

# COMMUNITY LEAGUE NEWS SOUTH

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



Oct/Nov 2017

Published by Calder Publications. For advertising please call 780-434-9732 or email [info@communityleagueneews.com](mailto:info@communityleagueneews.com)

## Annual Hazeldean Craft Sale: November 18 and 19

Just in time for your Christmas shopping!

Hazeldean's annual craft sale showcases crafts and treasures from local artisans. There will be plenty of handcrafted items like jewelry, baby clothes, slippers, mittens, quilting, original art and unique gift items.

On top of door prizes, there will be a concession so come hungry! Entry is \$1.00 donation at the door with proceeds from the door and concession going toward the J.H. Picard Playground and Exterior Revitalization Committee.



## Celebrating Canada's 150 with Strathcona Centre Community League

The Strathcona Centre Community League held a two-day event to celebrate Canada's 150th birthday on September 16 and 17. The celebration featured an outdoor movie, arts and crafts, outdoor games, displays, local musicians, Barefoot Big Band, and a BBQ. In addition, our event coincided with the EFCL annual celebration of Community League Day,



September 16, in Edmonton.

Premier Rachel Notley and Councillor Ben Henderson joined SCCL President Maureen Duguay for the tribute and dedication of a park bench to the late Reg Gillespie. Reg passed away on February 21, 2017 at the age of 80. Reg's wife Helen (league hall manager), daughter Debbie of Austin, Texas, and son Darren attended the dedication ceremony.

Reg served on a building committee that planned and raised funds for the development of the red-brick community hall that opened in 1982. The bench dedication reads: *Dedicated to the memory of Reg Gillespie, whose legacy lives on through the many lives he touched as a long-time volunteer and driving force behind the hall construction. Reg and Helen, your commitment to this community will not be forgotten.*

Many thanks to Vahid Ayan, Chair, and the team of volunteers for organizing and hosting the event.

## Annual General Meeting Notes

Thanks to everyone who attended and for all your input. We are following up on the recent installation of traffic signs around the "playground zones" of our neighbourhood. We were not consulted regarding this, but we were given some very useful suggestions for improving the situation and those will be taken up with our current councillor as well as the next one.

We enjoyed hearing an update on the progress of the Argyll Velodrome Association in having a proper cycle racing track built into the Coronation Recreation Centre. They also outlined the current usage of the space around the velodrome in Argyll Sports Park. They fielded some questions from residents about the future of the area and what sorts of activity they contemplate the space being used for. There was also some discussion regarding the de-commissioning of the cement track once the new track is open. It's been ten years since the work on the Park Master Plan was concluded and it's been quite a struggle for the AVA to work in partnership with the City on the Coronation plan.

By the time we're all changing to our winter tires the paving work on Argyll Road should be complete. There have been some useful changes to the arterial road this summer and we look forward to a safer intersection at the entrance to our community.

We also look forward to seeing what the LRT overpass will look like as well as how it will affect traffic in our area of the city. There are bound to be a few more years of interruptions, barriers, and traffic controls before the LRT is completed. Hopefully this summer's traffic bypass using 66 Avenue will settle back to its previous levels when the paving is complete. We have inherited a paved cycle-path on the boulevard along Argyll road from 83 Street to 86 Street and further. As well there is a new sidewalk on the south side of the road for pedestrians accessing the businesses along the street there. If you have any concerns about how things are being done with the upgrading, get in touch with Dave and he will take them up with our Councillor.

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

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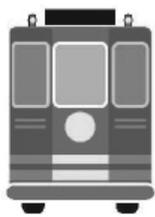
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# Strathcona Centre News

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

website: [www.strathconacommunity.ca](http://www.strathconacommunity.ca)



## Strathcona community league

President	Maureen Duguay <a href="mailto:president@strathconacommunity.ca">president@strathconacommunity.ca</a>
Past President	Jeff Samsonow <a href="mailto:pastpresident@strathconacommunity.ca">pastpresident@strathconacommunity.ca</a>
Vice-President	Conrad Nobert <a href="mailto:vicepresident@strathconacommunity.ca">vicepresident@strathconacommunity.ca</a>
Treasurer	Colleen Taralson <a href="mailto:treasurer@strathconacommunity.ca">treasurer@strathconacommunity.ca</a>
Secretary	John de Haan <a href="mailto:secretary@strathconacommunity.ca">secretary@strathconacommunity.ca</a>
Membership Chair	Lois Hameister <a href="mailto:membership@strathconacommunity.ca">membership@strathconacommunity.ca</a>
Communication Chair	Delianne Meenhorst <a href="mailto:communication@strathconacommunity.ca">communication@strathconacommunity.ca</a>
Programs Chair	Vacant <a href="mailto:programs@strathconacommunity.ca">programs@strathconacommunity.ca</a>
Social Chair	Vahid Ayan <a href="mailto:social@strathconacommunity.ca">social@strathconacommunity.ca</a>
Soccer	<b>Simon Thomas</b> <a href="mailto:strathcona@southestsoccer.ca">strathcona@southestsoccer.ca</a>
Civics / Planning	Grant Moore <a href="mailto:civics@strathconacommunity.ca">civics@strathconacommunity.ca</a>
Safety Committee	Barry Hickie <a href="mailto:safety@strathconacommunity.ca">safety@strathconacommunity.ca</a>
Building and Grounds	Benjamin Tucker <a href="mailto:grounds@strathconacommunity.ca">grounds@strathconacommunity.ca</a>
Green Initiatives	Brenda Reid <a href="mailto:green@strathconacommunity.ca">green@strathconacommunity.ca</a>
Community Garden	Kelly Binnington <a href="mailto:garden@strathconacommunity.ca">garden@strathconacommunity.ca</a>
Hall Use Committee	Vacant <a href="mailto:hall@strathconacommunity.ca">hall@strathconacommunity.ca</a>
Neighbourhood Renewal Ad-Hoc Committee Community Liaison	Conrad Nobert Kelly Fox John Watson
Community Hall	Jeanie McDonnell Helen Gillespie 780-439-1501 <a href="mailto:webmaster@strathconacommunity.ca">webmaster@strathconacommunity.ca</a> <a href="mailto:info@strathconacommunity.ca">info@strathconacommunity.ca</a>
Website Manager Information	

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

Community League website: [www.strathconacommunity.ca](http://www.strathconacommunity.ca)

EFCL website: [www.efcl.org](http://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](mailto:info@strathconacommunity.ca)

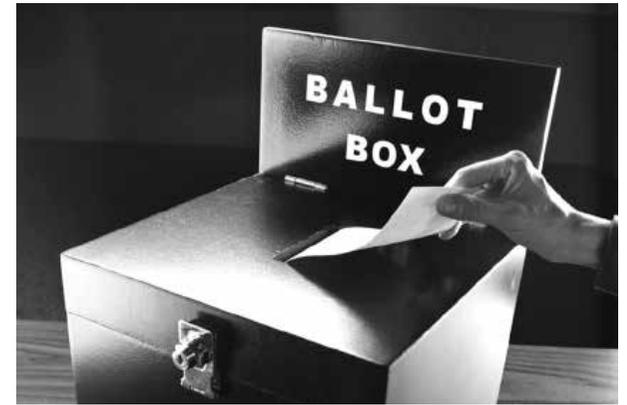
Due to Thanksgiving, the board meeting of October has been moved to Monday, October 16, 7:00 pm.

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

The copy deadline for the December 2017/January 2018 issue of Community League News South is November 27, 2017. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at [donna.fong@shaw.ca](mailto:donna.fong@shaw.ca)

## Ward 8 Forum and Municipal Election

The Strathcona Community League hosted a forum on September 26th for Ward 8 candidates in the municipal election. It was attended by candidates Rob Bernshaw, Kirsten Goa, Ben Henderson, James Kosowan, Eli Schrader, and Heather Workman, and about 80 audience members. We discussed infill, racism, major projects, and a host of other topics. It was a good chance for Strathcona residents to participate in the democratic process. Now don't forget to vote on Election Day!



