COMMUNITY LEAGUE NEWS SOUTH

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

April/May 2019

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

Ritchie sponsors comedy fest



Montreal has Just for Laughs. North Carolina has Laugh Your Asheville Off. And now Ritchie has Grindstone Comedy Festival. The community league is proud its sponsorship is helping bring artists like Rebecca Kohler, a Canadian Comedy Award winner, and CCA nominees Graham Clark and Mike Delamont into the neighbourhood May 8-12. For the full (and extensive!) lineup and tickets, go online at grindstone.ca.

Strathcona Neighbourhood Renewal: Update The plan for Strathcona's neighbourhood

The plan for Strathcona's neighbourhood renewal is now complete. You can see what's planned for streets and sidewalks in our community by visiting edmonton.ca/buildingstrathcona

Three years of construction will kick off this summer. Beginning in May, streets, sidewalks and streetlights will be replaced between 107 and 101 Streets, from 83 Avenue to 87 Avenue. If you live in this area, expect to receive a construction update from the City of Edmonton in the mail this spring.

If you want more information about the plan or construction, visit edmonton.ca/build-ingstrathcona or call 311.

As part of the neighbourhood renewal, Strathcona has an opportunity to pursue decorative street blades (signs). You can see examples of decorative signage in other heritage neighbourhoods, including in Garneau. These signs can be artistic and reference the history of the area.

If you would like to volunteer to help gauge

Strathconan's interest in the street blades, please contact Becky Redford at the City of Edmonton's Building Great Neighbourhoods branch by email, becky.redford@edmonton. ca, or phone, 780-496-4887.

Pub Night – Name That Tune



A thank you to everyone who came out to our Name that Tune Pub Night. Thank you to the Time Out Pub for hosting and the great service, and the volunteer team for coordinating- especially Heather and Maria!

Join the Argyll Social Committee

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

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

Calling all Ritchie members to May 23 AGM

Celebrate completed projects and hear what's coming up next at Ritchie's Annual General Meeting. Get a recap of the league's finances and new advocacy policy (on the April agenda for discussion and vote). Stand for election or throw your support behind a neighbour seeking a board position. The fun begins at 7 p.m. Thursday, May 23.

EFCL Great Neighbour Race on April 27, 2019 The Edmonton Federation of Community League (EFCL) Great Neighbour Race is a family-friendly event and fundraiser that brings communities together to encourage active recreation while meeting your neigh-

bours! All net proceeds go to the EFCL 100th Anniversary Project which will build the new Community League Plaza in William Hawrelak Park.

Join community members for a 10k, 5k, 3k and 1k Kids run at W. Hawrelak Park and stay for food and activities after the race! Visit



https://efcl.org/events--projects/the-greatneighbour-race-2019/ for race details and registration.



Strathcona Centre News

Strathcona Roard Contacts

Suau	iculia Duaru C	UIIIauis
President	Maureen Duguay	president@strathconacommunity.ca
Past President	Jeff Samsonow	pastpresident@strathconacommunity.ca
Vice-President	Delianne Meenhorst	vicepresident@strathconacommunity.ca
Treasurer	Carole Olafson	treasurer@strathconacommunity.ca
Secretary	Anya Manukyan	secretary@strathconacommunity.ca
Membership Chair	Lois Hameister	membership@strathconacommunity.ca
Communication Chair	Delianne Meenhorst	communication@strathconacommunity.ca
Programs Chair	Donna Fong	programs@strathconacommunity.ca
Social Chair	Melissa Conlon-Fitzpatrick	social@strathconacommunity.ca
Soccer Co-Chairs	Cheryl West-Hicks	soccer@strathconacommunity.ca
	Jean Costigan	soccer_co@strathconacommunity.ca
Civics / Planning Co-Chairs	John de Haan	civics1@strathconacommunity.ca
	Derek Kaplan	civic2@strathconacommunity.ca
Occupational & Safety Officer	Yixi Song	safety@strathconacommunity.ca
Building and Grounds	Brian Moffat	grounds@strathconacommunity.ca
Green Initiatives	Vahid Ayan	green@strathconacommunity.ca
Community Garden Co-Chairs	Barbara Sander	garden@strathconacommunity.ca
	Daniel Augergarden	co@StrathconaCommunity.ca
Hall Use Committee	Jeanie McDonnell	hall@strathconacommunity.ca
Community & Neighbourhood	Kirsten Goa	liason@strathconacommunity.ca
Community Hall	Scott Wright	rentals@strathconacommunity.ca
Website Manager	Karen Rowswell	webmaster@strathconacommunity.ca

