

# COMMUNITY LEAGUE NEWS SOUTH

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



August/September 2018

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

## Hazeldean Holds Annual End-of-School Community Barbecue

Hazeldean Community Leagues' President handles the cash at the Hazeldean End of School Barbecue



On June 28, the Hazeldean Community League held its annual end-of-school barbecue on their back patio. "It's always a hit, was very busy later on" stated the League's Volunteer Coordinator Toby-Anne Reimer.

This Barbecue started in early 2014 as a fundraiser for revitalization of the playground close to the Hazeldean League. The playground is also on the edge of the Hazeldean Public Elementary School grounds. In a neighbourhood with many young families, the site provides a safe facility for young children to have healthy fun and exercise. The design of the playground reflects the Hazeldean areas' railroad and industry heritage,

providing a valuable link to the community's past.

The Barbecue has now evolved into "a social celebration where neighbours can get together and have fun" said Reimer. This outdoor event provides local families with an opportunity for a low cost outing where they can mingle with other locals. Among other offerings, attendees were able to purchase a hamburger, pop, and chips for \$5.00. A variety of deserts were provided for free.

On behalf of the Hazeldean Community League, Reimer passed on an appreciative "Thanks to all who volunteered and also those who came and had fun!"

## Fringe Festival

### KidsFringe

KidsFringe will be hosted at the Strathcona Community League, 10139 87 Avenue, August 17-26th due to renovations at Light Horse Park. KidsFringe inspires creativity and play for families with toddlers to tweens. The new location is a one-stop-shop for fun, offering a wide array of kid friendly activities, greater space to run and play, indoor Theatre for Young Audiences, and the same free programming Fringe families have come to love!

Daily Activity Stations include the Kids-Fringe Stage, Book Nook, Box Fort Zone, Craft Corner, Centre Square, Face Place, Game Zone, Fringe Sensory Tent, and Village of the Tots. Children must be accompanied by an adult at all times. Only adults with children are permitted entrance to KidsFringe. For updates, visit <https://www.fringetheatre.ca/festival/kidsfringe/>

Aug 17 (Fri) - Aug 22 (Wed) 10:30am-5:30pm

Aug 23 (Thu) & 24 (Fri) 10:30am-8:00pm

Aug 25 (Sat) & 26 (Sun) 10:30am-6:00pm

The Strathcona Community League works

closely with the Fringe Festival and the City of Edmonton to maximize the enjoyment of our community for visitors and residents! If you have any questions, please get in touch with Kirsten at [liaison@strathconacommunity.ca](mailto:liaison@strathconacommunity.ca)

### Fringe Festival Concession

In a collaborative effort with the King Edward Elementary Parent Advisory Council, for the first time the Strathcona Community League will be offering a concession throughout the Fringe Festival beginning August 17th.

Proceeds from the concession will go towards supporting school events, field trips, and community and social events being offered by King Edward School. Additionally, proceeds will be used to support programming and social events at the Strathcona Community League.

In order for our concession to succeed we are asking for members of the community to kindly donate their time with shifts being available at either 10:30am-2pm or 2pm-5pm.

We thank all those whose are interested in supporting this new venture! Please sign up now for your volunteering shift at: <https://www.volunteersignup.org/DYFBE>

## Memories of Bonnie Doon Book

The book 'Memories of Bonnie Doon' provides a glimpse into the history of one of Edmonton's oldest neighbourhoods and is based on the memories of residents of Bonnie Doon, as told to community volunteers. From the earliest history of First Nations and Metis families to the opening of Rutherford School in 1911 and the travels of the Bonnie Doon Street Car, Memories of Bonnie Doon commemorates the past of this much loved community, located north of Whyte Avenue next to Mill Creek Ravine. It will be published in September 2018, ahead of the 100th anniversary

of Bonnie Doon Community League in 2019.

Thank you to all who have pre-ordered a copy of the Memories of Bonnie Doon book! You will be contacted to arrange pick-up or delivery in the Fall when we receive the books from the printers. The book will also be available to purchase at upcoming Bonnie Doon Community League Fall and Winter events, while quantities last. If you have any questions, please write to [history@bonniedoon.ca](mailto:history@bonniedoon.ca) or call Marie- Danielle at 780-289-0229.

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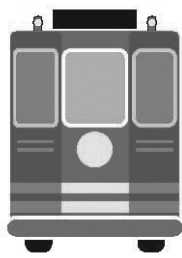
Edmonton, Alberta T6C 0Y9



# Strathcona Centre News

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

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



## Strathcona community league

### STRATHCONA EXECUTIVE & COMMITTEE CHAIRS

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		<a href="mailto:communication@strathconacommunity.ca">communication@strathconacommunity.ca</a>
Chair	Delianne Meenhorst	
Programs Chair	Donna Fong	<a href="mailto:programs@strathconacommunity.ca">programs@strathconacommunity.ca</a>
Social Chair	Melissa Conlon-Fitzpatrick	<a href="mailto:social@strathconacommunity.ca">social@strathconacommunity.ca</a>
Soccer Co-Chairs	Jenn Costigan	
Cheryl	West-Hicks	<a href="mailto:strathcona@southeastsoccer.ca">strathcona@southeastsoccer.ca</a>
Civics / Planning	Peigi Rockwell	<a href="mailto:civics@strathconacommunity.ca">civics@strathconacommunity.ca</a>
Safety Committee	VACANT	<a href="mailto:safety@strathconacommunity.ca">safety@strathconacommunity.ca</a>
Building and Grounds	Brian Moffat	<a href="mailto:grounds@strathconacommunity.ca">grounds@strathconacommunity.ca</a>
Green Initiatives	Vahid Ayan	<a href="mailto:green@strathconacommunity.ca">green@strathconacommunity.ca</a>
Community Garden Co-Chairs	Daniel Auger	
Barbara Sander		<a href="mailto:garden@strathconacommunity.ca">garden@strathconacommunity.ca</a>
Hall Use Committee	Jeanie McDonnell	<a href="mailto:hall@strathconacommunity.ca">hall@strathconacommunity.ca</a>
Community & Neighbourhood		
Liaison	Kirsten Goa	<a href="mailto:liaison@strathconacommunity.ca">liaison@strathconacommunity.ca</a>
Neighbourhood Renewal		
Ad-Hoc Committee	Conrad Nobert	
Community Hall	Helen Gillespie	780-439-1501
Website Manager	Karen Rowswell	<a href="mailto:webmaster@strathconacommunity.ca">webmaster@strathconacommunity.ca</a>
Information		<a href="mailto:info@strathconacommunity.ca">info@strathconacommunity.ca</a>

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!

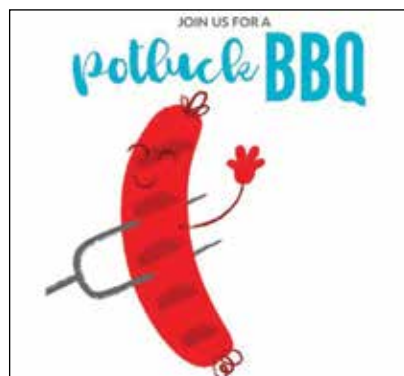
Board meetings are held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information phone 780-439-1501 or e-mail at [info@strathconacommunity.ca](mailto:info@strathconacommunity.ca)

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

The copy deadline for the October/November 2018 issue of Community League News South is September 24, 2018. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at [donna.fong@shaw.ca](mailto:donna.fong@shaw.ca)

## Annual Fall BBQ/Potluck

Please join us at the Annual Fall BBQ/Potluck on Sunday, September 9, 2018 from 2:00 to 5:00 pm at the Strathcona Community League, 10139 – 87 Avenue. The league will be supplying hamburgers, hotdogs and pop/water. There will be music and games for the kids. Pick up your 2018-2019 league membership. The historical average temperature for September 9 is 17°C so it should be a great day for outdoor activities. If you would like to help by volunteering at this fun event, please contact Melissa at [social@strathconacommunity.ca](mailto:social@strathconacommunity.ca)



## League Programs and Activities

### ADULTS

#### Get Fit in 4 weeks for \$55

Get back in shape before winter. In three weeks, we will build up a basic condition with Urban Pole Walking and Zumba. This unique combination will ensure you also will use your muscles in different ways. The aim is that we can walk 50 minutes at the end of week four.