## MAKE IT HAPPEN – VOTE!

Edmonton Elections is committed to making voting accessible, welcoming and informative for all. Find information for general voting, voting opportunities, voter accessibility and accommodations, and voter education and outreach in the For Voters section of the website [edmonton.ca/election](http://edmonton.ca/election). If you did not receive a notice in the mail, please use the online Where to Vote tool to find your voting station.

Vote on Election Day, October 16, 9 am to 8 pm. Advance voting for Ward 8 takes place at the Heritage Room, City Hall, October 4-October 13, 1-7 pm.

## AGM – Strathcona Centre Community League

The 2016 Annual General Meeting (AGM) of the Strathcona Centre Community League will be held on Monday, November 20, 2017 at 8pm, at the Strathcona Community Hall, 10139 87 Avenue, 2nd floor lounge.

The AGM is open to all members, volunteers and neighbours. League business will include a review of our 2016-2017 financials, bylaw updates, committee reports and board elections.

Make a difference! Join our Board and help to keep the League a strong, vibrant one! We need new members to help with our current activities, consider new ones, and provide a fresh perspective overall. Find out how you can be involved – you can run for a Board position, or volunteer to help out on a committee. For more information, contact the

President ([president@strathconacommunity.ca](mailto:president@strathconacommunity.ca)), and/or come to the AGM to find out more. Also watch our website - more detailed information will be posted soon.

Elections will be held for these positions (some incumbents are willing to remain in their positions):

- Building and Grounds (vacant)
- Programs (vacant)
- Civics/Planning (vacant)
- Vice President
- Treasurer
- Community Garden
- Communications
- Social
- Green Initiatives

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## League Programs and Activities

### ADULTS

#### **YOGA - Sunday Mornings with Dawn Lamothe, Sundays 9:30 – 10:30am**

Early Fall session (7 classes): Sun Sept 10 to Sun Oct 22

Late Fall Session (7 classes): Sun Oct 29 to Sun Dec 10

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

Requirement: Community League membership required (any league)

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

#### **Description:**

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

#### **YOGA - Tues/Thurs Mornings with Kyla Fischer, Tuesdays and Thursdays 9:30 – 10:45am**

Early Fall session (8 classes): Tuesdays Sept 5 to Oct 24 or Thursdays Sept 7 to Oct 26

Late Fall session (8 classes): Tuesdays Oct 31-Dec 19 or Thursdays Nov 2-Dec 21

Cost: \$96 for 8 week session (\$176 for both Tues/Thurs) and \$14/class drop in  
Requirement: Community League membership required (any league).

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

#### **Description:**

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

#### **YOGA - Monday Evenings with Corinne McNally Mondays 7:00 – 8:15pm**

Early Fall session (7 classes): Sept 11 to Oct 30 (no class Thanksgiving Monday – Oct 9)

Late Fall session (7 classes): Nov 6 to Dec 18

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

Requirement: Community League membership required (any league).

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

Website: www.lotusmoonyoga.ca

#### **Description:**

Yoga is a holistic practice that can open & strengthen your body, revitalize your energy and bring peace to your mind. Hatha Flow & Yin styles of yoga are taught by certified yoga instructor Corinne McNally. These classes are perfect for both beginners and seasoned practitioners, and are taught in a friendly and supportive environment. Instructor Corinne McNally lives in Old Strathcona and has been teaching for over 10 years. She is a member of the Yoga Association of Alberta and has experience in various styles of yoga including Restorative, Yin, Hatha, Ashtanga & Pre/Postnatal.

#### **ZUMBA – Wednesdays with Mel Kidder Wednesdays 6:30 to 7:30pm**

Early Fall session (7 classes): Sept 13 to Oct 25

Late Fall session (7 classes): Nov 8 to Dec 20

Cost: \$56 (for 7 classes) or \$12 drop in  
Requirement: Community League membership required (any league).

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

#### **Description:**

Let the Music Move You! Using Latin and International rhythms these Dance Fitness classes are fun, energetic and make you feel amazing. In a Zumba class, participants do what they can, making it perfect for people of all fitness levels. There are no "wrong moves" in Zumba! Melanie Kidder lives in Old Strathcona and has been teaching Zumba Fitness for five years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold and everything in between.

#### **Heal Your Life discussion group**

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

Cost: \$10 drop in (The first two sessions are free to community league members)  
Register: Contact Dianne at 780-904-0796 or email Dianne.authentic.natural.you@gmail.com

#### **Description:**

Is your life too busy? Have you forgotten yourself in the midst of looking after everybody else? Join us in a Louise Hay-based Meetup once a month for discussion of topics like negative vs positive thinking, prosperity and abundance, loving yourself more, relationships, and other topics. Session starts at 10:30 am Saturday morning for an hour and a half - upstairs in the Lounge. Bring a friend!  
Oct 14 Exploring for Your Ideal Work  
Nov 18 Money and Abundance  
Dec 16 Say Yes to your Dreams

#### **Urban Pole Walking**

**Wednesday mornings 7:30am**

Ongoing activity - Wednesdays 7.30am

Cost: Free



**James Kosowan**

**FOR EDMONTON CITY COUNCIL | WARD 8**

**As a longtime resident of Ward 8, I will be a tireless advocate on the issues directly affecting us:**

- Respecting Mature Neighbourhoods
- Empowering Communities • Protecting Greenspace

780-752-7778 @JamesKosowan  
contact@jameskosowan.ca James Kosowan for Ward 8

[www.jameskosowan.ca](http://www.jameskosowan.ca)

## Development Project on Hold in Strathcona

The SCCL received the following letter of Michael Bateman in regards to the Bateman properties (Wild Earth Cafe Redevelopment site) on 99 Street and 89 Avenue:

To all of our customers:

First and foremost I would like to thank all the customers of Wild Earth Foods and Wild Earth Bakery for your patronage over the last several years. On behalf of the Bateman Family I would also like to thank all of our tenants over the many years in our buildings, and they are too numerous to mention. I would also like to thank the staff for their dedication and service, and hope they will have another opportunity to be employed with the services in the new building. Since my grandfather built these buildings, the last in 1957, we have been proud to serve the community, employ many residents, and offer a great gathering place.

Unfortunately, the buildings are at the end of their economic life. As these buildings are over 60 years old there was no opportunity to renovate to modern standards and bring in new tenants. Further to that, the grocery business has become very difficult for the independent grocer to survive with rising costs, an old building and shrinking margins. Wild Earth Foods hasn't been profitable for quite some time. My sister Deanne and her partner Greta have worked hard to keep it open as long as possible and as a family we decided to absorb this cost as a service to the com-

munity. However it has now become more costly and as such we have decided to close the grocery store at the end of September. Wild Earth Bakery will remain open at least until the end of December.

As you may know, we have been working on redeveloping the site for a couple of years and we had planned to close the building and be under construction this fall. However, as we met with, and received feedback from, the community, Councilor Henderson, City Planning and Mayor Iveson, it has taken longer than anticipated moving our project along. We have listened, gone back to the drawing board, redesigned our project and have received a positive response to date with the new concept. We hope to share our redesigned plans with you soon. We also hope to move the process along as quickly as possible in order to bring back vital services and jobs to the community. We expect that the City will host another open house later this year but in the meantime we will be updating the Strathcona Community League as well as our website as soon as our application goes back in to the city. If we receive the approvals to move forward our goal is to move as quickly as possible to construct the building and sign leases to reopen retail services. Wild Earth Bakery will return and it is our intent to source retailers that will service the needs of the community.

Sincerely,  
Michael Bateman

Requirement: Community League membership required (any league).