Board meetings are held second Monday of the month, Sept - June, 7:00 p.m. Community league members are welcome. For more information phone 780-439-1501 or em info@strathconacommunity.ca

Check us out on Facebook. Follow us on Twitter @StrathconaCL

Submission deadline for the June-July issue is May 20. Contact Donna Fong, Editor, at 780-433-5702, or e-mail at donnafong@shaw.ca

Hall Rentals

Main Hall: Capacity 105

Seats 60 to 80 depending on table arrangement Amenities:hardwood floors, balcony, stage, bar, full kitchen, dishes and cutlery, tables and chairs. \$150 - \$400

Lounge: Capacity 58

Seats 30 - 35 depending on table arrangement Amenities:bar, fireplace, piano, tables and chairs. \$75 - \$260

Concession/Meeting Room Seats 8 to 10 Amenities: kitchen. \$20 - \$75 For rental availability and rates, visit www.strathconacommunity.ca/facilities/hall-rentals

To rent the facilities, download and review the PDF Hall Rental Agreement Form and contact Scott Wright, Hall Manager, at 780-439-1501 or email rentals@strathconacommunity.ca.

Community League members of at least 6 months receive discount rates. Rentals are only confirmed when 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.

Podiatric foot care! 780-466-5290

Dr. Jeannette Furtak, DPM #302 Capilano Centre 9945 - 50 Street

- * Nails, callous, heel pain, toe problems
- * Custom-made foot orthotics
- * Diabetic foot care
- * Appointments Mon Sat

www.greenwayspodiatric.ca

SCCL needs you: Casino Volunteers

By Kasia Caputa, Casino Director, SCCL send an email to: casino@strathconacommu-Dear members and neighbours,

We need volunteers to work our casino fundraising event at Pure Casino Edmonton, 7055 Argyll Rd. We need volunteers for: Tuesday, August 13, Wednesday, August 14 The casino is a major fundraiser event for us. It helps fund many league services:

• Casino funds help pay for programs and events like soccer and Winterfest

· Keep residents informed about things happening in Strathcona by newsletter delivery or other media

• a voice on issues in our community...and so much more!

No experience is necessary to become a Casino Volunteer! For more information go to http://www.strathconacommunity.ca or

nity.ca

How to sign-up to volunteer:

1. Click this link to go to our invitation page on SignUp.com: https://signup.com/go/ QPRFCpr

2. Enter your email address: (You will NOT need to register an account on SignUp. com)

3. Sign up! Choose your spots - SignUp. com will send you an automated confirmation and reminders. Easy!

Note: SignUp.com does not share your email address with anyone. If you prefer not to use your email address, please contact casino@strathconacommunity.ca to sign up.

Thank you in advance for volunteering.

Appointment of New Hall Manager

The Strathcona Community League is pleased to announce the appointment of Scott Wright as the new Hall Manager, effective March 20. Helen Gillespie will share the position to mentor Scott. Many of you already know Scott as he used to live in the community, raising his two daughters and spent ten years serving on the Board as Soccer Director. Scott has extensive administrative, managerial, and community experience which will make him a great addition to the Community League. He and Helen will be part of a dynamic team serving the community. After all of her years of service, Helen is scaling back her work, but will be around to share her expertise with us!

Strathcona Winterfest 2019: Thank you!

Thank you to everyone attending Winterfest on February 24 making it a great day. Our Social Director Melissa Conlon-Fitzpatrick sends out a special thank you to all the volunteers for making Winterfest such a success! There was horse-drawn sleigh rides, carnival games, hot dogs, burgers, and information from the City's Bike Education Street Team.

We sampled great food at the Cook-Off Appetizers event hosted by Shelagh Campbell. Our judges had the difficult task of rating the tasteful dishes. The winners were: 1st -Jan Black Stewart

2nd (tie) -Dilshad Unwala & Joanne Lemieux 3rd (tie) -Quinn Young and Shuxin Lupke 4th -Ann Matheson

For the wonderful donations thank you to: Big Rock Brewery Blue Chair Café

Pub Nights

Pub nights are the third Friday of the month

at 8pm in the upstairs lounge.Use the south door. Friday April 26; Friday, May 17 Pub nights are community for league members and guests. Memberships available on site. Contact Melissa



at social@strathconacommunity.ca with any questions.



Chianti Edmonton Strathcona City of Edmonton recreation passes Donna Fong Consulting Inc. Fringe (theatre passes) Malt & Mortar McBain Camera Mill Creek Animal Hospital *Rig Hand Craft Distillery* Rosso's Pizzeria Tasty Tomato's Italian Eatery (Donated by MAP Water and Sewer Ltd.)