Level: all

Requirements: Community League Membership, poles will be provided by community league. Spots are limited.

Registration: Please email [communication@strathconacommunity.ca](mailto:communication@strathconacommunity.ca)

Instructors: Melanie Kidder (Zumba) & Delianne Meenhorst (Urban Poling)

Week 1

Monday September 3, 7am introduction and 15 min urban poles

Wednesday September 5, 6.30pm, Zumba

Thursday September 6, 6.30pm, 20 min urban poles

Week 2

Monday September 10, 7am, 20 min urban poles

Wednesday September 12, 6.30pm, Zumba

Thursday September 13, 6.30pm, 30min urban poles

Week 3

Monday September 17, 7am, 30 -40 min urban poles

Wednesday September 19, 6.30pm, Zumba

Thursday September 20, 6.30pm, 40min urban poles

(Optional Weekend Morning Walk)

Week 4

Monday, September 24, 7am, 40 -50 min urban poles

Wednesday September 26, 6.30pm, Zumba

Thursday September 27, 6.30pm, 50 min urban poles

(Optional Weekend Morning Walk)

If you like to join Urban Pole Walking only one day of the week, please contact Delianne Meenhorst [communication@strathconacommunity.ca](mailto:communication@strathconacommunity.ca)

## ZUMBA – Wednesdays with Mel Kidder

Wednesdays 6:30 to 7:30 pm

September 5-October 24 (8 weeks)

Fee: \$64.00

Drop-in fee: \$12.00 per class

Requirement: Community League membership required (any league).

Register: Contact Melanie Kidder at 780-722-7558 or email [melstrand\\_5@hotmail.com](mailto:melstrand_5@hotmail.com)

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.

## Membership Drive coming in September!

The new membership year starts September 1st so volunteers (where possible) will be coming door-to-door to sell the 2018-19 memberships in September and October. You can also contact us directly to buy a membership. Membership fees remain \$20/family, \$15/sing, \$5/senior.

### Volunteers:

We can always use more volunteers to canvass for memberships, so if you can help out, give us a call - the amount of time you spend and when you schedule it is flexible.

We are looking for one, or possibly two volunteers to assist with memberships by entering membership info into a spreadsheet (do this from home, several hours of work in September and October, then sporadically throughout the year) and to sell memberships at various league events and programs.

### Memberships are available:

Online through the EFCL at <https://efcl.org/membership> (the EFCL charges a \$5 admin fee)

At any Servus Credit Union

From one of our membership Directors (see contact info below)

At League events such as Pub Night and the Fall BBQ

### Benefits of a membership:

- A voice on issues in our community (neighbourhood renewals, developments, etc.)

- A connection to news and events in the community (e-mail list, website, newsletter, Facebook, Twitter).

- Social events like Winterfest in February, BBQ in September.

- Pub Night on 3rd Friday of every month (themes like Trivia, Scotch tasting, wine sampling)

- Free skating and hockey at our two top-notch rinks.

- Up to 20% discount at city-owned recreation facilities (e.g. Kinsmen).

- Discounts on hall rental.

- Health and Wellness programs.

Contact: Jeanie McDonnell (cell 780-803-0900) or Lois Hameister (cell 587-785-4174) at [membership@strathconacommunity.ca](mailto:membership@strathconacommunity.ca)

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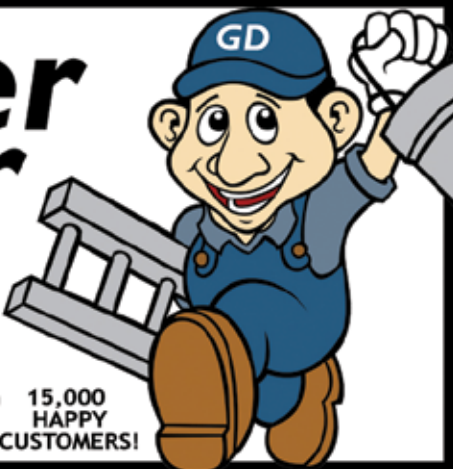
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HAPPY

CUSTOMERS!



## URBAN POLE WALKING

Wednesday mornings 7:30 am  
Ongoing activity - Wednesdays 7:30 am  
Cost: Free  
Requirement: Community League membership required (any league).  
Description:  
Stay active and meet some new friends! Join the Strathcona Pole Walking Group. On Wednesday mornings at 7:30 am, 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. Walks are between 45-60 minutes. Several sets of poles are available for use or bring your own.

If you have questions, call or text Melanie at 780-722-7558 (call or text) or email melstrand\_5@hotmail.com

## SUNDAY MORNING YOGA with Dawn Lamothe

Sundays 9:30 am-10:45 am  
Session 1 (13 weeks)  
September 9,16, 23,30  
October 7,14,21,28.  
November 5,18, 25.  
December 2, 9  
No class November 11  
Fee: \$156.00 (cash or cheque)  
Drop-in fee: \$14.00 (please bring exact cash only)  
Requirement: Community League membership required (any league).  
To request a registration form or for further questions, please contact Dawn at iamtsunam@gmail.com.  
Description:  
This vinyasa (flowing and creative sequences) will vary and progress. It is a form of yoga that is more challenging as it

flows continuously. Each class will have a warm up, standing sequences to strengthen the legs; balancing sequences to train your natural proprioception and foot strength; various options for backbends and back strengtheners as well as core exercises. The last part of the class will include adaptable inversions (including legs up the wall) and finishing with cool down and rest and meditation.

Please join us along with Dawn Lamothe ERYT (Experienced Registered Yoga Teacher) and founder of Lion's Breath Yoga, for a series of registered classes running from September until the beginning of June. Sessions run in 8-14 week sessions.

These classes are for intermediate to advanced practitioners. Beginners who like a challenge are also welcome.

## YOGA - Tues/Thurs Mornings with Kyla Fischer

Tuesdays and Thursdays 9:30 – 10:45 am  
Session 1  
Tuesday, 9:30 – 10:45am  
September 11- October 30 (8 classes)  
Fee \$96.00  
Thursday, 9:30 – 10:45am  
September 13 - November 1 (8 classes)  
Fee \$96.00  
\*Sign up for both Tuesday and Thursday classes for \$176.00.  
Drop in Fee: \$14.00  
Session 2  
Tuesday, 9:30 – 10:45am  
November 6 – December 18 (7 classes)  
Fee \$84.00  
Thursday, 9:30 – 10:45am  
November 8 – December 20 (7 classes)  
Fee \$84.00

\*Sign up for both Tuesday and Thursday classes for \$154.00.  
Drop in Fee: \$14.00  
Requirement: Community League membership required (any league).  
Register: Contact: Kyla Fischer at fischerk@telus.net or 780-430-0229.

