last month, community members and parents had the opportunity to meet the Project Team and provide some design ideas. Following the 'visioning session' an online feedback form was made available on the Escuela Mill Creek School website. Everyone is encouraged to share ideas and any concerns about the project.

On June 15, the Project Team will be hosting another community engagement session. The evening event will kick off at 6:30 in the school gym. Parents and neighbours will have an opportunity to see the proposed design concept and provide feedback.

Where: Escuela Mill Creek School

9735- 80 Avenue

When: June 15th from 6:30pm

For more information, call 780-429-8000 or visit the Edmonton Public Schools website.

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Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE

President	Maureen Duguay president@strathconacommunity.ca
Past President	Jeff Samsonow pastpresident@strathconacommunity.ca
Vice-President	Conrad Nobert vicepresident@strathconacommunity.ca
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Programs Chair	Vacant programs@strathconacommunity.ca
Social Chair	Vahid Ayan social@strathconacommunity.ca
Soccer	Vacant strathcona@southeastsoccer.ca
Civics / Planning	Grant Moore civics@strathconacommunity.ca
Safety Committee	Barry Hickie safety@strathconacommunity.ca
Building and Grounds	Benjamin Tucker grounds@strathconacommunity.ca
Green Initiatives	Brenda Reid green@strathconacommunity.ca
Community Garden	Kelly Binnington garden@strathconacommunity.ca
Hall Use Committee	Vacant hall@strathconacommunity.ca
Neighbourhood Renewal Ad-Hoc Committee	Conrad Nobert
Community Liaison	Kelly Fox John Watson
Community Hall	Jeanie McDonnell Helen Gillespie 780-439-1501
Website Manager Information	webmaster@strathconacommunity.ca info@strathconacommunity.ca

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

Community League website: www.strathconacommunity.ca

EFCL website: www.efcl.org

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

Board meetings are held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information phone 780-439-1501 or e-mail at info@strathconacommunity.ca

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

The copy deadline for the August/September issue of Community League News is July 24, 2017. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca



Hall Rentals

- **Main Hall:** Max capacity 105
With tables and chairs will hold fewer people (number will depend on set up)
Amenities include hardwood floors, balcony, stage, and a bar. \$150 - \$400
- **Lounge:** Seats 30 -35
Overlooks the End of Steel Park and sunsets over the river valley
Amenities include a bar, fireplace, television and piano. \$75 - \$260
- **Concession/Small Meeting Room**
A small meeting room (concession) on the main floor seats 10-12. \$20 - \$75

To check rental availability and for rate details, visit www.strathconacommunity.ca/facilities/hall-rentals

To rent hall facilities, please download and review the Hall Rental Agreement Form (PDF) and contact Helen Gillespie, Hall Manager, at 780-439-1501. If you need clarification on any item, please email hall@strathconacommunity.ca However, all rental agreements are made with the hall manager.

Community League members of at least 6 months receive a discount on rates. Rentals are not confirmed until payment is made and the rental contract signed.

If your event is public, we can help you advertise. Contact the hall committee chair to have your event posted to our website.

One Pride, Many Voices

The Edmonton Pride Festival will be back in our neighbourhood this June. The Strathcona Community will be primarily impacted between Friday, June 9 and Sunday, June 11, 2017.

The site set up will begin Wednesday, June 7th and the anticipated completion will be Monday, June 12th. There will be some traffic and ETS interruptions between June 8 and June 12.

For detailed information about the Festival, please visit www.edmontonpride.ca/festival/faqs

For ETS detours, please visit <http://etstripperplanner.edmonton.ca/detoursandclosures.aspx>

If you have any questions or concerns, please contact Angela Bennett at 780-267-7433 or email executivedirector@edmontonpride.ca You can also call 311.

As a token of Pride's appreciation to the Strathcona community impacted by the festival, residents are invited to the festival Picnic, Sunday, June 11, at the Strathcona Community League between Noon and 3pm.

99th Street Planters

The Strathcona Community League is seeking residents interested in supporting local businesses by tending the planters along 99th Street. Please email Kelly at garden@strathconacommunity.ca

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Celebrate Canada's 150 with the Community League!

We are organizing an event for Canada's 150 birthday in Old Strathcona. This is a family oriented, eco-friendly event and will include an outdoor movie, local musicians, outdoor lawn games, jumping castle, and arts & crafts. There will be an integration of community business displays and support activities that will focus on our local history. Recognition will be given to the unique heritage of our Indigenous People.

