

COMMUNITY LEAGUE NEWS SOUTH

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



Oct/Nov 2018

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

Agyl Playground Completed

I want to give out a great big cheer to the dedicated group of volunteers who endured the very lengthy, very complicated, and very stressful process of designing and building our new Playground. They stayed with the process until the very end.

Use of the playground was permitted this summer and by all reports from children it's a great place to play. The mosaic tile bench is a wonderful addition to the design and the large patio area will become a focal point of many community activities for years to come. The addition of many trees will gradually change the character of the play area and the bike loop is already hugely popular with young bike riders.

Financial help came from our neighbour communities, from residents of Argyll, through fund raising at our community events, and from levels of government through grants and funds. Our community partners the EJCA contributed funds as did our other neighbours the ECCC who held a special fundraising event specifically to sup-



port the playground redevelopment.

It's been 25 years since the last playground was installed and the changes are very dramatic. We held a small official opening on Community Day September 15th (in the pouring rain) to mark the occasion along with a fireworks display that evening.

I'm very proud of the work our volunteers did on behalf of everyone in our neighbourhood and I hope you are too. Thank you from the Community Leadership for persisting and succeeding for the benefit of everyone in this district.

Strathcona: Building Great Neighbourhoods

Strathcona's Neighbourhood Renewal is getting closer to reality. After capturing feedback throughout the summer, the City of Edmonton hosted a Public Engagement open house on September 26, 2018 to reveal the concept plan that incorporates new pedestrian-enhancements and sidewalk surfaces, traffic calming measures, improvements to park spaces and new parklets, and new bike lanes.

For those who were unable to attend the event, display materials, maps and handouts are posted at the City's Building Great Neighbourhoods website and an online sur-

vey made available until October 10, 2018. Feedback gathered from the Public Engagement and the survey will be used to refine the concept plan for a design that will be shared before winter. Construction is slated to begin in spring 2019 with completion expected for 2021.

Please watch the City of Edmonton's page for our renewal, edmonton.ca/buildingstrathcona, and community league website, strathconacommunity.ca, for updates. You can also sign up for a newsletter at both sites to receive updates.

Hazeldean Christmas Craft Sale



November 17th and 18th
10 am - 4 pm 9630 - 66 Ave

Come join us at Hazeldean's 8th annual craft sale. We showcase crafts and creations from local artisans. Jewelry, pottery, baby clothes, slippers, greeting cards, photography and much more!

There are door prizes and a concession so come hungry! \$1.00 donation at the door

This year the proceeds from the door and concession go to the 75th Pathfinders of Girl Guides Canada.

Strathcona General Meeting, November 26, 2018

The Annual General Meeting of Strathcona Community League will be held at the league hall, 10139 87 Avenue, on Monday, November 26, at 8 pm. The AGM is open to all members, volunteers and neighbours. League business will include a review of our 2017-2018 financials, committee reports and board elections. For those interested in serving on the Board, please contact Maureen Duguay, President, at president@strathconacommunity.ca



Ritchie Teens' last chance to 'toil and trouble'

If you are 11-17 years old, Oct. 11 is your last chance to join other young thespians preparing a production of Macbeth. They meet Thursday afternoons (4-6 p.m.) until the performance in January, learning the play through storytelling and games. No acting experience required!

Local theatre professionals use storytelling and games to develop your vocal and performance skills. Past Teen Shakespeare

productions in Ritchie include A Midsummer Night's Dream and Twelfth Night.

You must be a community league member somewhere to participate, but Ritchie members register for only \$190 (15 per cent less than the non-Ritchie cost of \$225).

For more information, contact Calla Wright callawright@gmail.com

Classes started Oct. 4. Cancelled Dec. 20 and 27. Resuming Jan. 3 and 10.