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

## 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 2018)  
These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions. This guide goes digital Fall 2018.  
Rec Centres Spring Guide (September-December 2018) Fitness classes, swimming

lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

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

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

## 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.

## ARTAGOGO - ART AT THE HALL



### WEDNESDAYS

Young Masters - Draw and Paint

Ages 6 years and up

4:00 – 5:15 pm

September 12-November 7

8 weeks (No class October 31)

Fee: \$160

Young Masters - Drawing, Painting and More

Ages 6 years and up

4:00 – 4:15 pm - drawing warm-up

4:15-5:15 pm – instruction and course work

(For those who need a little more time after school

September 12-December 12

12 weeks (No classes October 31, November 14)

Fee: \$240 (Payment can be broken up)

Fee for either program includes all instruction, art materials, and a sketchbook.

### SATURDAYS

Young Masters - Draw and Paint

Ages 6 years and up

10:00 – 11:30 am

September 15-November 17

8 weeks (No classes October 6, November 10)

Fee: \$160

Young Masters - Drawing, Painting and

### More

6 years and up

10:00 - 11:30 am

September 15-December 15

12 weeks (No classes October 6, November 10)

Fee: \$240 (Payment can be broken up)

Fee for either program (Ages 6 and up) includes all instruction, art materials, and a sketchbook.

Draw and Paint for Teens

11:30 am-1:00 pm

September 15-November 17

8 weeks (No classes October 6, November 10)

Fee: \$160

Drawing, Painting and More for Teens

11:30 am-1:00 pm

September 15-December 15

12 weeks (No classes October 6, November 10)

Fee: \$240 (Payment can be broken up)

Fee for either Teen program includes all instruction, art materials, and a sketchbook.

Classes take place at the Strathcona Community League hall, 10139 87 Avenue. Contact Berna Ponich, B.Ed., at [berna@telus.net](mailto:berna@telus.net) for information and to register. Facebook @ artagogo



# PLAYGROUP

The Strathcona playgroup hosts a playgroup (September-June) twice a week at the hall, 10139 – 87 Avenue.

Day/time: Every Monday and Wednesday, 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!

# PUB NIGHTS

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

Themes include Scotch tasting, wine tasting,

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

trivia night, board games night, etc. Upcoming pub nights are Friday, September 21, and Friday, October 19. Subscribe to the League email list (scroll to the bottom of our website) or follow us on Facebook (Strathcona Centre Community League) to get reminders! Contact Melissa at social@strathconacommunity.ca with any questions.

# Registration for 2018-2019 Indoor Soccer

A zone-wide indoor soccer registration will be held at the Hazeldean hall, 9630 – 66 Avenue, on Saturday, September 8, 1:00-4:00 pm.

The season starts Saturday, October 13, and runs until March.

Tentative playing days are:  
U7-U11 Saturday  
U13-U19 Sunday  
\*these could still change  
New Age Groups  
2014 - U5

2012/2013 - U7  
2010/2011 - U9  
2008/2009 - U11  
2006/2007 - U13  
2004/2005 - U15  
2002/2003 - U17  
2000/2001 - U19

Online registration is now open for the indoor season at <https://emsasoccerportal.com/>

For more information, contact co-directors Jenn Costigan and Cheryl West-Hicks at soccer@southeastssoccer.ca

# Neighbourhood Renewal Update

The City of Edmonton presented a draft concept plan for Strathcona's neighbourhood renewal at an open house June 20. You can see the plan at [www.edmonton.ca/buildingstrathcona](http://www.edmonton.ca/buildingstrathcona)

The design includes proposals to reduce shortcutting and speeding, add new bike infrastructure, enhance pedestrian crossings and sidewalks, increase amenities to park spaces including Fred A. Moire Park, Tubby Bateman Park and consider parklets on 98 Street. The survey also includes questions about Councilor Ben Henderson's motion for a 30 km/h design speed across all residential streets.

Neighbours have had a chance to provide

feedback on the plan at the open house, July 23, in McIntyre Park, through an online survey, and at localized engagement events. If you were unable to make it to the City's pop-events this summer but still have thoughts or feedback on neighbourhood renewal, you can email the Building Great Neighbourhoods team at [buildinggreatneighbourhoods@edmonton.ca](mailto:buildinggreatneighbourhoods@edmonton.ca) or working group co-chair Jeff Samsonow at [pastpresident@strathconacommunity.ca](mailto:pastpresident@strathconacommunity.ca)

Neighbour feedback will be used to create a final concept plan, which should be presented at an open house in the fall. Watch the league's website and newsletter for those dates. <https://strathconacommunity.ca/>

# Community Big Bin

Thanks to Vahid Ayan, Green Initiatives Director, for coordinating the Community Big Bin event at the Strathcona Community League on July 29th. Our league provided several big bins (dumpsters) in the parking lot to allow residents to dispose of household items too large for regular collection at no charge. Strathcona appreciated the funding support from the City of Edmonton under the 2018 Community Bin Grant program. For a list of City of Edmonton Big Bin events in August and September, visit [https://www.edmonton.ca/programs\\_services/garbage\\_waste/big-bin-events.aspx](https://www.edmonton.ca/programs_services/garbage_waste/big-bin-events.aspx)



# City of Edmonton Programs

Strathcona Community League  
10139 87 Avenue  
Summer Green Shack Program  
Until August 23  
Monday-Friday  
10:00am – 1:30 pm

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

The free drop-in program is targeted at children aged 6-12. Children under 6 must be supervised by a parent or guardian. For more information, please visit [Edmonton.ca/Greenshacks](http://Edmonton.ca/Greenshacks) or call 311.

Water Play Program  
Strathcona Spray Park  
9:00 am-9:00 pm daily  
Until September 18

The best way to stay cool during the summer months is to head to one of the City's free, drop-in water play features. The site hours are subject to change due to weather

changes and maintenance schedules.

Please have a look at the Water Play Rules here [https://www.edmonton.ca/activities\\_parks\\_recreation/water-play-rules.aspx](https://www.edmonton.ca/activities_parks_recreation/water-play-rules.aspx)

Free Outdoor Pool Access

Access to the outdoor pools is free for the entire season which runs until the September long weekend (weather permitting).

Mill Creek Outdoor Pool  
9555 84 Avenue

Queen Elizabeth Outdoor Pool  
9170 Walterdale Hill

Borden Natural Swimming Pool  
7615 Borden Park Road

Fred Broadstock Outdoor Pool  
15720 105 Avenue

Oliver Outdoor Pool  
10315 119 Street

Closures for outdoor pools are determined by temperature (below 18°C), extreme weather (stormy, heavy rain, lightning / thunder), and bookings. Outdoor pool status is updated daily at 10am and 2pm. Check <https://www.edmonton.ca/outdoorpools> or call 311.

# Civics and Community Planning

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. Peigi Rockwell is the chair of the League's Civics and Planning Committee. When the City sends notices to the League announcing appeals to the Subdivision and Development Appeal Board (SDAB), or telling of rezoning applications, or outlining variances that are being requested by a property owner, the committee investigates. We try to determine what the neighbours think, poll our committee members and then decide whether or not

to take action. To learning more about issues and development projects, please contact Peigi Rockwell at [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 2019-2021 cycle.

# DEVELOPMENT PERMIT COMPLIANCE

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

development permit.