Edmonton Pride Festival, June 7-16

The Pride Parade happens on Sat., June 8th. It will end at the Strathcona Community and King Edward Elementary school (86 Avenue and 101 Street) where participants can enjoy food and activities for the whole family. Please check www.edmontonpride.ca or www. strathconacommunity.ca closer to the event for the latest news.

Civics and Community Planning

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. John de Haan and Derek Kaplan are the co-chairs 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 either John at civics1@strathconacommunity.ca or Derek at civics2@ strathconacommunity.ca

Community League Membership

Be a community league member and help make our community a better place to live! Becoming a member supports our League, gives you a voice in our, entitles you to attend League programs, provides discounts on City recreation passes and gives you a discount on Hall rentals! The membership is valid until August 31, 2019.

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

Wine & Art

The Wine and Art program wrapped on April 4th. Participants of the Wine & Art group and Urban Pole Walk group will meet on Thursday, April 11th, 7:00-9:00 pm, for a pot-luck dinner. For more information, phone Jan Black Stewart at 780 432-0577.



http://www.edmontonaikikai.org/

Come learn Aikido, the way of harmony Tuesdays and Thursdays, 7pm - 9pm Strathcona Community Centre

Phone: 780.433.8732 Email: mckellar@telusplanet.net





3 SEPARATE MINI CAMPS OFFERING DANCE, RHYTHM, MUSIC, ART & FUNI WWW.MARRMAC.COM EDMONTON





www.communityleaguenews.com

WE NWWWW.EDMONTONCHURCHOFGOD.COMCommunity League News South April/May 20193

League Programs and Activities

ADULTS

-New! Pound Fitness Mondays April 29-June 24 5:45-6:30 pm

Adults/Teens 16+ can attend with an adult. Fee: \$96.00, NO drop-ins. Equipment cost: One-time fee to buy RipStix

\$25.00. Total cost: \$121.00 Free Demo class, Monday April 15, 5:45-6:30pm. Ripstixis provided for demo class. Contact Melanie Kidder to reserve your spot for the free demo. Only 12 spots available. Bring a yoga mat to class.

Requirement: Any Community membership.Mmembership available on-site.

Description: Pound is a cardio/strength class that is inspired by the energizing, infectious fun of playing the drums. Come make NOISE!. No drumming experience required.

Registration and Questions: Contact Melanie Kidder at 780-722-7558 or melstrand 5@hotmail.com. Only 12 spots available. Registration and RipStix must be paid prior to first class.

-YOGA - Monday Evenings with **Corinne McNally**

Spring Session 1

Mondays until April 27, 6:30-7:45 pm 8 weeks (no class April 22, Easter Monday) Fee: Drop-in \$14 (exact change or cheque) • Spring Session 2

Mondays, May 6 – June 24, 6:30-7:45 pm 7 weeks (no class May 20 Victoria Day) Fee: \$84

Drop-in \$14 (exact change or cheque) Requirement: Community membership,

membership available on-site. Register: Contact Corinne McNally at

corinnemcnally@gmail.com, 780-239-6164. 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. These classes are perfect for both beginners and seasoned practitioners. Instructor Corinne

styles of yoga. -YOGA - Tues/Thurs Mornings with Kyla Fischer

McNally is a member of the Yoga Associa-

tion of Alberta and has experience in various

 Spring Session 1 Tuesdays, Until April 23, 2019 Thursdays, Until April 25, 2019 9:30-10:45am

Drop in fee: \$14.00 Spring Session 2 Tuesdays, April 30-June 25, 9:30 – 10:45am Fee \$108.00 for one class per week Thursdays, May 2-June 27 9:30 – 10:45am Fee \$108.00 for one class per week Drop in Fee: \$14.00 *Sign up for both classes for \$198.00

Community league membership required. 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. Students will develop an understanding of alignment and breath while developing physical strength and flexibility.

-SUNDAY MORNING YOGA with **Dawn Lamothe**

 Spring Session Sundays, 9:30 am-10:45 am

April 7, 14, 28, May 5, 12, 26, June 2 & 9 Drop-in fee: \$14.00 (please bring exact cash)

Community League membership required 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. The last part of the class will include adaptable inversions (including legs up the wall) and finishing with cool down, rest and meditation.

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

-ZUMBA Wednesdays with Mel Kidder Wednesdays

April 3- June 12, 6:30-7:30 pm

11 weeks Fee: \$88

Drop-in fee: \$12.00 per class

Requirement: Community membership. Register: Contact Melanie Kidder at 780-722-7558 or em: 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. There are no "wrong moves".