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Strathcona Centre News

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

website: www.strathconacommunity.ca



STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

<i>President</i>	Maureen Duguay president@strathconacommunity.ca
<i>Past President</i>	Jeff Samsonow pastpresident@strathconacommunity.ca
<i>Vice-President</i>	Conrad Nobert vicepresident@strathconacommunity.ca
<i>Treasurer</i>	Colleen Taralson treasurer@strathconacommunity.ca
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<i>Membership Chair</i>	Lois Hameister membership@strathconacommunity.ca
<i>Communication Chair</i>	Delianne Meenhorst communication@strathconacommunity.ca
<i>Programs Chair</i>	Donna Fong programs@strathconacommunity.ca
<i>Social Chair</i>	Melissa Conlon-Fitzpatrick social@strathconacommunity.ca
<i>Soccer Co-Chairs</i>	Jenn Costigan Cheryl West-Hicks strathcona@southeastsooccer.ca
<i>Civics / Planning</i>	Peigi Rockwell civics@strathconacommunity.ca
<i>Safety Committee</i>	VACANT safety@strathconacommunity.ca
<i>Building and Grounds</i>	Brian Moffat grounds@strathconacommunity.ca
<i>Green Initiatives</i>	Vahid Ayan green@strathconacommunity.ca
<i>Community Garden Co-Chairs</i>	Daniel Auger Barbara Sander garden@strathconacommunity.ca
<i>Hall Use Committee</i>	Jeanie McDonnell hall@strathconacommunity.ca
<i>Community & Neighbourhood Liaison</i>	Kirsten Goa liaison@strathconacommunity.ca
<i>Community Hall</i>	Helen Gillespie 780-439-1501
<i>Website Manager</i>	Karen Rowswell webmaster@strathconacommunity.ca
<i>Information</i>	info@strathconacommunity.ca

Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3
Community League website: www.strathconacommunity.ca
EFCL website: www.efcl.org

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

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!

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.

2018-2019 Community League Membership

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.

The new membership year started Sept 1. If a volunteer has not come to your door, memberships are also 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
Membership fees: \$20/family, \$15/singe, \$5/senior.

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

nity.ca

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.

League Programs and Activities

YOGA - Monday Evenings with Corinne McNally

Mondays 7:00 – 8:15 pm
Session 1
Until October 29 (no class Thanksgiving)
\$14/class drop in
Session 2
November 5 - December 17
Fee: \$84 (7 classes)
\$14/class drop in
Requirement: Community League membership required (any league).

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

Website: www.lotusmoonyoga.ca

Description:

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

YOGA - Tues/Thurs Mornings with Kyla Fischer

Tuesdays and Thursdays 9:30 – 10:45 am

Session 1
Tuesday, 9:30 – 10:45am
Until October 30
Drop in Fee: \$14.00
Thursday, 9:30 – 10:45am
Until November 1
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!

SUNDAY MORNING YOGA with Dawn Lamothe

ZUMBA – Wednesdays with Mel Kidder

Wednesdays 6:30 to 7:30 pm

Session 1 until October 24

Drop-in fee: \$12.00 per class

Session 2

November 7- December 19

Wednesdays, 6:30-7:30pm.

\$48 for 6 week session

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

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.



Sundays 9:30 am-10:45 am

Session 1

Until December 9

No class November 11

Drop-in fee: \$14.00 (please bring exact cash only)

Requirement: Community League membership required (any league).

Session 2 will start in January 2019 (dates TBD). For further questions, please contact Dawn at iamtsunami@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.

ARTAGOGO - ART AT THE HALL

TEENS - DRAWING, PAINTING, AND MORE

Saturdays until December 15

11:30 am-1:00 pm

Register anytime.

\$20/class includes all materials.

DRAWING, PAINTING, AND MORE for ages 6 and up.

Fall Session 1 until December 12 (Wednesday) or 15 (Saturday).

Sign up for the "More" portion of the course.

Project could be sculpture, printmaking, or collage....to name a few choices.