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

# Community League Wellness Program

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

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and tress 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 <http://www.edmonton.ca/wellness>



## 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

Transit information

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

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

## Healthy Summer Eating



It is summertime and everyone wants to make the most of it! The sunny, warm season means eating and cooking outdoors. Here are some tips for healthy summer eating.

Keep vegetables and fruit as the main focus on your plate:

Fill half your plate with vegetables, fruit or a green salad. Use plain yogurt, lemon juice, herbs and spices to make delicious dips and dressings.

Try cooking vegetables such as eggplant or cabbage wedges on the barbeque grill. Create colourful vegetable kabobs using bell pepper, corn, onion, zucchini, mushroom and tomato.

Cook a potato, yam or cob or corn wrapped in aluminum foil on the barbecue.

When choosing meat, fish or tofu to grill:

Look for lean cuts or poultry without skin

Use a marinade

Cook meat on foil or a grill pan

Cook at a lower temperature and trim charred pieces of meat

Choose fish and shellfish more often; you can grill a whole salmon filet on a cedar plank

or wrapped in aluminum foil with herbs and spices

Marinate tofu cubes and grill them on a skewer with vegetable pieces

To quench thirst in a healthy way:

Flavour water with lemon or orange wedges, mint leaves, fresh rosemary or frozen berries. Make flavoured ice cubes by putting a berry in each cube of an ice cube tray and filling it with water.

Try making fizzy drinks with carbonated water, a splash of 100% fruit juice and frozen fruit.

Include refreshing summer desserts:

Take advantage of what summer has to offer by choosing seasonal fruit.

Grilled peaches, pineapple or plums with a dollop of Greek yogurt are a tasty dessert.

Try homemade frozen desserts by freezing your favourite smoothie recipe in a popsicle tray or small cups with a popsicle stick in the middle.

For a healthier approach, continuously turn foods over while barbequing and do not overcook.

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## **ATTENTION: STRATHCONA COMPOSITE HIGH SCHOOL GRAD CLASS OF 1958**



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Tentative Date: Saturday, November 3, 2018

Contact: Marie 780-458-2334 or robmarie@shaw.ca  
Please call soon! We have a lot to celebrate!

## **Work week activities to improve fitness**



Finding time to exercise during the work week can be challenging. For many of us, most of the daylight hours are consumed preparing for work, commuting to and from work and...working.

Experts recommend a minimum of 2 ½ hours of moderate activity a week. To qualify as "moderate", an activity should increase your breathing rate and speed up your heart rate.

Examples of moderate activity include brisk walking, slow jogging or climbing stairs.

The good news is that achieving the recommended activity time doesn't have to happen all at once, or even in big chunks. Health Canada recommends activity in periods of at least 10 minutes at a time, so you can add a few minutes here and there throughout your work day and they all add up to a healthier you.

A few ways you can increase activity throughout the work day include:

Parking a few blocks further away from work or getting off the bus a few stops early and walking a bit further at the start and/or end of the day

Using the stairs instead of the elevator for trips up and down floors in office buildings

Take a quick walk to the nearest coffee shop rather than making coffee in the lunch room

Use the washroom two floors up or down

Use half your lunch hour for some kind of activity - organize a walk club or challenge and invite colleagues to add some activity to their days as well

Take advantage of fitness classes offered at many gyms immediately before or after work

Over time, adding in a bit of extra activity throughout the work week will give you energy and focus – helping you make the most of your time off and weekends!

## **Walking for Fitness**

Warm summer days and evenings make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.

Begin by setting a goal. You may want to start with a brisk 30 minute

walk each day and work your way up to 10,000 steps a day.

- Wear comfortable footwear that provides protection and supports the foot.
- Try tracking your steps with a phone app or a pedometer.
- Challenge friends and colleagues to join you.
- Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
- Daily dog walks are also a great

way to keep up both you and your four-legged friend healthy.

- Whenever possible, walk to appointments, meetings or to run errands.
- Get to know your neighbourhood by taking a slightly different route each time you walk. You just might find some hidden gems near home.
- Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.
- Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.

## **Summer reading is fun, easy and skill-building**

Keeping your child's reading level builds confidence in the classroom

Summer holidays ... they may only be 60 days long, but for many kids that can be long enough to lose some of their reading and literacy skills. It's known as summer lag.

Every fall, teachers see students return to classrooms with a noticeable drop in their reading levels. That drop can be as much as a full reading level below where they were in June.

"You don't want kids to lose their momentum. One summer off of reading can have years of impact, depending on the child," says Rebecca Ibbotson, a Grade 1 and 2 teacher at Silver Springs School in Calgary. "While



they're in school, there's a lot of self-esteem and confidence tied into whether you can read or not. When these kids become aware of a decline, it's very hard on their self-esteem. Many students are reluctant to get back into reading after falling behind."

Ibbotson says reading and literacy

don't have to be "all or nothing" during summer holidays.

She says reading for as little as 15 minutes a few nights a week helps a child keep their reading skills. And it can be fun and easy. Playing games such as I Spy, listening to audiobooks during a long drive, having children make up and tell stories and simple spelling bees are just a few of the activities both young and older children can do to build reading skills.

Older children may like to read and talk about a novel with a parent. And some parents balance screen time with book time: to play on the iPad or a video game, their child has to put in the same amount of time reading.



## Community Day Family Movie Night

**Saturday September 15**

Come join your neighbours as we celebrate the completion of our amazing new Playground. We will start with food, activities and fun at the playground and then settle in for our annual outdoor movie night!

Stay tuned to our Argyll Facebook page for details as we get closer to the event

but mark this day in your calendars now. This event will include family friendly activities along with our presentation on a big outdoor screen. This event is free for residents. Check the Argyll website, our Argyll Facebook page and look in your mailbox for more information closer to the date.

## Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre every Friday from 10:00 AM – 12:00 Noon. During better weather some activities are held outside. This volunteer run program is for parents/caregivers and their young children (ages 0-5) to drop by and make friends

with other families in Argyll as well as have fun together.

This is a free program for community residents with no snacks & beverages. If you would like to help out contact: Erin Raudebaugh by e-mail at: < mack\_329@yahoo.com >

## Argyll YOGA

Our ever popular yoga program will return September 10th, 2018.

Hatha Yoga Mondays will resume in September and run for a 12 week session. Time is 7:30-9:00. Cost is \$90 for the 12 week session or you can drop-in for \$10 per class; space permitting. The focus of the class is on building strength, flexibility, balance and connecting to the breath. Class are held at Argyll Hall. Registration will be at the hall just prior to the first class. There are more sessions in the new

year and in spring, so be on the lookout for those as well.

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

To inquire call Renee at (780) 431-1916. Classes start Monday September 10th and finish in early December (there will be no class on Thanksgiving Monday).

## Commonwealth – Fall / Winter Swimming

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

Every Saturday from 2:00 – 3:30 PM beginning September 08, 2018 and running until April, 2019.

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

## Argyll Community Annual General Meeting

At 7:30 PM on Wednesday, September 26th we will hold our Annual General Meeting to deal with the ongoing business of the community league. All residents are automatically voting members of the community league. All residents are also eligible to stand for office.

The meeting agenda is open for any issue or initiatives you believe our community should deal with. This year's meeting will feature discussions about Solar Panels for the Hall, revisions to our Society Charter document, local

improvements suggested through our Survey, and the possible addition of a Communications position for the Executive Board.

The meeting is also an opportunity to learn about programs run by the league, what changes are coming to the area, as well as to meet the people who are contributing to your League. The meeting is usually not very long. Put this date on your calendar to come by and see what's going on in Argyll.