#### **Description:**

Stay active and meet some new friends! Join the Strathcona Pole Walking Group. On Wednesday mornings at 7:30am, meet Melanie Kidder at the south door, by the rink, then head out for an energizing pole walk through our friendly neighborhood and the majestic Mill Creek.

All fitness levels are welcome so dust off the walking shoes and dress for the weather in layers because you will get warm once we get moving. A good walking shoe is required. We will be on sidewalks and

river valley paths. Bring a strap on water bottle like runners use if you like, since your hands will be full. Also, feel free to bring a few dollars for a beverage as there will likely be a coffee shop along the way. Walks are between 30-60 minutes. Several sets of poles are available for use or bring your own.

**NOTE:** If you are interested in leading a walking group on Sunday afternoons (or possibly another time), email hall@strathconacommunity.ca A quick training session will be provided. Community League membership required (any league).

## League Programs and Activities

### KIDS

#### *After School Art Class for Kids (ages 6 and up)*

Early fall sessions – Learn To Draw – Your Favourite Cartoons  
Mondays October 2nd to 30th (no class Oct 9th); 4:00 - 5:15 pm (cost: \$80), or Thursdays (early dismissal) October 5th to 26th; 3:00 - 4:15 pm (cost: \$80)  
Late fall sessions - Learn To Make – Artist Trading Cards  
Wednesdays Nov 1st to 22nd (no class Nov 9th); 4:00 - 5:15 pm (cost: \$80), or Thursdays (early dismissal) Nov 2nd to 30th; 3:00 - 4:15 pm (cost: \$80)  
Cost: \$80 (includes sketchbook and all materials)  
Requirement: Community League membership required (any league).  
Register: Contact Berna at [berna@telus.net](mailto:berna@telus.net)  
**Description**  
Have fun! Learn from a professional art teacher! Make cool stuff! Join Berna Ponich B.Ed (KEE ARTIST IN RESIDENCE, 2013 - Present) at the hall for a four week art class. Class size is limited, so register early.

#### *YOGA – Kids’ - Early Dismissal on Thursday Afternoons (ages 5 – 9)*

Late Fall session (6 classes): Nov 9 to Dec 14; 3:00 to 4:00  
Cost: \$72 (or \$60 for Community League members) for 6 week session  
Register: To register contact: [info@yogikids.ca](mailto:info@yogikids.ca) or call Tina at 587-341-7777, or Chandra at 780-700-7971

#### **Description:**

This is the perfect activity for early dismissal Thursdays! Kids’ yoga is a magical adventure that helps children develop important skills in a loving environment. It nurtures creativity, mental focus, body awareness, strength and coordination. And most importantly—it’s fun! Classes led by two certified kids’ yoga instructors from Yogi Kids. A community league membership is required (any league).

#### *Playgroup*

#### *Monday and Wednesdays mornings*

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

Cost: free

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

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

#### **Description:**

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

#### *Baby Music Classes*

#### *Friday mornings (ages 6 mos-3 years)*

Fall session (8 classes): Oct 20 to Dec 15 (no class Nov 10th); 10:00 to 11:00am  
Cost: \$96 for 8 week session  
Register: To register contact: Lara at [lara.debeyer@gmail.com](mailto:lara.debeyer@gmail.com) or 587-974-1283

#### **Description:**

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

#### *Indoor Soccer Season*

Registration for the indoor soccer season was completed in September. The season starts on October 14th. [www.emsasoutheast.com](http://www.emsasoutheast.com)

## 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.

Next dates:

October 20

November 17

Check our website later for details. Pub night is for community league members and invited guests. Memberships available on-site.

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

## Program Guides

The following City of Edmonton’s program guides are available online at [www.edmonton.ca/programguides](http://www.edmonton.ca/programguides)

● Fall in the City (September-December 2017) These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

● Rec Centres Fall Guide (September-December 2017) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

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

## City Services & General Information

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

Inspections, licenses, permits  
Comments, commendations, bylaw complaints

Roadway & waste management information  
Program registrations and bookings.

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

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists, or do other business with the City. The operating hours are 8am-4:30pm Monday to Friday. The centre is closed on weekends and statutory holidays.

## 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](mailto:civics@strathconacommunity.ca)

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

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



## Edmonton Aikikai

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

Come learn Aikido, the way of harmony  
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Email: [mckellar@telusplanet.net](mailto:mckellar@telusplanet.net)

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🍏 Prime Rib Sunday Dinner

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

## 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](http://www.edmontonpolice.ca/reportacrimeonline)

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

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

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

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

For more information about community policing, visit [www.edmontonpolice.ca/communitypolicing.aspx](http://www.edmontonpolice.ca/communitypolicing.aspx)

## In Memory of Rob McDonald

*By Maureen Duguay, President  
Strathcona Centre Community League*

It is with sadness that I share the news of the death of Rob McDonald on September 19, 2017. Rob and his family had a long history as residents of our community. Rob lived in Strathcona for most of his adult life and was passionate about many of our community issues. He was a member of the Strathcona Community League Board from 2007 until 2012, first as Chair of Civics and Planning, then assuming a Co-Presidents role before becoming the President.

Although Rob moved away from the community, he continued to be involved as president of the board for Ice on Whyte. He told me how this involvement enabled him to stay connected to the community that he loved. Our sincere condolences to Rob's children Jackson, David and Olivia as well as to Lydia Neufeld, mother of his three children. Rob will certainly be missed by our community.

A memorial will be held at 1:00 pm on Saturday, October 21, at the Strathcona Baptist Church, 8318 104 Street, Edmonton.

## Community League Wellness Program

By becoming a member of your Community League, you have demonstrated your commitment to your community. To honour your commitment and support your families' health and well-being, the Edmonton Federation of Community Leagues has teamed up with the City of Edmonton to form the Community League Wellness Program. Current Community League members receive admission incentives to enjoy the City's world-class sports and recreation facilities. Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and fitness facilities. Choose from the following Community League Wellness Products:

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

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

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

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

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

## 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.

## 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](http://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](mailto: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.

## Understanding mental illness

Each year, more than 810,000 individuals in Alberta consult a physician for addiction and mental health services.

Mental health problems are health conditions that impair an individual's thinking, mood, and/or behaviour (or a combination of these). This impairment leads to distress and/or reduced functioning, such as trouble going to work, completing daily activities, and carrying on with usual relationships.

Although there are many types of mental health problems, the most common ones are depression and anxiety. Depression affects about 2 million Canadians 20 years of age and older at some point in their lives. Depression is often seen with other mental health problems and physical illnesses including heart disease, stroke, and physical disabilities. About 2.5 million Canadians 20 years of age and older live with an anxiety disorder. Schizophrenia and bipolar disorder (also known as manic depression) are less common, but can have a huge effect on the quality of life of people living with these illnesses.

With support and treatment, people with mental illnesses can lead full, productive lives. Early intervention and support is vital. Research shows that half of all lifetime cases of mental illness begin by age 14.

AHS provides mental health services to all Albertans, including children and youth, adults and seniors, as well as indigenous people, new immigrants and refugees.

Providing support to a family member or friend with a mental illness can be rewarding as well as stressful. It's important to also take care of yourself. For more information about how to take care of a loved one with a mental illness, please contact the 24/7 Mental Health Helpline at: 1-877-303-2642 (toll free within Alberta).

Should a crisis occur, there are a number of crisis services offered throughout the province, these include the following:

24/7 mental health helpline and 24/7 addictions helpline

Crisis/Distress Lines:

Edmonton 780-482-4357 / 780-342-7777 (Mobile Response Team)

Calgary 403-266-1605 / 403-266-HELP (4357)

For other locations: <http://suicideprevention.ca/alberta-crisis-centres/>

Text: Calgary Connect Teen

Online Chat Distress Centre: <http://www.distresscentre.com/>

## Progressive Supper version 5.0

Join us on October 14th for our Fifth annual Progressive Supper event.