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

The event will be held in mid-September (date yet to be finalized – we'll post it on our website once confirmed) at our community hall and grounds. If you'd like to help by volunteering or if you have suggestions to make this the party of a century and a half, contact us at social@strathcona-community.ca

Free Outdoor Pool Swims

Use your Community League membership for free swims at certain times.

Community League Free Swim (with a 2016/17 membership)

Mill Creek Outdoor Pool
Every day 7:00pm – 9:00pm

Queen Elizabeth Outdoor Pool
Sunday & Tuesday
5:00pm – 7:00pm
Monday & Wednesday 6:00pm – 8:00pm

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

Oliver Outdoor Pool
Sunday, Monday, Tuesday & Wednesday
6:00 pm – 8:00pm

Memberships are available by contacting Lois through membership@strathconacommunity.ca

Or you can purchase one on-line (there is a \$5 service charge) at <http://efcl.org/membership/>

Seeking Community League Program Director

Are you interested in getting involved in the community? It's a great way to meet others and make a contribution. The Community League Board has a vacancy in our Program Director position. If you have an interest in working with Board members and people in the community to coordinate existing programs and perhaps create new ones, this is the position for you! Duties include:

- Attend monthly Board meetings (no meetings in July or August); provide input to Board initiatives.
- Work with the City of Edmonton, through the board's assigned Community Recreation Coordinator (CRC), to organize and promote City-run programs, camps, and use of park and hall facilities.
- Coordinate existing programs, and develop new programs such as yoga, Board Games nights, Art Classes for children, etc.

For further information contact Jeanie at hall@strathconacommunity.ca or 780-803-0900, and/or attend our next Board meeting on Monday, June 12th, 7pm at the hall.

Strathcona Playgroup

The Strathcona playgroup hosts a playgroup (September-June) twice a week at the hall, 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

League Programs and Activities

HEALTH AND WELLNESS

Check out our health and wellness programs to keep fit and healthy! Please check the on-line calendar for specific dates, as there may be a break between sessions, or during the summer.

Zumba

Monday evenings at 7pm

Let the Music Move You! Using Latin and International rhythms these Dance Fitness classes are fun, energetic and make you feel amazing. In a Zumba class participants do what they can, making it perfect for people of all fitness levels.

Dates: Mondays: June 5, June 12, June 19.

Cost: \$12 for drop-in

Contact: Melanie Kidder, 780-722-7558

www.facebook.com/melsactivelife

Yoga with Kyla Fischer

Tuesday and Thursday mornings

9:30 – 10:45am

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. All levels are welcome!

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

Dates: Classes continue until June 22nd.

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

Yoga with Corinne McNally

Tentatively coming fall 2017

Wednesday evenings – 7:00 – 8:15pm

Yoga is a holistic practice that can open & strengthen your body, revitalize your energy and bring peace to your mind. These classes are perfect for both beginners and seasoned practitioners, and are taught in a friendly and supportive environment. All levels welcome.

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

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

Contact: Corinne McNally at corinnemcnally@gmail.com

Website: www.lotusmoonyoga.ca

Heal Your Life discussion group

Saturday mornings

Dates: June 17, July 8, Aug 19

10:30am to noon

In this session based on Louise Hay's book, You Can Heal Your Life, we'll explore the topic of stress, anger and fear. In today's busy, crazy world they are around us all the time. How can we deal effectively with them?

Session starts at 10:30 am Saturday morning for an hour and a half at the Strathcona Community Hall (upstairs in the Lounge). Cost: \$10 drop in (the first two sessions free to community league members)

Contact: To register contact Dianne at 780-904-0796 or Dianne.authentic.natural.you@gmail.com

SPANISH/ENGLISH LANGUAGE EXCHANGE

Join us and practice English and Spanish! Whether you study English or Spanish, this is the perfect place to interact with native English and Spanish speakers in a casual and friendly environment.

• Our first meeting will be held on Thursday, June 15th, 2017 from 6:30 to 9:00 pm

• Future meetings will be held on Friday nights (Jun 23, 30, July 7, 14, 21, 28, Aug 4, 11, 18, 25)

• In the community hall (10139 87 Ave), upstairs in the Lounge (use the ramp on the north side of the building)

• Cost \$ 20 (Snacks and Drinks are included)

• To register email albertalanguageexchange@gmail.com and indicate your native language and level in your desired language.

PUB NIGHTS

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

Friday, June 16th – tequila tasting
Harold Wollin, community resident and owner of the Blue Chair Café, is going to serve and tell us about three of his favourite tequilas.

No pub nights in July and Aug

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

BOARD GAMES DAY/NIGHT

Every month we have a game playing event. We have tried an evening and a morning, weekday and weekend – we are willing to do what's best for the participants. This is a family-oriented event so bring the kids! There is a small cover charge to cover coffee & snacks.