## Argyll Online


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

Follow our Twitter feed @ArgyllCL.

Our web site: <http://www.argyllcl.ab.ca>

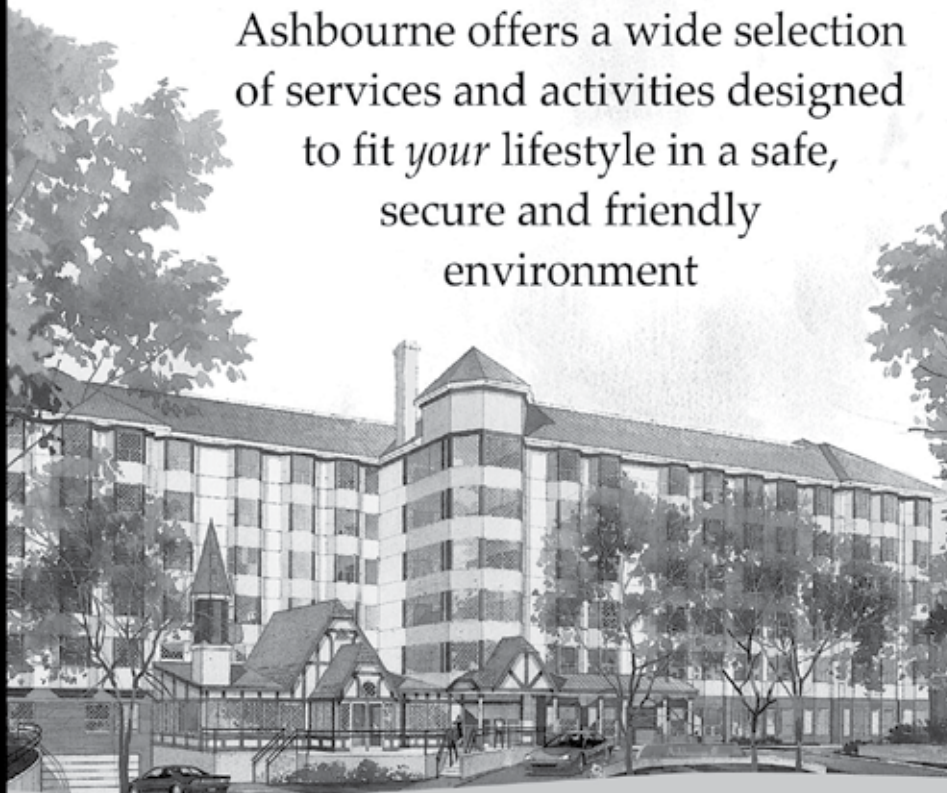
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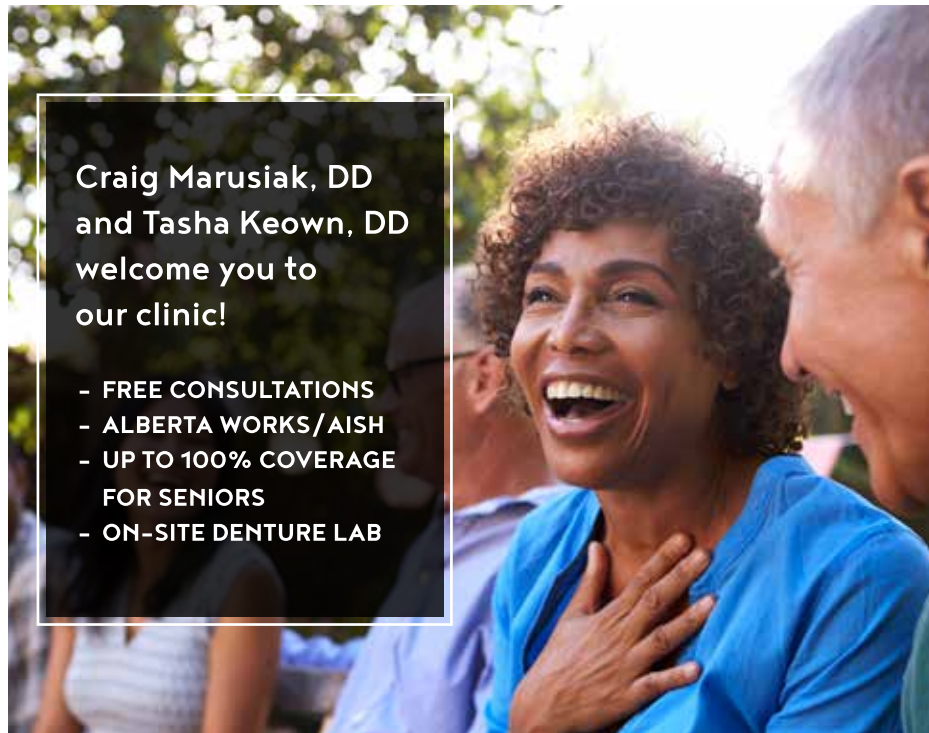
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# Bonnie Doon

## BONNIE DOON EXECUTIVE & COMMITTEE CHAIRS

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

Regular league board meetings are held the second Thursday of the month in September, November, January, March and June, with the AGM in April. Meetings are held at the City of Edmonton offices in Bonnie Doon Mall, starting at 7:15 p.m. All Bonnie Doon Community League members are welcome to attend meetings.

Bonnie Doon Community League sends out monthly newsletters via email. To subscribe, visit [bonniedoon.ca](http://bonniedoon.ca)

## Community Swim Resumes

Bonnie Doon Community League provides members with free entry to Hardisty Fitness and Leisure Centre and Commonwealth Recreation Centre during our community swim rental times, starting September 8, 2018. Use of the entire facility (gym, pool, hot tub, etc) is included upon presentation of a valid Bonnie Doon Community League membership card during these times:

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

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

For more information please visit [bonniedoon.ca/pools](http://bonniedoon.ca/pools)

For information about unplanned closures, call 311 or visit [edmonton.ca](http://edmonton.ca)

### Outdoor Pools

The City of Edmonton is offering free access to all outdoor pools again this summer. Mill Creek Pool is open daily from



11:00 a.m. - 9:00 p.m. until the September long weekend (weather permitting). For more information, call 311 or visit [edmonton.ca/outdoorpools](http://edmonton.ca/outdoorpools)

### Green Shack

Free drop-in programming for children age 6-12 (and children under 6, when accompanied by an adult), at Bonnie Doon Park, 9240-93 Street. Running Mondays - Fridays 2:30 p.m. - 6:00 p.m. until August 23.

## Hall Rental

Looking for a venue for a social event, fundraiser, Christmas party, wedding reception, large meeting or birthday party? Bonnie Doon Hall has a stage, kitchen, bar and seating for 275 guests. This Summer we have installed new windows throughout and adding

air conditioning too. Rentals are very affordable, starting at just \$50 for a Sunday afternoon rental, ideal for kids birthday parties.

Please see [bonniedoon.ca/hall-rental](http://bonniedoon.ca/hall-rental) for details, photos, bookings calendar and information on how to make a booking.

## Supper's On Us

Residents of Bonnie Doon are invited to Supper's On Us, Bonnie Doon Community League's annual free BBQ and membership drive. Enjoy hot dogs, bouncy tents and more!

Date: Sunday, September 16, 2018

Time: 4 p.m. to 6 p.m.

Location: Bonnie Doon Park, 9240 93 Street (beside Bonnie Doon Hall)

It's a fun way to meet your neighbours and

support your community league. We encourage residents to renew their membership at Supper's on Us, which is held every September in conjunction with Community League Day in Edmonton.