Sign up online to become a part of this activity. < <https://goo.gl/tcAHxD> >

The fifth edition of the Argyll Community Progressive Supper will be held on Saturday, October 14th from 4:00 – 8:00 PM. This event is a great way to meet neighbours and to share your love of all things Argyll. Deadline for registration is: October 10th. It is coordinated by Steve

Dytiuk of the Events Committee. Steve would be happy to follow up with anyone who cannot sign up electronically. Steve can be reached by phone at: (780) 475-7019

Everyone who participated last year is looking forward to becoming wandering dinner patrons once again. This is an Argyll residents only event in case you're reading this from outside our neighbourhood.

## Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre the last Friday of each month from 10:00 AM – 12:00 Noon. This volunteer run program is for parents/caregivers and their young children (ages 0-5) to drop by and make friends with other families in Argyll; as well as have fun together. This is a free program for community residents with no snacks & beverages. Grandparents are most welcome to join in. If you would like to help out contact: Erin Raudebaugh by e-mail at: < [mack\\_329@yahoo.com](mailto:mack_329@yahoo.com) >

## Playground Construction

The work being done in the playground area is expected to be done early in November. The City is closely monitoring the work of the contractor who are installing our new playground. We stay in constant contact with the project manager, inspectors, and park environmentalists as this project proceeds. If you see anything which concerns you about the construction get in touch with Dave immediately and he will work with the project team to correct it.

The current protective fencing will be removed when the playground is ready to be used. But there will be fencing left over the

winter and into the spring to protect the new trees being planted as well as the sod which will be placed on the 'mounds' around the cycle path. The entire cycle path will remain out of use until the sod and trees have taken root. As well, in the spring, the art being created for the playground patio will be installed. We hope to be able to have a Summer BBQ ribbon-cutting event in 2018 which should be around the same time the fences are taken down. Over the winter we also hope to be able to flood a small snow-bank rink for small children to learn how to skate. Weather permitting the rink might be ready by the beginning of December.

## Edmonton Chinese Christian Church (ECCC)

Our neighbours in the ECCC have made some significant contributions to our community in the past year or more and we'd like to take this opportunity to thank them for their help and their commitment to our community. They've hosted a Christmas celebration for Argyll residents, they've brought the bouncy castles and slides to our summer BBQ for many years, they volunteer for every one of our social events, and they are enthusiastic supporters of our Playground fundraising effort. They've contributed a large amount of money toward the playground and we look forward to many more years of collaboration with them as our community grows and changes.

## Argyll YOGA

Drop in visitors are welcome.

Monday evenings at Argyll Hall 7:30 – 9:00 PM. This is Hatha Yoga with a focus on alignment, core stability and awareness of body and breath. Our instructor is Renee Giammarioli who is a Yoga Association of Alberta certified yoga instructor and is also a physiotherapist.

To inquire, call Renee at (780) 431-1916.

## Argyll Online

Check our website [www.argyllcl.ab.ca](http://www.argyllcl.ab.ca) for current information. Check-in weekly to see what's changed. Send us things you think the community would be interested in. A new section has been added to the web site which features announcements and news about the Committee work various residents are involved in. If you wish to be added to our EVENTS e-mail distribution list get your name into [argyll.social@gmail.com](mailto:argyll.social@gmail.com).

## 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

## Community Swimming – Fall / Winter



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

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



**Linda Duncan**  
Member of Parliament  
Edmonton Strathcona

Contact my constituency office  
for assistance with:

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780-495-8404  
[linda.duncan.c1@parl.gc.ca](mailto:linda.duncan.c1@parl.gc.ca)  
10049 81 Avenue  
(entrance on 101 Street)

Assistance également  
disponible en français.

[www.LindaDuncanMP.ca](http://www.LindaDuncanMP.ca)  
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Solution: 1. Top tree leaf removed. 2. Nose line on left giraffe removed. 3. Shadow on lower left coconut removed. 4. Leaf vein below gecko removed. 5. Ear line on left giraffe removed. 6. Bottom spot on right giraffe colored in. 7. Small leaf at right of tree colored in. 8. Horn on right giraffe moved. 9. Spot on left giraffe moved. 10. Branch on left side shorter. 11. Gecko tail longer. 12. Gecko eye missing.

## Ask Charles

*I made an offer on my dream home and stopped looking at other properties. My offer was not accepted, and I later learned the house was already conditionally sold at the time I made my offer. Doesn't the seller have to tell me the house is conditionally sold before I make an offer?*

No. Sellers do not have to disclose to buyers if their property is conditionally sold to another buyer.

Sellers are in the driver's seat when it comes to disclosing the status of their property's listing, and that includes whether they disclose when it is conditionally sold. If the seller instructs their agent not to disclose to buyers that their property is conditionally sold, the seller's agent must follow those instructions.

Remember that conditionally sold is not the same thing as sold. If the conditional offer falls through, the seller has to begin the process of attracting potential buyers again. But, if they continue to market the home while it is conditionally sold, they increase their chances of having a backup offer from another buyer in the event the first buyers don't waive their conditions.

I understand this was your dream home, you stopped looking at other properties once you made your offer, and it's frustrating to not get the home, but your agent should have advised you of the possibility of the property being conditionally sold. In doing so, they could have also advised you of possible other courses of action.

While a seller isn't required to disclose that their property is conditionally sold, your agent can always ask if it is. In that case, the seller has two options – they can instruct their agent to answer the ques-



tion – and if doing so, they must answer it honestly and not lie. Or, they can instruct their agent to refuse to answer. If the seller's agent refuses to answer the question, you can probably read between the lines. Choosing not to answer the question can be an answer in itself.

So, what do you do in the event you find a home you want to see, but you're worried about it being conditionally sold?

If you love the home, go see it even if it is conditionally sold. This way, if the first conditional sale falls through, you'll be prepared to make an offer right away. Or, even submit an offer as a backup so that

it's considered as soon as the first sale falls through.

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

[www.communityleagueneews.com](http://www.communityleagueneews.com)

## Edmonton Leisure Access Program

(free admission to city of Edmonton Recreation facilities and attractions)

What is the Leisure Access Program?  
The program gives low income adults, seniors, youth and children from Edmonton free use of City of Edmonton recreation facilities and attractions including: 9 swimming pools, fitness centres, Edmonton Valley Zoo, and Fort Edmonton Park. And it provides discounts on registered programs (day camps, art classes, swimming lessons, etc.) for one year.

### Who can get a card?

You may qualify if you meet the following:

- if you are currently on an approved government program (AISH, income support, health benefits, etc.)
- have low income
- are a recently landed immigrant or refugee

### How can I get a card?

You will have to apply for the program by submitting an application form and required documents.

### How can I get an application form?

- at any City of Edmonton leisure sports & fitness facility
- [www.edmonton.ca/lap](http://www.edmonton.ca/lap)
- 780-496-4918
- 14th floor, 10004 – 104 Avenue, Monday-Friday, 8:30am-4:30pm



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WARD 11  
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Kirsten brings people together to take action on issues that matter. A lifelong resident of Ward 8, she understands and can mobilize the power of our communities to create resilient neighbourhoods and a vibrant city.



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### Southwoods Court North, Edmonton

Ph: (780) 975-2509 | 9430-67 Ave NW, Edmonton, AB  
Open Monday - Sunday 1-5 pm  
Info Sessions Tuesday at 2 and 6pm

Contact: Lynne Christenson, LynneC@CDLHomes.com

Learn more at [cdlhomes.com](http://cdlhomes.com)

## Healthy Halloween

Halloween is a time that children get excited about dressing up as their favourite character and stocking up on candy. Read on for tips to make your Halloween festivities healthier for your family and others.