Contact Berna for "MORE" information

Wednesdays

November 21 - December 15

4:00-5:15 pm

Fee: \$80

Saturdays

November 24 - December 15

10:00 am-11:30 am

Fee: \$80

Classes take place at the Strathcona Community League hall, 10139 87 Avenue. Contact Berna Ponich, B.Ed., at berna@telus.net for information and to register. Also, you may contact Berna to inquire about winter art classes that will start in January 2019. Facebook @artagogo

Celebrating Community League Day at Annual Fall BBQ



The league had a successful fall BBQ to celebrate Community League Day early on September 9th. The event featured live music (Nathan Carroll and musicians from our community), bouncy castle, art project with Berna Ponich, games, membership sales, and BBQ/potluck. Thanks to Melissa Conlon-Fitzpatrick, Social Director, for organizing this fun event and to the volunteers for helping out with the BBQ, kitchen duties, and outdoor activities. Jeff Samsonow, Acting Co-chair, Strathcona Working Group, was on hand to talk to community members about neighbourhood renewal.

2018-2019 Indoor Soccer

Strathcona has one team U13 Girls for the indoor season. Go, girls! For more information about the soccer program, contact co-directors Jenn Costigan and Cheryl West-Hicks at soccer@southeastssoccer.ca

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\$150 - \$400
Lounge
Capacity 58
Seats 30 -35 depending on table arrangement
Amenities include a bar, fireplace, piano, tables and chairs.
\$75 - \$260
Concession/Small Meeting Room
Seats 8 to 10
Amenities include kitchen.
\$20 - \$75

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

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

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

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

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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

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.

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.

Upcoming pub nights:

Friday, October 19, 8pm

Wine Tasting

Friday, November 16, 7:30 pm

Trivia

Friday, December 21, 8pm

Christmas theme

Kids are welcome (except on Trivia night, as we don't have room). Pub nights are for community league members and guests. Memberships available on site.

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.

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Saturday, October 20, 4:00 PM — 8:00 PM

This event is for RESIDENTS OF ARGYLL only. Its purpose is to foster community, get to know your neighbours better, and to have some fun! Participating families will be grouped into teams of 3-5

households; each household will be assigned to host one of the courses. Everyone on the team will start out at the first house for course #1, then everyone will go to the second house for course #2, and so on until all the courses are completed. Courses will include: Appetizers, Soup*, Salad*, Main Course, Dessert. (Items with a * may be skipped depending on group size). We cater to special dietary needs as well.

You must confirm your participation by October 16. Teams will be formed after October 16 and everyone will be notified regarding team and course assignment.

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre the last Friday of each month from 10:00 AM – 12:00 Noon. This volunteer run program is for parents/caregivers and their young children (ages 0-5) to drop by and make friends with other families in

Argyll; as well as have fun together. This is a free program for community residents with no snacks & beverages. Grandparents are most welcome to join in. If you would like to help out contact: Erin Raudebaugh by e-mail at: < mack_329@yahoo.com >

Argyll Online

As always our web site has current information. Check-in weekly to see what's changed. Send us things you think the community would be interested in. A new section has been added to the web site which features announcements and news about the Committee work various residents are involved in. The web site address is: www.argyllcl.ab.ca

If you wish to be added to our EVENTS e-mail distribution list get your name into argyll.social@gmail.com. Our Social Events committee also operate our Facebook™ page < facebook.com/argyllcl > and our Twitter™ feed < @ArgyllCL > and will soon offer an Instagram™ page for your continued engagement with us.

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.

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.