We can't do it without a team of wonderful volunteers! Can you help out by being one of our rockstar volunteers? Shifts as short as 30 minutes. Please sign up here: [volunteer-signup.org/ELXP8](http://volunteer-signup.org/ELXP8)

## Purchasing Bonnie Doon Community League Membership

Anyone can purchase a Bonnie Doon 2018/2019 membership. Here are ways to do so:

At the Bonnie Doon Convenience Store, 9104 88 Avenue, open 8:00 am to 10:00 pm Monday to Thursday, 8:00 am to 11:00 pm Friday & Saturday. At the store you must pay with cash or a cheque made out to Bonnie Doon Community League.

To pay with a credit card, purchase online at the Edmonton Federation of Community Leagues website [efcl.org](http://efcl.org). The EFCL charges a \$5 handling fee for online purchases. For

help with online purchasing you can call the EFCL at 780-437-2913, weekdays from 8:30 am to 4:30 pm.

In person at Supper's On Us, September 16, 2018.

These are our membership fees:

Family: \$20

All others (individuals and senior couples): \$10

A membership runs from September 1 through August 31. If you have questions, write to [membership@bonniedoon.ca](mailto:membership@bonniedoon.ca).

## Membership Benefits

Free skating at our rink at Bonnie Doon Park, 9240 93 St.

Free swimming during our Community Swim rental times.

You can register for community soccer and hockey.

Attend our preschool playgroup (September to June).

Present your valid membership card at City of Edmonton sports and fitness facilities

for 20% discount on annual & monthly passes.

Support community events like Bonnie Fest, Mill Creek Cleanup, etc, where you and your neighbours come together to support local causes.

15% off food at Duggan's Boundary Irish Pub, Monday to Thursday, 11:30 am to 4:00 pm, when you present your current BDCL membership card.

## T'ai Chi Chih

Bonnie Doon's T'ai Chi Chih group welcomes beginners for a new 12-week session, beginning Monday, September 17 at 10 a.m. at Bonnie Doon Hall (9240-93 Street). Within a few weeks, new students will fit right in with the regulars who have been meeting on Monday mornings for a number of years. Fees for the session are \$65 for community league members or \$75 for non-members,

and the class is open to everyone. Our certified teacher, Tamara Zujewskyj Brese, presents a set of new movements each week ending classes with the cosmic consciousness pose. More information on T'ai Chi Chih, including a description of some of the health benefits, is presented at [taichichih.org/overview/](http://taichichih.org/overview/). For more information or to register, please phone 780-469-1179.

## Playgroup

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

break during the Summer and will resume on September 4, 2018.

There is no cost, but a current community league membership is required. For more information please visit [bonniedoon.ca/playgroup](http://bonniedoon.ca/playgroup)



## Engineering For Kids Classes

Bonnie Doon Community League is planning to offer two Engineering For Kids classes on Wednesdays in the fall, through [engineeringforkids.com](http://engineeringforkids.com). This Edmonton-based group brings the fun of science, technology, engineering, and math education to kids, ages 4 to 14, through exciting after-school activities. Details will be posted on [bonniedoon.ca](http://bonniedoon.ca) and on our social media pages when classes are confirmed.



## Yoga

Join us for another 10-week session of hatha yoga on Wednesday evenings this Fall, starting October 3. Classes take place at Bonnie Doon Hall, 7:15 p.m. - 8:30 p.m. Classes are suitable for all abilities, from beginners to those more familiar with yoga. Our instructor is Bonnie Doon resi-

dent Jen Martin. Cost: Community league members from any league: \$10/class, \$80 for the entire session. Non members: \$13/class, \$110 for the entire session. New punch card options available. Drop in students are welcome. For more information please visit [bonniedoon.ca/yoga](http://bonniedoon.ca/yoga)

## Potluck Supper

The potluck suppers held last year were a big success with over 50 neighbours sharing delicious food. There were many requests to do it again. Let's get together for another potluck supper at Bonnie Doon Hall on October 21, 2018 from 5:00 p.m. to 7:00 p.m. All Bonnie Doon residents are invited. Please bring a dish to share plus plates & cutlery. This is a great way to get to know your neighbours! You are welcome to bring board games or activities for the neighbourhood children to enjoy together. For more information, contact [info@bonniedoon.ca](mailto:info@bonniedoon.ca).



## Flagging Infill Developments for Inspection

Occasionally residents contact the Community League with concerns about new developments. If you are noticing an issue with an infill development in Bonnie Doon (eg damage to public property including boulevard trees or sidewalks, lack of fencing, etc), you have the ability to flag this for inspection by phoning The City at 311. 311 will then create a ticket for a Development Permit Inspection Team to

investigate further, and to possibly schedule an inspection should they have reason to believe that construction has not proceeded in accordance to their approved Development Permit. The Edmonton Federation of Community Leagues wrote an article outlining how to report concerns with a development. Please visit [efcl.org](http://efcl.org) to read the article in full (enter 'infill inspection' in the search box).

## Neighbourhood Watch

Are you interested in community safety and crime prevention in Bonnie Doon? Edmonton Neighbourhood Watch (ENW) is looking for a community representative for Bonnie Doon, to help share their programming and resources. ENW will provide free training to the volunteer. For more information, please visit [enwatch.ca](http://enwatch.ca) and click on 'Get Started' or call the ENW office at 780-433-7458.



## 1950's Bonnie Doon Map

Due to the popularity of our printed map of 1950's Bonnie Doon, we have now provided a copy online at [bonniedoon.ca/bonnie-blog](http://bonniedoon.ca/bonnie-blog)

## Your Help is Needed

We have a great community league! Why not get involved? Please visit [bonniedoon.ca/](http://bonniedoon.ca/) volunteer for a variety of ways to help in your community.

## Seniors Films & Lunch

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

Upcoming Dates:

Thursday September 20 at 10:30 a.m. We will be screening the Grasslands Project. Through this series of short films, we see contemporary life in rural Alberta and

Saskatchewan.

Thursday October 18.

Thursday November 15.

Thursday December 13.

Bonnie Doon Hall, located at 9240 93 Street, is wheelchair accessible. All seniors are welcome from any community. For more information, please contact Margaret at 780-982-8735 or visit [bonniedoon.ca/programs-for-seniors](http://bonniedoon.ca/programs-for-seniors)

## Reporting Neighbourhood Renewal Concerns

The City of Edmonton encourages residents to phone 311 or use [311.edmonton.ca](http://311.edmonton.ca) to report neighbourhood renewal concerns, including issues such as cracked sidewalks. The neighbourhood renewal work has a two-year warranty from the contractor, so reporting concerns early helps ensure they can be scheduled for repair while under the warranty period.



## Games Night

Upcoming dates: Sunday, September 30 and October 28. All Community League members and their guests are welcome to join the monthly games nights at Bonnie Doon Hall, 9240 - 93 Street. We're super easy-going and fun and welcome all (adult) gamer types - strategists, wordsmiths, card sharks, etc. Bring along your own game or just come to meet new people in the neighbourhood. We will start at 7:30 p.m. play-

ing a fun ice-breaker that anyone can jump into at any time, such as One Night Werewolf, Cards Against Humanity, or Ricochet Robots. At 7:50 p.m. we will split out to two tables:

Table 1: a short and simple game such as Settlers of Catan, 7 Wonders, or Ticket to Ride

Table 2: a longer strategy game such as Puerto Rico or Agricola (or a game you'd like to share!)