Bring your own favorite game or just come, learn and play with ours. Get to know your neighbors. Check out our website for future Board Games dates. For more info, email social@strathcommunity.ca

For more information, contact programs@strathconacommunity.ca

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



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

Summer Programs for Kids

ART AT THE HALL

The Strathcona Community League will be offering art classes for kids at the hall this summer. Join Berna Ponich from ARTAGOGO for a week exploring drawing and painting and/or printmaking techniques in a relaxed and encouraging atmosphere. All skill levels are welcome.

• *July 17 - 21*

6-8 yr olds - 10:00 - 11:30am

9-12 yr olds - 11:45 - 1:15pm

• *August 14 - 18*

6-8 yr olds - 10:00 - 11:30am

9-12 yr olds - 11:45 - 1:15pm

- Cost: \$100 for the week including all materials and a sketch book

Registration: Contact Berna at berna@telus.net for more information and to register.

Space is limited

*children must be 6 by the start date

Berna Ponich studied Fine Arts at the Alberta College of Art and Design and went on to receive her B.Ed. at the U of A, with a major in art education. She has been teaching for 27 years and currently runs classes through Artagogo, the City Arts Centre and is in her fourth year as Artist in Residence at King Edward School.

KIDS' YOGA CAMP

Two summer yoga camps will be offered at the Strathcona Community League Hall:

• *For ages 4 - 6:*

July 10 - 14

9:00am - 12 noon

Cost: \$150

• *For ages 6 - 9:*

August 7 - 11

9:00am - 12 noon

Cost: \$150

- The camps will emphasize having fun as well as developing physical skills, creativity and mental focus. We will practice poses while taking imaginative journeys, moving to music and playing games. We will also do yoga related crafts, outdoor explorations and age-appropriate mindfulness and relaxation activities. Both camps will be run by two certified kids' yoga instructors from Yogi Kids.

To register contact info@yogikids.ca or call or text Tina at 587.341.7777

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

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

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

Ages: 6 - 12 years

(children under 6 must be supervised by a parent or guardian)

Dates: Wednesdays and Fridays

July 5- August 25

10:30am to 1:30pm

Cost: Free!

Location: At the park and spray park by the hall

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

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

PAINT PLASTER AND PLAY CAMP

Let your imagination soar and create a masterpiece! Use your creative skills as you explore a variety of art activities including painting, sculpting, paper mache and sketching. Participants will also enjoy a field trip to an art gallery!

Ages 8-13

July 4 to July 7

9:00am to 4:00pm

Strathcona Community Hall

Cost: \$130

This is a City of Edmonton program. To register go to <https://ereg.edmonton.ca/Activities/ActivitiesCourseDetails.asp?aid=879&cid=607918> or call 311. Course code is 596274

Local Artist Gives to School/Community

By Cheryl West-Hicks

Old Strathcona is known for its artists, and there's one in particular who gives to her community in a big way. Berna Ponich studied Fine Arts at the Alberta College of Art and Design in Calgary and earned a B. Ed. from the U of A with a major in art. Berna's long list of teaching experiences, both in and outside of the school system, include teaching Junior high, teaching at the City Arts Centre and teaching private art lessons.

In addition to that, Berna volunteers her time at the local King Edward Elementary school, and at community league events. Even though Berna's son long ago moved on from elementary school, she made the decision to volunteer her time as an artist in residence. The students wait impatiently for Berna to make her rounds to their classrooms. Excited variations of "It's Berna day!" can be heard around the neighborhood. "Getting to teach all of the kids every year gives me an opportunity to develop and build upon skills year after year." This is a great fit for King Edward, which has an Arts Enrichment focus.

Berna also does various volunteer jobs with the Strathcona Community League, including as leader of an art project for all ages at the annual Arts BBQ in the fall.

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

PUBLIC OPEN HOUSE: BATEMAN LANDS ON 99 STREET

A City Open House was held at King Edward School on March 22, 2017, with 126 people attending. The City has reviewed the input received at the open house and compiled that information into a What We Heard Report.

https://www.edmonton.ca/city_government/documents/Bateman_Lands_What_We_Heard_Report_March_2017.pdf

Application LDA17-0006 is going through formal review by the Edmonton Design Committee and will be scheduled for a Public Hearing (TBD). The Public Hearing is where City Council will hear presentations from the applicant and the public before making a decision.

Urban Pole Walking

Wed mornings at 7:30am

Sunday afternoons at 1:00pm (pending)

Stay active and meet some new friends!