For your family:

- Work out a plan with your children and discuss how to enjoy their candy and to decide what they can do with the extra. Use your best judgment based on their personality and eating habits.

- Limit the amount of candy your children collect by limiting the number of houses they visit, or the amount of time

they spend Trick-or-Treating.

- Always keep safety in mind. Keep only items that are unopened and in their original wrapping.

- Trade candy for non-food items like bouncy balls, pencils or tattoos.

- Know how much candy was collected and store it out of sight. Having candy visible makes it more likely that you or your children will eat it.

- Use Halloween candy for craft projects.

For others:

- Hand out stickers, temporary tattoos,

bubbles or Halloween themed pencils.

- Offer healthier food options like small bags of flavoured rice cakes or pretzels, boxes of lower sugar cereal, pre-packaged cheese sticks, higher fibre granola bars, or bottles of water.

- Avoid bringing leftover candy to school.

You and your family can enjoy a healthy Halloween! Continue healthy eating and active living habits during the Halloween season.

For more ideas on healthy eating please visit: [healthyeatingstartshere.ca](http://healthyeatingstartshere.ca).



# Bonnie Doon

## Bonnie Doon Community League Contacts

President Don [president@bonniedoon.ca](mailto:president@bonniedoon.ca)  
Vice President Vacant  
Secretary Karen [secretary@bonniedoon.ca](mailto:secretary@bonniedoon.ca)  
Treasurer Daniel [treasurer@bonniedoon.ca](mailto:treasurer@bonniedoon.ca)  
Social Vacant  
Civics Shauna [civics@bonniedoon.ca](mailto:civics@bonniedoon.ca)  
Programs Ian [programs@bonniedoon.ca](mailto:programs@bonniedoon.ca)  
Membership Mark [membership@bonniedoon.ca](mailto:membership@bonniedoon.ca)  
History Margaret [history@bonniedoon.ca](mailto:history@bonniedoon.ca)  
Communications Nicola [communications@bonniedoon.ca](mailto:communications@bonniedoon.ca)  
Soccer Diane [sports@bonniedoon.ca](mailto:sports@bonniedoon.ca)  
Fundraising Stephanie [fundraising@bonniedoon.ca](mailto:fundraising@bonniedoon.ca)  
Hall Rental Stacey [hallrental@bonniedoon.ca](mailto:hallrental@bonniedoon.ca)

Regular league board meetings are held the second Thursday of the month in September, November, January, March and June, with the AGM in April. Meetings are held at the City of Edmonton offices in Bonnie Doon Mall, starting at 7:15 p.m. For more information about the positions open on the board, contact Don at [president@bonniedoon.ca](mailto:president@bonniedoon.ca). Visit us online at [bonniedoon.ca](http://bonniedoon.ca). Follow us on Facebook at [facebook.com/bonniedoon](https://www.facebook.com/bonniedoon) or on Twitter at [twitter.com/dbedm](https://twitter.com/dbedm).

## Home Alone Kids First Aid

We are hosting three Home Alone and Kids First Aid Courses for kids 10-14 years old. November 19 from 10 a.m. to 2 p.m. and Dec 3 from 8 a.m. - noon and 1 p.m. - 4 p.m. Teacher and course materials provided by Kidproof Safety. All sessions are at Bonnie Doon Hall and are filling up fast. Cost is \$55 + gst.

Through interactive lessons, games and role play, students learn to make safe choices when at home alone. Topics covered include:

- Their rights and responsibilities when at home alone
- How to respond safely to phone calls and unexpected visitors
- How to keep constructively occupied
- When to know they are ready to be left alone
- Everyday first aid skills, such as how to respond to cuts, scrapes, and bleeding

To register and for more information, go to [www.homealonecourse.eventbrite.com](http://www.homealonecourse.eventbrite.com).

## Seniors News T'ai Chi Chih

You are invited to learn T'ai Chi Chih at a seven-session class offered in November, on select Mondays and Wednesdays. Dates are: November 1, 6, 8, 15, 20, 22 and 27. Classes are led by certified instructor Tamara Zujewskij-Brese. Fees are \$60. This class starts at 10 a.m. The hall opens at 9:45.

Pre-registration is requested by October

15 by phoning 780-469-1179. Beginners will join the regular group at the end of November and will continue to practice until December 18 when there will be a break for the holidays.

Community League Membership is required by all participants. For more information about T'ai Chi Chih, visit [www.taichichih.org](http://www.taichichih.org).

## Your Help is Needed

We have a great community league! Why not get involved? We have several openings on our board and committees:

- The Communications Team would like some help creating and developing this newsletter among other communications initiatives. Please email [communications@bonniedoon.ca](mailto:communications@bonniedoon.ca).

- Do you love helping to plan events and fun activities? We are looking for a social chair and three or four volunteers for the Social Team. Upcoming events to plan for include the Christmas party and Easter Egg Hunt. For more information, please contact [president@bonniedoon.ca](mailto:president@bonniedoon.ca)

- We also have an opening for vice president. For more information, please contact [president@bonniedoon.ca](mailto:president@bonniedoon.ca).

## Potluck

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

## Memories of Bonnie Doon

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

## Community Swims

Bonnie Doon Community League is providing members with free community swims at Hardisty Fitness and Leisure Centre and Commonwealth Recreation Centre for the 2017/18 league membership season. Bring your community league membership card for free entry to these facilities during community swim times:  
Hardisty hours - Sundays 1:15 p.m. - 2:45 p.m.  
Commonwealth hours - Saturdays 5 p.m. - 7 p.m.  
For more information about unplanned closures, call 311 or visit [edmonton.ca](http://edmonton.ca).

## Folk Fest Parking Committee

Several years ago the City of Edmonton put parking restrictions in place in Bonnie Doon during the Folk Music Festival. The Bonnie Doon Community League is tasked with the job of administering the distribution of Folk Fest parking permits. We are looking for a few volunteers to take on this responsibility.

If you live in the areas north of 92nd Avenue that are affected by the parking restrictions, please consider helping out with this important job. Contact president [@bonniedoon.ca](mailto:@bonniedoon.ca).

## Casino Volunteers Needed

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

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

improvements. You are provided with a free meal and you have a chance to socialize with your Bonnie Doon neighbors. You can choose the shift that suits you best and you can choose the job that is the most fun for you.

You can sign up for the casino online now by visiting [www.bonniedoon.ca](http://www.bonniedoon.ca) and going to the "BDCL

Casino" story.

For details on how easy it is to help, please contact our Fundraising Chair, Stephanie at [fundraising@bonniedoon.ca](mailto:fundraising@bonniedoon.ca).

## Playgroup

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

There is no cost, but a current community league membership is required. For more information, contact [info@bonniedoon.ca](mailto:info@bonniedoon.ca).

## Supper's On Us

What a fantastic turn-out at Supper's On Us, September 17! Over 500 smokies and burgers were served to our community! A huge thank you to all the volunteers who gave so generously of their time to make this event a great success.

## Front Yards in Bloom

As gardeners put away their gloves and hand tools, the bright yellow signs bob on the flower borders and remind us of the glorious blooms in Bonnie Doon this past summer. There was an amazing crew out in 2017, thanking more than 100 avid gardeners who contribute to the beauty in our neighbourhood. The new category of "Uniquely Canadian", created just for Canada's 150th Anniversary, caught some people by surprise. Volunteers also noticed the special effort for red and white flowers on many properties in Bonnie Doon, including Central Baptist Manor on the north end and the New Apostolic Church along Connors Road. Well done, everyone. Wishing you a warm safe winter and hoping we will see you next Spring for the start of another gardening year.