## Front Yards In Bloom

City of Edmonton's 'Front Yards in Bloom' recognition program celebrates the efforts of Edmontonians in beautifying their neighbourhoods, one front yard or balcony at a time. Thank you to those who have taken the time to submit nominations, and especial-

ly Claudette, Bill, Nancy, Neyma, Élizabeth, Simone and Karen, who combined to make sure that every house on every street and avenue got a look. Congratulations goes out to the nearly 125 gardens that were nominated in Bonnie Doon this year.

## Bike Index

Do you ride a bike? Consider registering it on [BikeIndex.org](http://BikeIndex.org), which is an online searchable bike registry, where anyone can register their bicycle for free. The Police re-

cover many stolen bikes every year. Having a bike's serial number, photo and specs pre-registered on the Bike Index database helps get recovered bikes back to their owners.

## Do you want to sing in a choir? New members are welcome for the 2018/2019 season.



**Edmonton Columbian Choirs** has 2 choirs for young people that rehearse Tuesday evenings in the Fulton area at Grace United Church. The Young Columbian Choir is for boys and girls aged 6 to 12, and "Vocal Motion" is for ages 12 (grade 7) and up. Also an auditioned group for young adults with choral experience - contact Elaine Dunbar for an audition.

Registration is Tue. Sept. 4, 2018, 6:30 - 8:00 p.m. at Grace United Church 6215-104 Ave.

For more information, please contact Elaine Dunbar at 780-461-1539, or email: [dunbarstudio@gmail.com](mailto:dunbarstudio@gmail.com)



# Hazeldean News

## 2018 Board of Directors

**President:** Troy Pavlek  
**Vice President:** Jason Said  
**Secretary:** Rineke Steenbergen  
**Treasurer:** Tracy Vanberg  
**Civics:** VACANT  
**Facilities:** Bill Elgert  
**Publicity:** VACANT  
**Memberships:** Jackie Craig  
**Social Director:** VACANT  
**Volunteer Director:** VACANT  
**Soccer Director:** Dee Karner  
**Casino Director:** Dawn Banner  
**Playgroup Director:** Rachel Steele  
**Director at Large:** Janel Kidd  
**Director at Large:** Toby-Ann Reimer  
**Administrator:** Dawn Banner

After our callout for help we had a great volunteer meet and greet. It was a wonderful gathering of about 25 community lovers. Many who attended have lived in the community for a long time and some were brand new but all of us love Hazeldean.

We shared stories, expectations and hopes for the future of Hazeldean. We made some strong connections and identified abilities and interests.

By all indications, Hazeldean has a secure and engaging future. COME JOIN YOUR NIEGHBOURS AT THE FALL AGM on OCTOBER 2, 2018 at 7pm.

Bring your ideas and energy so we can keep Hazeldean as the happy and vibrant community it is.

Let's keep living the HAZEL DREAM!

## CASINO

The Hazeldean Community League Board of Directors who like to express our gratitude for the persons who volunteered their time to work the casino July 28 & 29, 2018. The funds raised will be going to a new roof for the hall as well as soccer equipment (balls, etc.), free movie nights, and other free events.

Your generosity is greatly appreciated by all of Hazeldean.

## GET FIT CLASSES

Are you looking for a functional, fun and laid back fitness class? Join Jen Hamel every Tuesday & Thursday 6pm. Jen's classes offer a total body workout in a small group setting 10 or less in a class focusing on building overall strength, balance, endurance, coordination and core strength. Memberships and class passes available. Onthegofitness@shaw.ca or 780-660-9214

## CHECK US OUT AT

Our Web site: [www.hazeldean.org](http://www.hazeldean.org)  
 Twitter: @hazeldeanyeg  
 Facebook: [facebook.com/hazeldeancommunity](https://facebook.com/hazeldeancommunity)  
 Email: [hazeldeanleague@shaw.ca](mailto:hazeldeanleague@shaw.ca)  
 Phone: 780-439-0847

## Board Meetings

Please note that all community League members are welcome to attend our board meetings. They are held on the first Tuesday evenings of the month, starting at 7pm in the upstairs conference room.

Our AGM is held the first Tuesday in October at 7pm in the upstairs conference room. Must be a current community league member and live in the community to vote.

## Memberships

Where: Hazeldean Drug Mart Dairy Queen  
 Information: Call 780-439-0847  
 Email [hazeldeanleague@shaw.ca](mailto:hazeldeanleague@shaw.ca)  
 Cost: • \$20.00 Family • \$10.00 Single  
 \$10.00 Senior's

Benefits of the Community Memberships allow us to put on great events like the Lantern Parade, Winter fun Festival, BBQ's, Movie nights and many more fun FREE events Community members enjoy free community swim times.



Language Development and Disorders Lab  
 Dept. of Communication Sciences and Disorders  
 Monique Charest, Ph.D., R.SLP

## Child Study Participants Needed

*Learning from speaking: The children's picture naming study*

Researchers at the University of Alberta are conducting a study to learn how children's vocabularies are affected by practice naming pictures.

You can help!

**Who can participate?** We are looking for children who:

- Are 3 - 8 years old
- Speak English as their first language
- Have not had difficulties learning English



### What's involved?

- 2 visits to Corbett Hall at the University of Alberta to complete language and problem solving activities
- Younger children will also be invited back in 6 months time
- Your child will receive a gift card and small gift in appreciation of their participation
- Your parking will be paid for

The University of Alberta Research Ethics Board has approved this research study. To learn more about the study, please contact the Language Development and Disorders Lab at (780) 492-4098 / [lddl@ualberta.ca](mailto:lddl@ualberta.ca).

Ethics ID Pro00076501. V

## ATTENTION HAZELDEAN ARTISTS!

Calvary Baptist Church (7215-97 street) is hosting an art show and sale featuring artists with strong ties to the Hazeldean- Ritchie communities on Saturday, September 29, 2018 from 10 am to 2 pm. This is a non-religious event meant to showcase and celebrate the talent and diversity in our neighborhood.

We are looking for visual artists (paint,

drawing, photography, print makers, etc.) as well as sculptors, artistic potters, wood carvers, and other artists who are interested in participating in this fun and family-friendly community event. For enquiries or to request a display table please contact Jill @ 780-850-5935 or [jillm@calvarybaptist-edmonton.com](mailto:jillm@calvarybaptist-edmonton.com)



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## STORM SOCCER CLUB 2018/19 INDOOR SOCCER TRYOUTS



Online registration must be completed **BEFORE** attending Storm Tryouts  
Register online at [www.emsasoccerportal.com](http://www.emsasoccerportal.com)

STORM TRYOUTS - SEPT: 4 - 6 SOUTH SOCCER CENTRE 6520 Roper Road					
Tuesday Sept 4	6 - 7pm	U9B	Field 11	U9-11G	Field 10
	7 - 8pm	U11B	Field 11	U13G	Field 10
	8 - 9 pm	U15B	Field 11	U15G	Field 10
Wednesday Sept 5					
Wednesday Sept 5	6 - 7 pm	U11B	Field 11	U13G	Field 10
	7 - 8pm	U13B	Field 11	U15G	Field 10
	8 - 9 pm	U17B	Field 11	U17G	Field 10
Thursday Sept 6					
Thursday Sept 6	6 - 7 pm	U9B	Field 11	U9 -11G	Field 10
	7 - 8pm	U13B	Field 11	U17G	Field 10
	8 - 9 pm	U15B	Field 11	U17B	Field 10