Join the Strathcona Pole Walking Group

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

All fitness levels are welcome so dust off the walking shoes and dress for the weather in layers because you will get warm once we get moving. 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.

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

*If you are interested in leading a walking group on Sundays (or possibly another day), email hall@strathconacommunity.ca. A quick training session will be provided.

Cost: Free

Dates: Every Wednesday morning at 7:30am

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



Natsu Matsuri Festival on July

Second Annual Summer Festival sponsored by the Edmonton Japanese Community Association. Saturday, July 8th from 2:00 PM until 8:00 PM. It will be held at the Community Hall and outside in Argyll Park. Natsu Matsuri is an annual summer event which has only recently moved to the Japanese Centre. Last year it was well attended. Be sure not to miss the opening Ceremony.

Family Soccer Fun Nights

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

Participate in the Social Committee

Argyll Events are organized by the 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 only 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>

Argyll YOGA



Yoga classes will return to the Argyll Community Hall this fall.

It is "Hatha Yoga" with special consideration for those who are new to yoga or are limited in movement. Look for more information as summer comes to a close.

If you have any questions about the classes you can phone Renee at 780.431.1916.

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

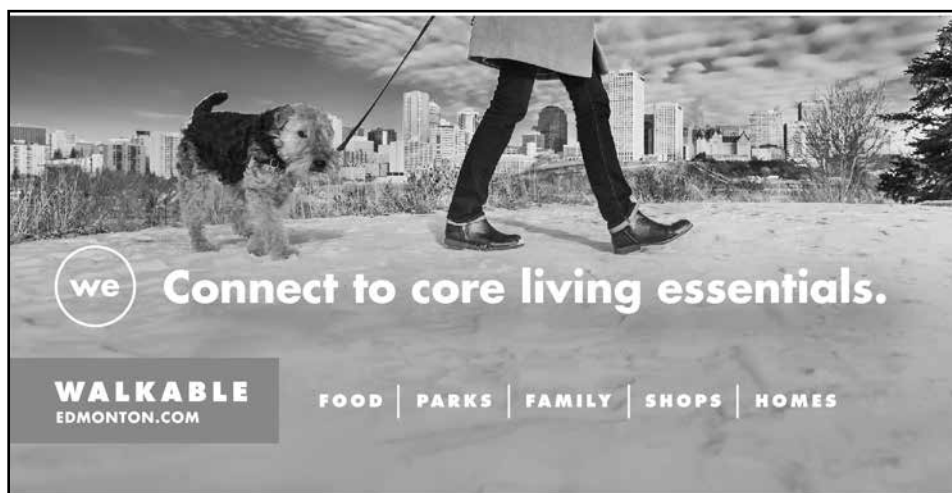
If you wish to be added to our EVENTS e-mail distribution list get your name into argyll.social@gmail.com. There is a sign-up link on the EVENTS web page. Also look for our Twitter feed and the Facebook page for Argyll CL.

Community Swimming Outdoors

Pool Schedules:

- Fred Broadstock Outdoor Pool: Sunday, Monday, Tuesday & Wednesday 5:00 – 7:00 PM until September 05.
- Oliver Outdoor Pool: Sunday, Monday, Tuesday & Wednesday 6:00 – 8:00 PM until September 08
- Queen Elizabeth Outdoor Pool: Sunday & Tuesday 5:00 – 7:00 PM & Monday & Wednesday 6:00 – 8:00 PM until September 01.
- Mill Creek Outdoor Pool: Sunday, Monday, Tuesday, Wednesday, Thursday, Friday & Saturday 7:00 – 9:00 PM until September 08.

Present your community league membership card for families and individuals using the pool.



Linda Duncan

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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www.LindaDuncanMP.ca
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June is Stroke Month – know the signs and what to do

A stroke is a sudden loss of brain function caused by the interruption of blood flow to the brain (ischemic stroke) or the rupture of blood vessels in the brain (hemorrhagic stroke). The interruption of blood flow or the rupture of blood vessels causes brain cells (neurons) in the affected area to die. The effects of a stroke depend on where the brain was injured, as well as how much damage occurred. A stroke can impact mobility, sight, memory, speech, reason, and the ability to read and write.

Stroke is a medical emergency. It's crucial to call 911 or get to an emergency department immediately if experiencing signs of a stroke, even if the symptoms pass.

General symptoms of a stroke include:

- Sudden numbness, tingling, weakness, or loss of movement in your face, arm, or leg, especially on only one side of your body.
- Sudden vision changes.
- Sudden trouble speaking.
- Sudden confusion or trouble understanding simple statements.
- Sudden problems with walking or balance.

- A sudden, severe headache that is different from past headaches.