Constituency Office
Suite 101 10328 - 81 Avenue NW
Edmonton, AB T6E 1X2

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edmonton.strathcona@assembly.ab.ca
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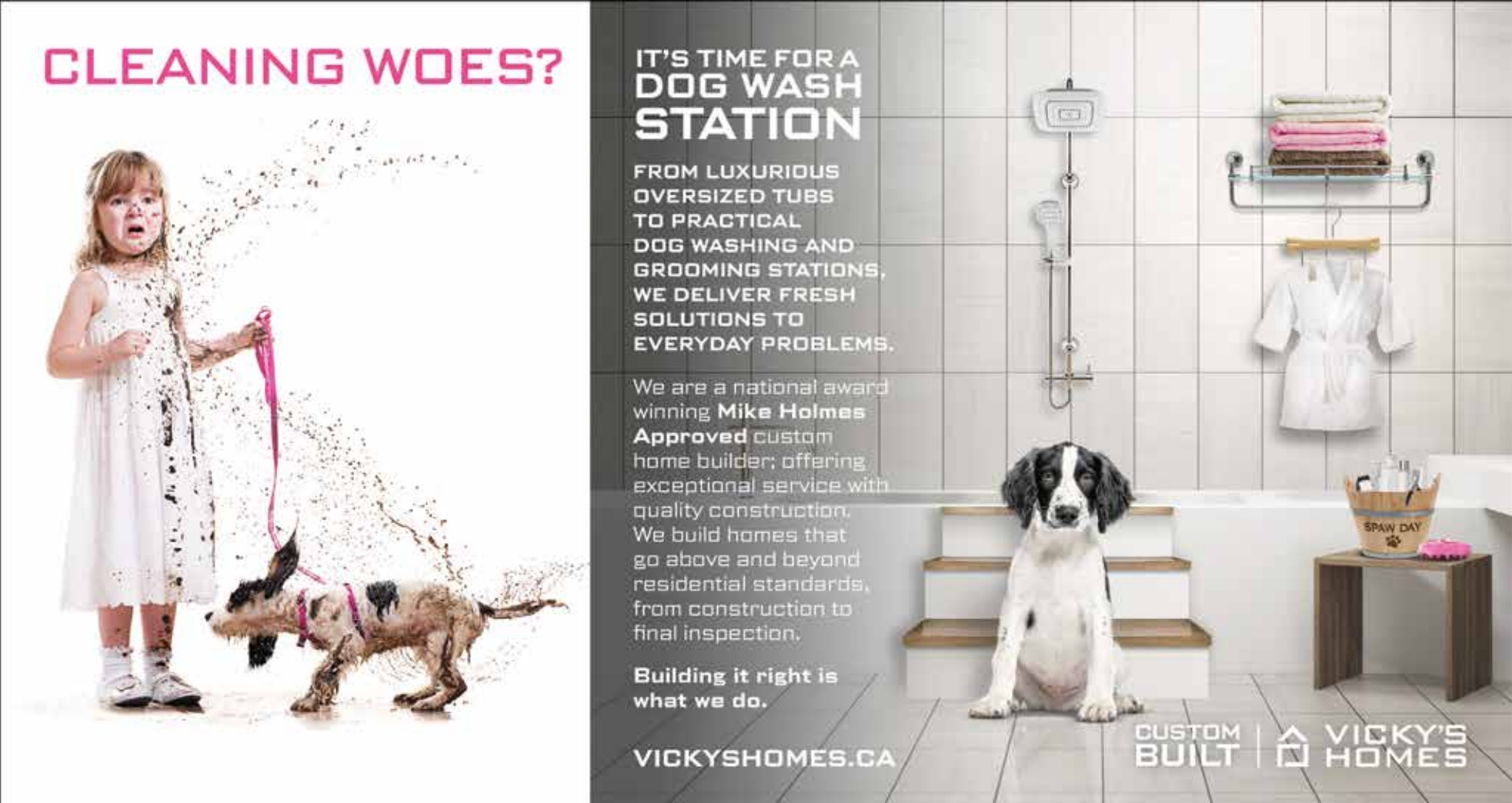
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Bonnie Doon

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



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We offer a Reggio inspired yoga preschool program and a variety of yoga classes that are just right for you and your family.

10047 80 Ave www.littlelotusinc.ca
info@littlelotusinc.ca

Playgroup

Children under the age of six and their caregivers are invited to our playgroup at Bonnie Doon Hall Tuesday mornings during the school year, 9 a.m. to 11 a.m. It's a great opportunity

for parents to meet and for children to play freely. There is no cost, but a current community league membership is required. For more information please visit bonniedoon.ca/playgroup

14 years at the Ritchie Corner

Your Neighbourhood Café



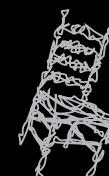
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Hall Rental

Looking for a venue for a special event. Bonnie Doon Hall has a stage, kitchen, bar and seating for 275 guests. Rentals are affordable.