**Rachel Notley, MLA**  
Edmonton-Strathcona

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

## Community League Memberships

Memberships are available to purchase at the Bonnie Doon Convenience Store, 9104 88 Avenue, open 8 a.m. to 10 p.m. Monday to Thursday and 8 a.m. to 11 p.m. Friday and Saturday. A family membership is \$20. All other memberships (seniors, singles) are \$10. Please pay with cash or a cheque made out to Bonnie Doon Community League. A membership runs from September 1 through August 31. For more information, contact [membership@bonniedoon.ca](mailto:membership@bonniedoon.ca).

What are the benefits of joining Bonnie Doon Community League?

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

## History Tea

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

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

## Winter Green Shack

After the success of the Summer Green Shack program, Bonnie Doon is getting a Winter Green Shack program starting November 13th and running until December 6th. Kids age 6 to 12 are invited to participate in free activities, including sports, games and crafts.

The program will run at Bonnie Doon Park on Monday's and Wednesday's from 3.30 p.m. - 6 p.m. and on Saturdays from 1 p.m. - 5 p.m. For more information, contact 311.

## Films & Lunch

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

Upcoming events:

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

Thursday, November 16 - Three documentaries will be shown.

Pasalubong, 2010. This 10 minute short film features a young Filipino man returning to his birthplace for the first time since im-

## Family Movie Night

Our next family movie night is Friday, November 3, 6:30 p.m. at Bonnie Doon Hall when we'll watch *The Boss Baby*. Bring your blanket, sleeping bag, pillow or folk fest chair. Suggested donation of \$5/person, \$20/family. Popcorn and drinks will be for sale. For more information, please visit [www.bonniedoon.ca](http://www.bonniedoon.ca)

## Yoga

Join us for hatha yoga on Wednesday evenings. A 10 week session began September 27 and will run until December 13 at Bonnie Doon Hall, 7:15 - 8:30 p.m. (No class October 11.) Classes are suitable for all abilities from beginners to those more familiar with yoga. Our instructor is Bonnie Doon resident Jen Martin. Cost: Community league members: \$10/class, \$80 for the entire session. Non members: \$13/class, \$110 for the entire session.

Drop in students are welcome.



## Christmas Party

Ring in the holiday season at our annual Christmas party, Saturday December 2 at Bonnie Doon Hall. We are looking for a few Christmas elves to help organize and volunteer the night of the party. Please contact [info@bonniedoon.ca](mailto:info@bonniedoon.ca) if you would like to get involved.

migrating to Canada.

Great Grand Mother. 1975. 28 minutes. Directed by Lorna Rasmussen and Anne Wheeler: The second short film features recollections of women who were among the early settlers on the prairies. Actors quote from letters, diaries and newspapers, with re-enacted scenes or using archival photographs.

Bronswick Affair. 1978. 24 minutes. This funny yet serious short film shines a harsh light on consumerism.

Bonnie Doon Hall, located at 9240 93 Street, is wheelchair accessible. All seniors are welcome. For more information, contact Margaret at 780-982-8735.

## Discovery Daycare

Place of Fun and Learning



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

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

## Breast Cancer Screening

Every October during breast cancer awareness month, women are reminded to get checked for breast cancer. That's because breast cancer is still a problem in Alberta and the most common type of cancer for women. In fact, 1 out of every 8 women will be diagnosed in her lifetime. And each day a woman in Alberta will die from the disease. But breast cancer doesn't have to be a death sentence. If we can catch it early, we can treat it and beat it.

Screening mammograms are a way to do just that. Using special x-rays of the breast that check for signs, they can help find breast cancer 2-3 years before it can be felt by a woman or her doctor. Mammograms are the best test we have for breast cancer, and the only test that has been shown to lower the chance of dying by 30%. Thanks in part to screening mammograms, most women (almost 90%) are now surviving breast cancer.

Should you get a mammogram? Women 50 to 74 should plan to have a mammogram once every 2 years, and can self-refer. Women in their 40's can speak to

their doctor, and get a referral for their first screening mammogram.

Screening mammograms are available at many clinics in Alberta. To find the closest screening mammography centre near you, call Health Link at 811 or Screening Programs at 1-866-727-3926.

Screen Test is a service that brings free screening mammograms to rural communities with two mobile clinics. To find out when the next clinic is in your area, call 1-800-667-0604 (toll free).

What else can you do to prevent breast cancer? You can talk to your doctor about your family history of breast cancer and know your risk. Know how your breasts normally look and feel, and get them checked if you find anything unusual. And of course a healthy lifestyle is important. Limiting alcohol, smoking and drinking can also help lower your risk.

Prevention is the best protection. A screening mammogram can save your life. Get a screening mammogram in October.

To find out more about breast cancer screening in Alberta, visit [www.screeningforlife.ca](http://www.screeningforlife.ca).

## Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization will be made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary,

know this: last season, influenza vaccine cut Albertan's risk of influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death. 64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

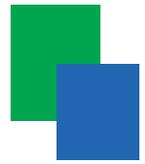
Let's do better this year.

Prevention is your protection. Get immunized this season.

For more information on the influenza program, including local clinic locations and schedules, visit [ahs.ca/influenza](http://ahs.ca/influenza) or call Health Link at 811.



# Yielding to Emergency Vehicles



Time is the enemy in an emergency. For everyone's safety, it is important for motorists to understand how to correctly yield right of way to emergency vehicles with lights and siren activated. You can help EMS, police, and fire get to the scene quickly and safely by following these rules of the road:

## When an emergency vehicle approaches with lights and siren activated:

- If you're in the middle of an intersection when an emergency vehicle approaches with lights and siren activated, safely clear the intersection;
- On a one or two lane road, motorists should move to the right side of the road, slow down, and then stop. Remember to signal;
- On a road with three or more lanes, motorists should move to the nearest side of the road and stop. If driving in the centre lane, move to the right side of the road and stop. Remember to signal;
- Come to a complete stop and wait for the emergency vehicle to pass. Shoulder check for more emergency vehicles (there is often more than one) before re-entering traffic flow. Remember to signal;
- Emergency vehicles might use *any* available road space to maneuver. This could include the shoulders, turning lanes, in order to pass other traffic.

## When operating a vehicle:

- Drive attentively and defensively at all times. Be cognizant to sirens and be prepared to yield the right of way;
- It is Alberta law for motorists to slow down to at least 60 km/hour (unless a lower speed is posted) when driving past a stopped emergency vehicle. This includes EMS, police, fire, and tow trucks with their lights activated;
- Do not break the rules of the road in order to give right of way to an emergency vehicle. This could include proceeding through a red light, or making an illegal turn. Actions such as these jeopardize all motorists in the area;
- Drivers must place their full attention on the roadway and toward the safe operation of their vehicle at all times. The fine for distracted driving in Alberta is \$287.00;
- Always leave plenty of space between your vehicle and an emergency vehicle, should it be required to stop suddenly.

# 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](http://hazeldean.org) for photos and info, or contact us at [hazeldeanleague@shaw.ca](mailto:hazeldeanleague@shaw.ca).

## Hazeldean Board

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

The 2017-2018 Hazeldean Board will be elected on October 3 at the Annual General Meeting.

Contact us at [hazeldeanleague@shaw.ca](mailto:hazeldeanleague@shaw.ca) if you are interested in joining the board.

Contact Us

Mail: 9630 – 66 Avenue,  
Edmonton AB T6E 4W9

Phone: 439-0847

Web: [www.hazeldean.org](http://www.hazeldean.org)

E-mail: [hazeldeanleague@shaw.ca](mailto:hazeldeanleague@shaw.ca)

Twitter: @HazeldeanYEG

Facebook: @HazeldeanCommunity

## Join us for Scary Movie Pub Night!

Hazeldean Community League is proud to present Scary Movie Pub Night at Hazeldean Community Hall 9630 66 Ave NW on Saturday, October 28 starting at 7:30 p.m.