F-A-S-T is a simple way to spot the main symptoms of a stroke.

F = Face. Is it drooping?

A = Arms. Can you raise both?

S = Speech. Is it slurred or jumbled?

T = Time. Don't waste it. Call 911 right away.

Acting quickly can improve your survival and recovery.

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

Keep safe against West Nile

Warm summer weather brings mosquitoes... and with them, the risk of West Nile virus.

Alberta Health Services (AHS) reminds you to make a summer habit of protecting yourself and your loved ones from mosquito bites, and their potentially severe health consequences.

"With exposure to mosquitoes comes risk of West Nile virus," says Dr. Gerry Predy, Senior Medical Officer of Health, AHS.

"Because some mosquitoes carry West Nile virus, it's important to avoid being bitten at all."

Whenever engaging in outdoor activities this summer, all Albertans should take these simple steps to prevent bites and protect themselves from West Nile virus:

- Wear a long-sleeved, light-colored shirt, pants, and a hat.
- Use insect repellent with DEET.
- Consider staying indoors at dawn and dusk, when mosquitoes are most active.

"These steps can make it harder for mosquitoes to find you, and remember: if mosquitoes can't find you, they can't bite you," says Predy.

After being bitten by a mosquito carrying West Nile virus, humans can develop West Nile Non-Neurological Syndrome (formerly known as West Nile fever) or the more serious West Nile Neurological Syndrome.

Symptoms of Non-Neurological Syndrome can be uncomfortable, including fever, chills, nausea, vomiting, fatigue, skin rash, swollen glands and headache. For those individuals who do develop Neurological Syndrome, symptoms can be much more severe, including tremors, drowsiness, confusion, swallowing problems, high fever, unconsciousness, paralysis and even death.

From 2003 to 2016, more than 680 Albertans have suffered the consequences of West Nile virus infection, many of whom got bitten right here in Alberta.

To learn more about West Nile virus and reducing your risk, visit www.fightthebite.info or call Health Link at 811.

Your friends will wonder where your where hiding your talent.

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PLANWHYTE OPEN HOUSE

BUILDING A BRIGHT WHYTE FUTURE

The City of Edmonton is holding a public open house for **planWhyte**. Come share your input on the design vision, concepts and guiding principles for the Whyte Avenue commercial area.

Date: Tuesday, June 20th, 2017
Time: Drop-in 6:00 p.m. to 9:00 p.m.
Location: Old Timers Cabin
Address: 9430 Scona Rd NW, Edmonton

www.edmonton.ca/planwhyte

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Hazeldean News

Hall Rental

9630-66 Avenue,

Hazeldean Community Hall offers reasonable hourly, weekend, wedding and special event rental rates! We offer a full kitchen, renovated washrooms, seating capacity of 250/220 with alcohol, free parking, and wheelchair accessibility. Our newly renovated Community Room is also available for rental with a maximum capacity of 50. We also have a large and attractive private patio area directly off the Community Room which is perfect for outdoor events. Visit our website at hazeldean.org for photos and info, or contact us at hazeldeanleague@shaw.ca.

Hazeldean Board

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

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

Volunteer with Hazeldean Community League

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

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

League Programs and Activities

Playgroup

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

Yoga and Fitness Classes

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

Karate

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

2017 Outdoor Pool Schedule

Edmonton's outdoor swimming pools are now open!

Mill Creek Outdoor Pool - opening June 1 (originally May 20)
Fred Broadstock Outdoor Pool - opening May 20
Queen Elizabeth Outdoor Pool & Kinsmen Spray Park - opening May 20 (was originally June 1)
Oliver Outdoor Pool - opening June 10

Pools may still close during cool temperatures, extreme weather, and bookings. The outdoor pool status is updated daily at 10 a.m. and 2 p.m. on the City of Edmonton Outdoor Pools webpage.

For more information, visit: https://www.edmonton.ca/activities_parks_recreation/outdoor-pools.aspx

Reminder: Register Your Child For Community Summer Daycamps

The City of Edmonton Neighbourhood Registered Daycamp Programs offer a variety of themed experiences for children ages 2 to 12. Day camps are hosted at Community Leagues across the city, including a full-day arts and crafts program for ages 8-13 hosted at Hazeldean Community League between July 31 and August 4, 2017; and a summer half-day camp for ages 4-6 years old nearby at Avonmore Community League for the week of August 14.

Registration for summer daycamps are open, and there are multiple ways to register.

Learn more about the different programs offered and how to register by calling 311 or visiting: https://www.edmonton.ca/activities_parks_recreation/community-daycamps.aspx.