Please see bonniedoon.ca/hall-rental for details, photos, bookings calendar and information on how to make a booking.

Community League Membership

Ways to purchase membership: Bonnie Doon Convenience Store, 9104 88 Avenue. Pay with cash or a cheque.

Purchase online at the Edmonton Federation of Community Leagues website efcl.org. The EFCL charges a \$5 handling fee for

online purchases.

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.

T'ai Chi Chih

Mondays at 10 a.m. at Bonnie Doon Hall (9240-93 Street). 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/. For more information or to register, please phone 780-469-1179.

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 Com-

munity 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

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

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!

Hazeldean Community League

9630 – 66 Avenue
 Edmonton, AB, T6E 4W9
 Tel/Fax: 780-439-0847
 Email: hazeldeanleague@shaw.ca
 Web: www.hazeldean.org
 2018/2019 Board:

Our AGM had not occurred at the time of this submission. We'll let you know who your new board is as soon as we can.

Hall Rental

Hazeldean Community Hall offers reasonable hourly, weekend, wedding and special event rental rates! We offer a full kitchen, seating capacity of 250/220 with alcohol, free parking and wheelchair accessibility. Our 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 of our community room which is perfect for outdoor events.

Visit our Webpage: hazeldean.org

Check us out on Facebook: www.facebook.com/HazeldeanCommunity/

Edmonton Contra Dance

Dec 1st 7:00pm – 11:00pm (Contra Dance)

Dec 2nd 1:00pm – 3:30 pm (Family Dance)

We have a Caller from New England coming in to call & a Live Band. \$15.00. We would like to extend an invitation to the Hazeldean Community as both events are to be held at Hazeldean Hall (9630 66 Ave). No partner required and no alcohol served.

Hazeldean
CHRISTMAS
Craft Sale

NOVEMBER
17TH & 18TH
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9630 66 AVE

8th year running
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Karate

Experience the discipline and focus of traditional karate. We are a small dojo training locally. We have classes for all ages and skill levels. Please contact us at 780-438-3179 for your free trial. Simple and effective self-defense.

Free Swimming with Community League membership

Sundays 1:00 to 3:00 pm

Commonwealth Pool (11000 Stadium Rd)

Memberships

Memberships may be purchased at:

Hazeldean Drug Mart, 9611 – 66 Avenue

Dairy Queen (Hazeldean location ONLY),

9855 – 70 Avenue

Family \$20, Individual \$10



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Ritchie News

Connect with Ritchie Community League

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

Newsletter: newsletter@ritchie-league.com

Online: ritchie-league.com

Facebook: facebook.com/WelcometoRitchie

Twitter: @RitchieYeg

Instagram: [ritchie_league](https://instagram.com/ritchie_league)

President: Cecilia Oteiza Ayres...

president@ritchie-league.com

Vice-president: dallas Bartel...

vice-president@ritchie-league.com

Treasurers: Peter Willetts & Ehab Zeidan...

treasurer@ritchie-league.com

Secretary: Maureen O'Neil...

secretary@ritchie-league.com

Past-President: Tammy Hay...

past-president@ritchie-league.com

Casino & Fundraising Director: David Woo

Civics Director: Allan Bolstad

Communications Director: Jennifer Villeneuve...

communications@ritchie-league.com

Community Engagement Directors: Julia Dalman & Caroline Belanger...

ACE@ritchie-league.com

Events Director: Dan Tyrkalo...

events@ritchie-league.com

Facilities Director: Ed Retzer

Green Initiatives Director: Carly Steiger

Hall Revitalization Director: Jeff Ollis...

hall-revitalization@ritchie-league.com

Hall Manager: Terry Kellner... hallrentals@ritchie-league.com

Membership & Volunteer Director: Tracy Price

Programs Director: VACANT

Soccer Director: Kane Dozorec...

soccer@ritchie-league.com

Sports & Rink Director: Leonard Wampler

Transportation Director: Simon Slater

Director-at-large: Dan Munch

Director-at-large: Joe Shaw

Director-at-large: Amanda Bird

MONTHLY MEETINGS

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

Member discount Fridays

Ritchie Hall is booked for one thing or other pretty much every day. But there is still time to host your event.