This licensed 18+ event will feature the spooky 1976 classic “Carrie” starring Sissy Spacek at 7:30 p.m. followed by 2017’s “Get Out” - a thought-provoking horror-comedy with a 99% ‘fresh’ rating on Rotten Tomatoes about a secluded weekend getaway in the woods gone wrong.

## Join the Hazeldean Community League board!

Do you have a knack for events? Writing? Community issues? The Hazeldean Community League is looking for you!

Join the Hazeldean Community League board and help make a difference in the community. The time commitment for most board positions are one-year terms beginning in October 2017.

Can’t join the board, but still want to pitch in? There are also fun, casual volunteer opportunities available.

Contact us at [hazeldeanleague@shaw.ca](mailto:hazeldeanleague@shaw.ca) to learn more about both types of volunteer opportunities.

## Community Programs

**Hazeldean FUNctional Fitness:** Come join us for a fun, full body workout at Hazeldean Community Hall. Program starts in October on Tuesdays and Thursdays at 6 p.m. and 7 p.m. Contact Jen at [onthefitness@shaw.ca](mailto:onthefitness@shaw.ca) to register and for more information.

**Community Swim:** Did you know that you can swim for free at select Edmonton pools with your Hazeldean Community League membership? Your membership allows free swimming at the Mill Woods Recreation Centre on Saturdays between 2 p.m. and 3:30 p.m.

## Hazeldean Fall Green Shack ends October 13!

Do you have children age 6-12? The City of Edmonton Fall Green Shack program is visiting Hazeldean and has lots of fun programming.

This free after school and weekend program operates 3:30 p.m.- 6 p.m. on Monday and Wednesday, and 1 p.m. - 5 p.m. on Saturdays between September 16 and October 13. Join in games, sports, crafts, drama, and special events. You can find a list of upcoming activities and events posted on the side of the Green Shack each week. Programs are led by staff identifiable by their blue shirt and name tags.

Children age 6-12 are invited to join, and children under 6 must be supervised by a parent or guardian.

Visit the Green Shack webpage on the City of Edmonton website for more Green Shack fall and winter schedules around Southeast Edmonton.

## MANHEIM IS HIRING Part-Time Block Clerks

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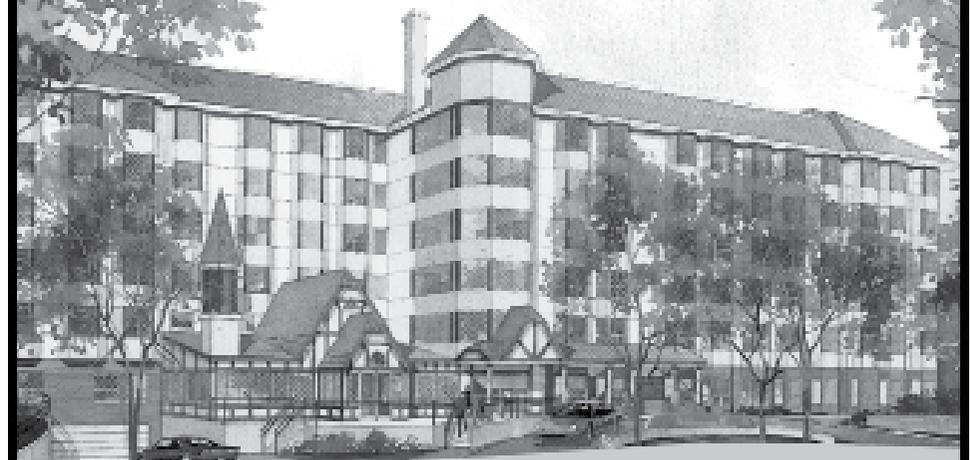


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*Celebrating more than 15 years in the community*

## Community League Contacts

### Executive:

President: Tammy Hay

Past President: Laura Cunningham-Shpeley

Vice President: Tracy Price

Secretary: Cecilia Oteiza Ayres

Treasurer: Peter Willetts

### Board:

Fundraising: Simon Slater

Civics: Max Merrett

Communications: vacant

Community Events: Sam Heine

Abundant Community: Caroline Belanger/Julia Dalman

Hall Maintenance: Ed Retzer/Leonard Wampler

Liveability/Safety: Julie Dalman

Programs: Chantal Lavoie-Michaud

Membership: Dallas Bartel

Soccer: Dave Woo

Sports: Leonard Wampler

Volunteer Director: Angie Tricka

Ritchie Hall Revitalization Director: Jeff Ollis

Director-at-Large: Allan Bolstad

Director-at-Large: Maureen O'Neil

Director-at-Large: Leah Wilson

### Monthly Meetings

Board meetings are held at 7 p.m. on the first Thursday of every month at Ritchie Hall except in the summer when we head out on vacation like the rest of Edmonton. Everyone is welcome and encouraged to attend! Next Meeting Oct 5.

Newsletter Submission Deadlines

Email [ritchienewsletter@gmail.com](mailto:ritchienewsletter@gmail.com)

by the end of the month with submissions or to receive our e-newsletter.

### CONNECT WITH RITCHIE COMMUNITY LEAGUE

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

E-mail: [inquiries@ritchie-league.com](mailto:inquiries@ritchie-league.com)

Online: [ritchie-league.com](http://ritchie-league.com)

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

Twitter: @RitchieYeg

## Hall Rental

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

To book a room, fill out the hall rental inquiry form available at [www.ritchie-league.com](http://www.ritchie-league.com).

# Ritchie News

## SAVE THE DATE

Oct 4	Traffic Discussion Hall
Oct 5	RCL Board Meeting
Oct 5	SCONA Seniors Turkey Dinner
Oct 12/19	Free Chi Gong for Seniors
Oct 13	Bridge Cancelled
Oct 21	Oktoberfest

## Turkey Dinner, Chi Gong, Birthdays, Fundraisers...

Well those guys at SCONA Seniors sure are whip-persnappers...now if only we could get them to change their name to RITCHIE Seniors! Get ready to have a busy October because this month is packed with action:

- Thursday Oct 5 at 12:00 noon: Turkey dinner for all seniors in the community. Turkey and all the trimmings. Loads of fun. Cost is \$10 but seniors MUST call SCONA at 780 433 5377 so we know how many to expect. Adult children and grandchildren are welcome to come with their senior.

- Thursday Oct 12 and 19: Free meditation and Chi Gong class from 10:30-11:30am.

- Thursday Oct 19: Birthday Party to celebrate all the October babies (Seniors). Everyone welcome. Gift for birthday folks, game prizes for everyone else!

- Thursday Oct 26: Halloween fun with Rutherford Grade One students from 10:00am - 1:30 pm. Games, crafts, treats, lunch - all free for everyone. Lots of grandmas and grandpas required to help the children have fun!

- Sunday Oct 29: Special Fundraising Event. "Canada's 150th Birthday Down on the Farm". Play followed by a lovely luncheon. Premier Notley has been invited as a guest speaker. Door Prizes! Tickets are \$20 and can be purchased by calling 780 433 5377. Everyone is welcome and all proceeds go to supporting services and activities for seniors in your neighbourhood.

## Bridge Players Wanted

The Bridge Club is always looking for more players. Every Friday, Ritchie Hall is the place to be with up to 25 tables of card players doing their bidding. Doors open at 11am and games start at noon. Call Rose-Marie 780 439 4884 to learn more about this great weekly activity.

## Free Community League Swim

With the summer of free outdoor swimming behind us, many of you may be wondering where to get your feet wet. Ritchie Community League members will be able to swim for free at:

Commonwealth Community Recreation Centre  
11000 Stadium Road

Saturday: 5:00-7:00pm

Starts September 30 and ends September 1, 2018

Sundays: 1:00-3:00pm

Starts October 1 and ends August 26, 2018

## Octoberfest

Beer, brats, pretzels, live music, polkas, door prizes and lederhosen - Ritchie knows how to have a good time. Join us at Ritchie Hall on Saturday October 21 from 7pm. Tickets \$15 at the door or stop by Barb & Ernie's to buy limited tickets.