Be a Good Sport

The sun is shining and the smell of fresh-cut grass is in the air. Outdoor sports season is here at last!

The City of Edmonton maintains over 1,600 ball diamonds, soccer pitches and multi-use fields. Field users are asked to help us keep our fields in shape all season long by adhering to a few simple rules:

- Be respectful of the field and neighbourhood; you're a guest there.
- Don't litter, smoke, or drink alcohol on the field.
- Park only in designated areas.
- Respect closures; they're for the good of the field.
- If water pools on the field, don't use it.
- Report damage and violations to 311.

Fields are closed periodically for maintenance, rest and rejuvenation. These short closures can help prevent longer, costly closure, and extend the life of the field. Visit edmonton.ca/sportsfields and check "Notifications" to confirm your field is open before heading out. You can also sign up to receive email or RSS closure notifications.

WHY 30 AT JUNIOR HIGH SCHOOLS?

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

WHY IS IT IMPORTANT TO SLOW DOWN?

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

Stopping at **30 km/hr**
11m – 13 m 5m wet or icy
approximately the length of three small cars



Stopping at **50 km/hr**
24m – 28 m 10m wet or icy
approximately the length of six small cars



MAXIMUM

30

08:00 – 16:30
SCHOOL DAYS



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ATVs: Be as Safe as Possible

As snow-blowers and shovels are tucked away for another season, Albertans are venturing outdoors to enjoy the spring weather. Alberta Health Services (AHS) is reminding all Albertans, and particularly parents of children less than 16 years of age, to make ATV safety a priority.

There are significant risks associated with the use of ATVs. Children less than 16 years of age have not yet developed to the point of having the strength, skills or judgment needed to operate an ATV, and this includes ATVs marketed as ‘child-sized’.

Parents of children less than 16 years of age are advised to ensure they do not drive or ride in an ATV.

Albertans 16 years of age and older are urged to take the following precautions to ensure their ATV excursions are as safe as possible:

- **Get Trained**
Before you hit the trails, get formal hands-on training from a recognized/trained ATV instructor. Don't be shy about refreshing your training seasonally.
- **Wear the Gear**
A helmet can save your life: from 2002 – 2013, 41 per cent of ATV-rider deaths in Alberta were due to head injuries. In 77 per

cent of these head injury deaths, the ATV riders were not wearing a helmet. In addition to a helmet, always wear a jacket, long pants, goggles, boots and gloves.

- **Look First**
Be sure you're aware of the weather forecast, fire outlook/potential, and any hazards (geographical, animal or human) that the trail(s) you're on could pose.
- **Buckle Up**
Be sure that you're fastened in properly, and that all gear and equipment (including your ATV restraints) are in proper working condition before you hit the trails.
- **Drive Sober**
Don't drink or do drugs before or while operating an ATV. 55 per cent of those who died in ATV crashes between 2002 and 2013 tested positive for alcohol.
- **Seek Help**
Before you head out on the trail, let others know where you're going and when they should expect you back. This helps your loved ones know when to call for help if you've been gone too long. Take a cell phone or working radio with you, as well as a first aid kit.

Never hesitate to call for help if you're stuck, have damaged your ATV, or are injured.

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Ritchie News

Community League Contacts

Executive:

President: Tammy Hay

Vice President: Tracy Price

Past President: Laura Cunningham-Shpeley

Secretary: Cecilia Oteiza Ayres

Treasurer: Peter Willetts

Board:

Abundant Community: Caroline Belanger & Julia Dalman

Civics: Max Merrett

Communications: vacant

Community Events : Sam Heine

Fundraising: Simon Slater

Hall Maintenance: Ed Retzer & Leonard Wampler

Liveability/Safety: Julie Dalman

Membership: dallas Bartel

Programs: Chantal Lavoie-Michaud

Ritchie Hall Revitalization Director: Jeff Ollis

Soccer: Dave Woo

Sports: Leonard Wampler

Volunteer Director: Angie Tricka

Director-at-Large: Allan Bolstad

Director-at-Large: Maureen O'Neil

Director-at-Large: Leah Wilson

Monthly Meetings

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

CONNECT WITH RITCHIE COMMUNITY LEAGUE

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

• By e-mail: ritchiewebsite@gmail.com

• Online: www.ritchieCL.com

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

• Twitter: @RitchieYeg

Hall Rental

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

To book a room, fill out the hall rental inquiry form.

AGM Awesomeness

Thanks Ritchie for taking the time to attend the Annual General Meeting last month and of course for voting in your brand new Executive team and Board.

We are a touch biased but we think our community is pretty special. Ritchie has great people who are willing to contribute their time and energy, share neat ideas and work hard to make the community even better!