On Friday evenings, the large room is discounted 25 per cent for Ritchie Community League members. The space holds 150 guests and features an auditorium ceiling, bar and stage.

At last count, Ritchie had 96 bookings on October's calendar.

Contact hallrentals@ritchie-league.com or fill in the request form online: ritchie-league.com.

Margareta Mondays: Take your pick!

Zumba your thing? What about morning workouts? Does core conditioning call you?

Margareta Jesse, Ritchie resident and fitness instructor, offers it all, Mondays at Ritchie Hall (except on holidays). Best of all, your FIRST class is FREE. Try them all and pick which fits. Maybe they all do!

Welcome drop-ins. Require indoor shoes and a water bottle. Email zumbamj@outlook.com for more information.

9-10 a.m. Mondays: *FIT* (with or without little ones)

A full-body strength workout using your body weight and portable equipment. This class is stroller friendly.

- \$10 Ritchie Members - \$12 non-members
Bring a mat.

6:15-6:45 p.m. Mondays: *CORE FIT*

Improve your strength, balance and stability in this 30-minute blast.

- \$5 Ritchie Members - \$6 non-members
Bring a mat.

7-8 p.m. Mondays: *ZUMBA (R)*:

No dance experience necessary.

Bingo calls it

In bingo lingo, No. 13 is known as "Unlucky for Some." That's certainly true for fans in Ritchie. Long-time organizer Joanne Niederhaus is stepping away after leading the club for 13 years, assisted for the past 10 by caller (and husband) Dwayne and sister-in-law Dolores.

"We're willing to show anyone who wants to take over for us what to do," says Joanne, adding new volunteers can work with Ritchie Hall to schedule the games on a different date and time.

For now, until Dec. 5, Bingo continues biweekly on Wednesdays:

Doors open at 6:30 p.m.; Games begin at 7 p.m.; CANCELLED Oct. 31

Email j_niederhaus@hotmail.com for more information about seeing this group continue and to thank her team for its years of dedication to Ritchie!



Fit for Life sets the standard

Two mornings a week, old-time rock and roll accompanies a full house of older adults rocking Ritchie Hall with fitness instructor Lynn Lindsay.

Fit for Life has a maximum enrollment of 25. "It's become a very cohesive group--great for socializing, too, for some who might otherwise feel isolated."

Fit for Life

9-10 a.m. Tuesdays and Thursdays

Contact Lynn at lynnlindsay828@gmail.com or call 780-996-2182

MORE Ritchie programs

Bridge Club

Fridays, \$3

Doors open at 11 a.m.

Games begin as 11:45 a.m.

25+ tables

Rose-Marie 780-439-4884 or mcarthyl1@telusplanet.net

Stella 780-504-3972

Home-school Playgroup

Tuesdays, Free

1-3 p.m.

Karen: karenwhitehead@gmail.com

RCL Preschool Playgroup

Wednesdays, Free

10 a.m. to noon

Tai Chi

Mondays: 6:30 - 8:30 p.m.

Tuesdays: 11 a.m. - 12:30 p.m.

Doug: dgauld@shaw.ca

Yoga (vinyasa flow)

Wednesdays

7:15-8:30 p.m.

First class free.

Mats available or bring your own.

Kristal: kristalcforrest@hotmail.com

Yoshinkan Karate

Tuesdays and Thursdays

6:30-9 p.m.

All levels. All ages.

Families welcome.

Contact Randy to register and

for pricing: rmockford@shaw.ca

Save the date

Oct 31: 6-8 p.m. Halloween Warm Up in Ritchie Hall.