## ACE Neighbour Contest!

As you guys know, the ACE Neighbour contest was extended and beefed up with some fabulous new prizes. Congratulations to **Lisa Ostafichuk** who was nominated by her neighbour **Dana Bretelle**.

*"Sometimes I feel like we have won the lottery with great neighbours in this great neighbourhood! Our neighbour Lisa O. is a person that I really need to mention as she just goes above and beyond. Not only does Lisa help us and many other neighbours with their pets, gardens, lawns, snow shovelling and homes when they are away, she also volunteers in many other areas in the community. For many years has taught English to newcomers and I know she has visited each week for over a year with a new Syrian refugee family in Ritchie. Our kids absolutely adore Lisa as she always makes time for them. She has the kids over each week where they get a special play date with her. She plays board games with them, bakes huge cookies, has taught them piano and ukulele for free and even takes them for walks to play tennis against the wall in the schoolyard. You may have seen her doing this in the schoolyard! I cannot express how much she is appreciated by ours and surrounding families, or how thoughtful a person she is. Lisa*

## Thanks Ritchie

Wow! Community League Day was a fantastic! A big fist bump to everyone that made it out to the event and of course to the many volunteers that helped us pull it all off. We seriously can't do it without you...and even if we could, we wouldn't want to.



ABUNDANT COMMUNITY

Edmonton

*has lived in the neighbourhood for her whole life and is truly an ambassador for the community and an incredible example of what being a good neighbour and person is."*

After hearing all the great things Lisa does around the neighbourhood we thought she could use a night out on Accent Infills! Edmonton's infill and skinny home specialists will be giving Lisa \$100 for her great neighbour skills.

As for Dana, Color de Vino is providing her with plenty of wine so she can raise a glass (or 20) to having a great friend and neighbour in Ritchie!

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

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office 780-488-4000  
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[www.waynemoen.com](http://www.waynemoen.com)

## RCL Executive Spotlight

Julia Dalman is equal parts smiley and helpful. Her passion and curiosity for all things Ritchie are evident in the great initiatives she dreams up and makes happen. Whether it's supporting the Abundant Community program, learning more about the rich history in the hood or giving local green thumbs a chance to share the fruits of their labour, Julia is right there sharing her talents and positive energy. Thanks Julia for helping Ritchie grow and thrive, we are so lucky to have you!

### 1. What is your Role on the Board?

I am the Co-Director of Liveability in Ritchie

### 2. Why did you volunteer?

I thought it would be a great way to get to know the Ritchie community and spend time investing in keeping Ritchie a vibrant, liveable community.

### 3. How long have you lived in Ritchie?

Three years.

### 4. Why did you pick this neighbourhood?

My partner Scott made a smart decision in buying a house in Ritchie a number of years ago, and I moved in. I could not ask for a better neighbourhood to live in!

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

Recently, I organized a neighbourhood history walk in Ritchie led by our City Historian Laureate, Chris Chang Yen Phillips. It was so fun to learn about the old Gainers plant and the cattle escape, and see stories from the old school. I know and see Ritchie in a whole new way now.

### 6. What is your wish for the next 5

### years in Ritchie?

I hope that in the next 5 years our community becomes even more connected, with neighbours really taking care of each other. I already see so much of that, and with ACE-Ritchie I am really hopeful that we will get there! And of course to continue our record of hosting really awesome events that bring people together.

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

I love the Chilli Cook Off! It is so fun to see how excited people get about the event in advance and the community in the room during the event. It is a great place to meet people you may not see at other league events.

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

I work at Jasper Place High School as their Community Liaison. My role is to connect students to the community and help teachers create real and relevant experiences for students in their classes. I am also currently studying at the University of Alberta to attain a Masters in Education Policy Studies. When I am not working or studying, I volunteer with groups working to end sexual violence in our city and with a leadership program called Next Up. I play in my garden and go hiking/skiing lots too!

### 9. What book did you read last?

What is the What? By Dave Eggers (Amazing book!)

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

This is cheesy, but Love, realistically. Or chocolate ;)

## In Our Community

Anglican Church of the Messiah: Worship every Sunday at Ritchie Hall from 10:00 am - noon.

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](http://www.caminitosplayschool.com). We are currently accepting students for the afternoon class in the fall.

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](http://edmontonbikes.ca).

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

For more information, contact Peter Daly.

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

Redeemer Lutheran Church: We hold worship services at 10:30 am every Sunday; everyone is welcome. Please visit us at <http://redeemerlutheranchurch.ca/> for more information or

to access/download Sunday sermons. We would love to have you join us! 9654 74 Avenue ph: 780-439-9104 [office@redeemerlutheranchurch.ca](mailto:office@redeemerlutheranchurch.ca)

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.



## Ritchie Programs

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

Bridge Club: Play continues at Ritchie hall with up to 25 tables playing every Friday. Doors open 11 am. Games start at noon. Newcomers are welcome. Please note, bridge is cancelled on October 13...not because we are superstitious but the hall is needed for election purposes. Contact Rose-Marie: 780-439-4884 or Stella 780-504-3972.

Fit for Life Classes: Tuesdays and Fridays from 9 - 10am. Move to the oldies in this mixed-level class offering exercise for every body! The workout includes components of cardio, strength training, balance and flexibility for a well-rounded one-hour workout! For more information, email Lynn Lindsay: [lynnlindsay828@gmail.com](mailto:lynnlindsay828@gmail.com) or call 780-996-2182.

Bingo: Join us every second Wednesday from 6-9pm! For more information, email Joanne: [j\\_niederhaus@hotmail.com](mailto:j_niederhaus@hotmail.com).

NEW! Core Fit: Classes will run right before Zumba on Mondays 6:15-6:45 pm (except for holidays). Check the RCL website for more info or contact Margareta Jesse at [zumbamj@outlook.com](mailto:zumbamj@outlook.com). First class is FREE for members! Check the Ritchie website for NEW unlimited monthly pricing for all 3 Monday classes with Margareta. No Class Oct 9 and 16.

Cribbage Club: Ritchie Cribbage group will meet bi-weekly at the hall. This month we will be playing on October 11 and 25. Doors open at 12:30 pm. for 1:00 pm games. Come and enjoy our friendly group for cribbage, coffee and snacks. Please let Kate - 780 433-0977 or Maryann - 780 462-8582 know you are coming so we can set up and plan. Looking forward to seeing you.

NEW! Fit with Baby: Fit with Baby is a stroller-based fitness program for new parents who want a full body workout but don't want to or can't leave their babies behind. This class modifies exercises to be safe for the pre/postnatal body. Even though our focus is to safely keep moms active, No dance experience necessary, all levels of fitness welcome!

Please bring indoor shoes and a water bottle. Email Margareta Jesse: [zumbamj@outlook.com](mailto:zumbamj@outlook.com). Drop-ins are welcome. Fees apply. First class is FREE for members! Check the Ritchie website for NEW unlimited monthly pricing for all 3 Monday classes with Margareta. No Class Oct 9 and 16.

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

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

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

Zumba at Ritchie Hall: Zumba(R) The class that started the dance-fitness revolution and changed the way we look at a "workout" forever. It's fun, effective and best of all? Made for everyone! We're back at Ritchie Hall Mondays 7-8! Two left feet?? It's easier than you think! No dance experience necessary, all levels of fitness welcome! Please bring indoor shoes and a water bottle. Email Margareta Jesse: [zumbamj@outlook.com](mailto:zumbamj@outlook.com). Drop-ins are welcome. Fees apply. First class is FREE for members! Check the Ritchie website for NEW unlimited monthly pricing for all 3 Monday classes with Margareta. No Class Oct 9 and 16.

## Ottewell Dental Clinic

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