To the left is a peek at the new roles and fab volunteers

SAVE THE DATE

June 10	RCL Bike Day
June 18	Backbeat Block Party
June 25	SCONA Seniors Garage Sale
June 26	NDP Kitchen Table Talk
June 29	R-ACE BBQ
July 4	Pop up Play Starts
Aug 20	Regency Costume Fair
Aug 26	Pagan Pride Day
Aug 28	MP Linda Duncan BBQ
Aug 31/	
Sept 1	Ritchie Casino
Sept 7	RCL Board Meetings Resume
Sept 9	Beer Geeks Cask-Aged Ale Fest
Sept 16	Community League Day
Sept 29	RCL Pub Night
Oct 21	Oktoberfest

Well Done Mill Creek Clean Up Crew

A big thanks to everyone who joined in the clean up efforts last month. It was great to see so many people out doing their part to keep our community and river valley just the way Mother Nature intended. Let's make it another trashy date for next year!

Did Someone Say FREE Treats?

Abundant Community enthusiast and Ritchie Community League Vice-President Tracy Price has a sweet ride that is about to get even sweeter!

Tracy and her trusty side kick have turned her bike into a Treat Mobile for the summer. Keep your eyes peeled for these neighbourly minded ladies because they will be handing out free cool treats to people in the hood!

Yup - this is what Abundant Communities is about - hooking Ritchie up with all the good stuff! Nice work ladies!

RCL Spotlight

We are pleased to introduce you to our amazing and talented new President - Tammy Hay. Her community league track record to date is of course impeccable and we can tell you that she also makes the best pickled carrots ever. Tammy's got big shoes to fill but we have no doubt she will nail this!

1. What is your Role on the Board?
President

2. Why did you volunteer?
When we moved to Ritchie I wanted to get more involved in the community so I attended a board meeting and the rest is history!

3. How long have you lived in Ritchie?
Three wonderful years this summer!

4. Why did you pick this neighbourhood?
Mill Creek Ravine was the initial draw, and it is so easy to get almost anywhere in the city from here.

5. What is the best thing you've discovered in Ritchie?
Awesome new friends and neighbours!

6. What is your wish for the next 5 years in Ritchie?
I am excited for Abundant Communities grow and bring people together even more in Ritchie, including those West Ritchie residents!

7. What is your favourite Ritchie Event/program and why?
Chili Cook Off for sure, but I am really excited for this year's Community League Day, it is going to be incredible!!!

8. What do you do when you aren't volunteering?
I love to spend time with my husband, Chad, and two dogs, Kaiser and Aria, exploring the ravine. I also have a passion for cooking!

9. What book did you read last?
Jamie's 15 Minute Meals (Jamie Oliver) - Yes, I read cookbooks like most people read novels!

10. What's the one thing you can't live without?
I hate to admit it, but my phone! It is my camera, my calendar, my organizer, my connection to my family in Saskatchewan, my grocery list...I can go on, it does everything for me.

A Face of ACE

Maureen O'Neil has a lot of commitments. In addition to being a mom to energetic four and one year-old boys, working full time, volunteering, and joining the Community League Board last month; the energetic Block Connector is trying to make a difference in northeast Ritchie.

"I initially saw the Abundant Community Edmonton program on the League's Facebook page and it looked really interesting," she says. "I think neighbourly connections benefit everyone so I don't mind doing my part to make our community a great place to live."

As a Block Connector, Maureen is looking to engage with the people on her street and build relationships. She recognizes the advantages to knowing and working with her neighbours. "It sort of started out as a search for a reliable babysitter to be honest," she jokes. "But I soon realized that there was much more to be gained than a few nights out."

After the snow melted earlier this year, Maureen started worrying about her eavestroughs. Not being particularly knowledgeable in the area, she asked a few people on her street for recommendations. "We ended up finding six homes that were planning to do a spring clean up," she says. "I called around and discovered that if we coordinated, we could get a 10% discount on the service so it worked out nicely for all of us."

In the coming months, Maureen will be exploring other interesting ways to add value on her block. The Abundant Communities program has various tools that help volunteers to identify local skills, determine interest in social activities like block parties, and collect ideas for the neighbourhood.

"I'm a friendly and fairly outgoing person so the Block Connector role is a good fit," she says. "There are tons of great things going on in Ritchie and I'm just glad to be a part of it all." Ritchie's Abundant Community program is continuing to gather momentum.

We are still actively looking for local volunteers to fill Block Connector roles. If you would like to learn more please email: ritchieconnector@gmail.com

Ritchie Programs

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

Bingo: Join us every second Wednesday from 6-9pm. Due to some cancellations, bingo will be extended for 2 more sessions - June 7 & 21. We will then take the summer off and start back on September 6! For more information, email Joanne: j_niederhaus@hotmail.com.