Nov. 18: 1-4 p.m. Cash-only Craft and Bake Sale in Ritchie Hall presented by the Home Based Learning Society of Alberta (Ritchie's very own Homeschool Playgroup)

Dec. 15: A Very Merry Christmas at Ritchie Hall.

Crib carries on, meets weekly

After 10 years of service to Ritchie, Maryann Hallett (80) passed away in her sleep in August. Her quiet, kind presence leading the Crib Club is greatly missed.

Numbers always were her thing! An accountant for various organizations, she assisted Ritchie's treasurer and worked casinos for Neighbourhood Watch, as well running the Crib Club since 2013.

"While others watched, she was doing," says Ed Retzer, friend and fellow life-long Ritchie volunteer.

Maryann's last act as crib leader was to schedule WEEKLY games on Wednesdays, starting this fall.

Doors open at 12:30.

Games begin at 1 p.m.

Cost \$5. Coffee and light luncheon served.

Let us know you are coming so we can have tables set and ready!

Call:

Charlotte 780-465-6222

Agnes 1-709-691-3400



More reasons to join Ritchie

Anyone who purchases a community league membership before Oct. 31 is entered to win a City of Edmonton family pass.

Get memberships at Ritchie Foods at the Four Corners and online at EFCL.org. You can also email volunteers@ritchie-league.com to arrange for pick up.

If you already bought your 2018-2019 membership, you're already entered to win. And don't forget!

Flash your membership card at the Commonwealth Recreation Centre and swim FREE.

- Saturdays: 5-7 p.m. - Sundays: 1-3 p.m.

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In the community: SCONA seeks \$100,000

SCONA Seniors meets every Thursday in Ritchie Hall.

Hosting weekly social events at Ritchie for vulnerable and frail seniors, most in their 80s, SCONA Seniors is threatened with closure.

A gofundme campaign has set out to raise \$100,000 to prevent that from happening.

“Social isolation can be life threatening,” says Cathy McLean, executive director of the Senior Citizen Opportunity Neighbourhood Association (SCONA). So for 42 years, six days a week, SCONA has been bringing seniors together for more than just art or exercise classes.

“It gives them the opportunity to laugh, enjoy a good meal together, stay as active as they can and feel there is purpose in their life again.”

Most activities are based in a little gray house in Strathcona, provided by the City of Edmonton and the Edmonton Community Foundation, with a genuine home-away-from-home vibe. Larger events take place in Ritchie Hall.

Seniors want to share their stories with each other, says Kay, 89.

“SCONA is what we want at our age. It is like visiting with friends at home. We don’t want to sign up for a course or craft. We’ve been there, done that. We just want a nice place to go for a good meal and a visit with friends.”

An outreach worker also helps them navi-



gate and connect with supports that are often confusing. She’ll help them fill out forms, find affordable housing and food, so they feel confident living on their own. As necessary, she connects them to mental health, medical, addictions, elder abuse or social supports.

“Scona gives me a reason to get up every morning!” says Charlotte (78) “I have a rich and busy life again.”

S.C.O.N.A. is a non-profit organization and registered charity with Canada Revenue.

Donate at gofundme.com/scona-seniors

SCONA in Ritchie: Thurs. noon to 2 p.m.

Oct. 18: Mexican Cultural Festival. \$10.

Oct. 25: Halloween party. Prize for the best hat. Lunch. \$10.

Everyone welcome, but call ahead so the cook prepares enough food: 780-433-5377.

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Keep Ritchie relevant

Ritchie’s events rock. Witness Community League Day’s packed hall, despite the car show cancellation and snow outside. Or the sold-out Oktoberfest with the Emeralds.

But did you know that Ritchie is also the envy of many communities for the number of programs running in its hall. Read all about crib, bingo, fitness classes, Shakespeare for teens and others.

With mixed feelings we congratulate Laura

Cunningham-Shpeley who was our Program Director. She has stepped down to become the executive director at the Edmonton Federation of Community Leagues. Our loss AND our gain. That means we need a Program Director who can keep things running and develop new programs. If this position sounds like your thing contact Cecilia: president@ritchie-league.com

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