\*Please arrive **30 minutes prior to tryout times** to register and collect your pinnie

### IF YOUR CHILD IS SELECTED TO A STORM TEAM:

Your child must attend a mandatory **Storm Night** where all fees are paid

- ✓ **Storm Fees** are an additional **\$200** on top of the **ESESA soccer registration fees**
- ✓ Uniform and Volunteer Deposits are also due Storm Night
- ✓ There is a mandatory fundraising activity

❖ If you wish your child to be place on a **community team** if they are not selected to the Storm Program  
You are required to make all your ESESA payments and attend one of the in person registration dates



## Indoor Soccer Registration 2018-2019



Register online now at [www.emsasoccerportal.com](http://www.emsasoccerportal.com)

You must complete the online registration and attend a registration session with payment and deposit  
cheques to have you child placed on a team

- Payment – pay online with credit card or bring cash or cheque payable to ESESA
- Volunteer (\$150) and Jersey (\$75) deposit cheques payable to ESESA and postdated Jan 1/19
- 2 copies of your completed online registration forms
- Government issued ID to verify players age
- 2018/2019 Community League Membership Card – begins with #18-\_\_\_\_\_

### Mandatory In Person Registration Dates:

**September 8<sup>th</sup>, 2018 from 1-4 PM at:**

HAZELDEAN HALL 9630 66<sup>th</sup> Ave

**OR**

**September 12<sup>th</sup>, 2018 from 6-9 PM at:**

Bonnie Doon Mall 8330 82 Ave (Tony Roma's Entrance)

### Premier Soccer Tryouts September 4<sup>th</sup> /5<sup>th</sup> /6<sup>th</sup>



Tryout Location: South Soccer Centre

\*Complete tryout information on our website

Visit our website for Indoor Soccer Season Information  
[www.emsasoutheast.com](http://www.emsasoutheast.com)



# Ritchie News

## CONNECT WITH RITCHIE COMMUNITY LEAGUE

7727 98 Street | 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](https://twitter.com/RitchieYeg)

PRESIDENT: CECILIA OTEIZA AYRES (PRESIDENT@RITCHIE-LEAGUE.COM)  
VICE PRESIDENT: VACANT  
TREASURERS: PETER WILLETTTS & EHAB ZEIDAN (TREASURER@RITCHIE-LEAGUE.COM)  
SECRETARY: MAUREEN O'NEIL (SECRETARY@RITCHIE-LEAGUE.COM)  
PAST-PRESIDENT: TAMMY HAY (PAST-PRESIDENT@RITCHIE-LEAGUE.COM)  
PROGRAMS DIRECTOR: LAURA CUNNINGHAM-SHPELEY  
CASINO & FUNDRAISING DIRECTOR: DAVID WOO  
CIVICS DIRECTOR: ALLAN BOLSTAD  
COMMUNICATIONS DIRECTOR: JENNIFER VILLENEUVE (COMMUNICATIONS@RITCHIE-LEAGUE.COM)  
EVENTS DIRECTOR: DAN TYRKALO (EVENTS@RITCHIE-LEAGUE.COM)  
FACILITIES DIRECTORS: ED RETZER & DALLAS BARTEL  
HALL REVITALIZATION DIRECTOR: JEFF OLLIS (HALL-REVITALIZATION@RITCHIE-LEAGUE.COM)  
COMMUNITY ENGAGEMENT DIRECTORS: JULIA DALMAN & CAROLINE BELANGER (ACE@RITCHIE-LEAGUE.COM)  
SOCCER DIRECTOR: KANE DOZOREC (SOCCER@RITCHIE-LEAGUE.COM)  
SPORTS/RINK DIRECTOR: LEONARD WAMPLER  
MEMBERSHIP & VOLUNTEER DIRECTOR: TRACY PRICE  
TRANSPORTATION DIRECTOR: SIMON SLATER  
GREEN INITIATIVES DIRECTOR: CARLY STEIGER  
DIRECTOR-AT-LARGE: DAN MUNCH  
DIRECTOR-AT-LARGE: JOE SHAW  
DIRECTOR-AT-LARGE: AMANDA BIRD

### MONTHLY MEETINGS

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

## Ritchie BBQs Are Back!!

Wednesday, August 15, 2018  
6:00 PM - 8:00 PM



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## Ritchie Programs

**Bridge Club:** Play continues at Ritchie hall with up to 25 tables playing every Friday. Doors open 11 am. Games start at noon. Newcomers are welcome. 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! 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).

**Cribbage Club:** Ritchie Cribbage group meets bi-weekly at the hall. Doors open at 12:30 pm. for 1:00 pm games. Please let Kate - 780 433-0977 or Maryann - 780 462-8582 know you are coming so we can plan.

**Fit with Baby:** Last class of the season is June 18. See you in the fall!

**Home-school Playgroup:** Every second Tuesday 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 [karend-whitehead@gmail.com](mailto:karend-whitehead@gmail.com) for more information.

**RCL Preschool Playgroup:** The (free!) pre-school play group is held on Wednesdays from 10 am-12pm. Bring your children between the ages of 0-5 years to the Ritchie Community hall 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:** Wednesdays from 7:15-8:30pm at Ritchie Hall. All you need is a yoga mat (mats are available or bring your own) and some comfortable clothing. First class is free. For additional information visit the website or contact Kristal at [kristalcforrest@hotmail.com](mailto:kristalcforrest@hotmail.com).

**Tai Chi - Chi Gong - Meditation**  
Classes are free of charge! Bring your interest, commitment and comfortable clothing. Classes: Mon 6:30-8 PM, Tues 11-12:30 PM, Thurs 10:30 - 11:30 AM, Fri 6:30-8:00 PM  
Location: Ritchie Community Hall  
Teacher: Doug Gauld; 40 yrs training and 30+ yrs teaching martial arts.  
Note: to attend any class, notify Doug at 780-224-5894 one day prior

## 14 years at the Ritchie Corner

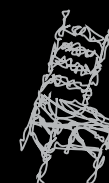
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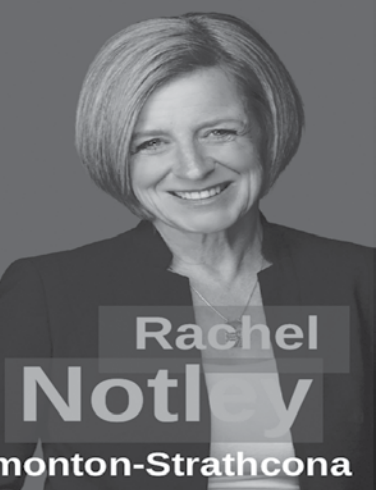
Suite 101 10328 - 81 Avenue NW

Edmonton, AB T6E 1X2

(780) 414-0702

[edmonton.strathcona@assembly.ab.ca](mailto:edmonton.strathcona@assembly.ab.ca)

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### Information Sessions

**The Christenson Group** is pleased to invite you to an information session introducing Southwoods Court North, Phase 1 of Southwoods Village at Hazeldean. Centrally located Southwoods is an energy efficient retirement community that is close to many amenities, walking paths and the Millcreek Ravine.

### Information Sessions

are being held at **Southwoods Court North (9430 - 67 Ave, Edmonton).**

Sessions start every **Tuesday at 2 pm with limited seating.**

To reserve a seat or ask about upcoming sessions call Lynne Christenson at **(780) 975-2509** or by email at **LynneC@CDLHomes.com.**

**ChristensonGroup.ca**