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



Cribbage Club: We are continuing to meet bi-weekly at the hall. Doors open at 12:30 pm. and we start playing at 1:00 pm. Come and enjoy our friendly group for cribbage, coffee and snacks. For more information or to let us know you're coming by please call Kate - 780 433-0977 or Maryann - 780 462-8582.

Home-school Playgroup: 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: lynnindsay828@gmail.com or call 780-996-2182. Please note, classes cancelled on June 30, July 4 and 7.

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



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

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



Zumba at Ritchie Hall: Please join us Mondays 7-8 pm. No dance experience necessary, all levels of fitness welcome! Please bring indoor shoes and a water bottle. Email Margareta Jesse: zumbamj@outlook.com. Drop-ins are welcome. Fees apply. Last class before summer is June 19, get your shimmies in! Remember: Friends who dance together, stay together! First class is FREE for RCL members so come out and party yourself into shape.

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In Our Community

Edmonton Bicycle Commuters' Society (EBC): EBC will recognize all Ritchie Community League 2016-2017 membership cards as equal to EBC membership cards. Ritchie members can now access the following EBC services at discounted rates: Use of EBC shop tools, stands and volunteer support: \$2/hour. Workshop and course registration: now \$5 less than non-member fee! Check out the EBC web site: edmontonbikes.ca.

Edmonton Reptiles and Amphibian's Society: Meets on the third Tuesday every month at Ritchie Hall from 7:30 - 9 p.m. For more information, contact Tim.

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

Free Community League Swim

It's time to soak up this gorgeous weather at our fabulous outdoor pools. Show your Ritchie Community League Membership and gain free entry at:

Mill Creek

June 1 - Sept 5

Every day 7-9pm

Fred Broadstock

May 20 - Sept 5

Sun/Mon/Tues/Wed 5-7pm

Queen Elizabeth

May 20 - Aug 30

Sun/Mon/Tues/Wed 6-8pm

Oliver Pool

June 10 - Sept 6

Sun/Mon/Tues/Wed 6-8pm

City of Edmonton Programs

A great tool for finding programs with the City of Edmonton is a Build Your Custom Program Guide with City of Edmonton programs, check it out here: <http://www.myrecguide.ca/guide/program-guide.php>

Don't want to commit to 8-12 weeks of a program? Why not find out more about Community Drop-In Programs check out: http://www.edmonton.ca/activities_parks_recreation/drop-in-community-programs.aspx

There are also many summer camps available through the City of Edmonton including camps at various recreation centres, the zoo, arts centre, museums, Fort Edmonton, river valley, Muttart Conservatory and more!

Please see the City of Edmonton Summer Day Camp Guide for information.

www.edmonton.ca/activities_parks_recreation/documents/PDF/SummerDaycampsGuide.pdf

We are Going to Roast this Summer!

Yup! It's going to be a doozy!



Thanks to Home Depot and our ACE work (pardon the pun), we have acquired 3 new fire pits and a mobile Ritchie Lemonade Stand!

We'll share more info about how we plan to use these community connector assets at our BBQ later this month but in the meantime, dust off your marshmallow and hot dog roasting sticks.

What: A BBQ to bring in summer in style and introduce the new Board

When: **June 29 - 6pm**

Where: Behind the Hall

Why: Because....School's. Out. For. Summer!!!





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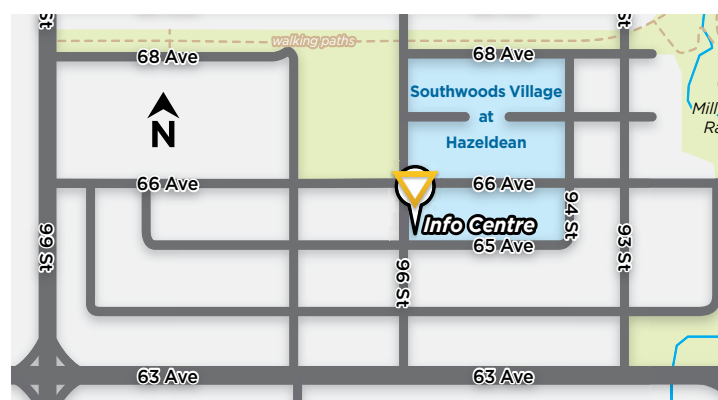
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Southwoods Village at Hazeldean, is centrally located, Southwoods is close to many amenities, walking paths, and the Millcreek Ravine.

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

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