-URBAN POLE WALKING Wednesdays 7:30 am

Thursdays 6:30 pm Cost: Free

Requirement: Community membership Description: Stay active and meet some new friends! Meet one of the walk leaders, Melanie Kidder (Wednesday) and Delianne Meenhorst (Thursday) inside the league hall and then head out for an energizing pole walk through our friendly neighborhood. Melanie, 780-722-7558 (call or text) or email melstrand 5@hotmail.com

Delianne, 587-986-7832

KIDS

-New! FUNBALL

Wednesdays, May 1-June 12, 6:00-6:45 pm Age: 2-3 years

Strathcona Community rink. Fee: \$20 Parent involvement required.

Community membership required.

For more information or a registration form, contact Claire at mccurdy@ualberta.ca

-ARTAGOGO - ART AT THE HALL

Classes take place in the concession room at the Strathcona Community League hall, 10139 87 Avenue. Contact Berna Ponich, B.Ed., at berna@telus.net or phone 780-433-8929 for late registration and fees.

WEDNESDAYS

- Young Masters – Draw and Paint for Ages 6 and Up

April 10 – May 29, 8 weeks

4:00-4:15 pm - drawing warm-up4:15-5:15 pm – instruction and course work

Fee: \$160 - Young Masters - Drawing, Painting and More

April 10 – June 19, 11 weeks

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

Fee: \$220 (Payment can be broken up) Fee for either program includes all instruction, art materials, and a sketchbook.

SATURDAYS

Saturdays

11:30 am - 1:00 pm

Fee includes all instruction, art materials, and a sketchbook. (Payment can be broken up.) - Young Masters – Drawing, Painting and More for Teens

(No classes April 20 and May 18) Fee: \$200 (Payment can be broken up) Fee includes all instruction, art materials, and a sketchbook

-OUTDOOR SOCCER

Following successful registration nights for outdoor soccer, Strathcona Community League will have teams for U5, U7 and U9 girls (possibly U13 girls). All other ages will be sent to another community. The Amalgamation meeting will be held on April 9th to combine with other communities to make teams. A kick-off party will be held during the weekend (April 27 or 28) after Easter. For more information, contact soccer@strathconacommunity.ca

-PLAYGROUP CONTINUES ТО JUNE 26TH

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.

- SUMMER DAY CAMP

Strathcona Community League is hosting Spy Camp, July 29-August 2,

9:00 am-4:00 pm.

Course: 657305 Ages: 6-9

Spaces: 15 Fee: \$251

This will be the ultimate experience for a young secret agent. Learn how to take aim at your target during laser tag and escape enemy agents by climbing the rock wall. To Register: Call 311

Online at movelearnplay.edmonton.ca or at any city Recreation and Leisure Centre



www.communityleaguenews.com

- Draw and Paint for Teens

April 6 – June 22, 11:30– 1:00 pm

La Colombe Centre d'Apprentissage de la Petite Enfance Accepting children 12 months to 5 years with English parents who want to give their children a chance to learn a second language. Our Learning Through Play program is offered COLOMBE exclusively in French Fully accredited, multicultural daycare in the heart of the French community Subsidy available Telephone: 780.757.1123 pprentissage De La Petite La Cité Francophone centre.lacolombe2@gmail.com # 120- 8627- 91 Street NW Edmonton, AB, T6C 3N1

Argyll News

Parent & Tot Playgroup

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

This is a free program for community residents with no snacks & beverages. If you would like to help out contact: Erin Raudebaugh by e-mail at: < mack_329@yahoo. com >

Community Swimming – Fall / Winter

League Members 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

We host a Yoga Program every Monday evening at Argyll Hall 7:30 - 9:00 PM. The style is "Hatha Yoga" with a focus on alignment, core stability and awareness of body and breathing. Our instructor is Renee Giammarioli who is a Yoga Association of Alberta certified yoga instructor and is also a physiotherapist.

To inquire about our January registration just call Renee at 780.431.1916 and leave a message.

Argyll Online

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

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



SCHOOL OF CONTINUING

EDUCATION

MacEwan

UNIVERSITY

A Fath Worth Taking

When visiting China some years ago, Nancy and I visited a beautiful building called the "Temple of Heaven". Officially it's known as the "Hall of Prayer for Good Harvests. It is where the emperor would go twice a year to offer sacrifices for good harvests. Approaching the temple, you see a raised pathway. Only the emperor was permitted to travel on this pathway. Only the emperor could enter the center door of the temple.

Jesus Christ traveled a road that no one else could ever travel. It's often called the Via Dolorosa or "road of sorrows". It was a solitary journey that led him from the upper room on Maundy Thursday, to Gethsemane where He prayed and was betrayed by Judas and arrested. It took him before the Sanhedrin where He was condemned, to Pontius Pilate's palace where He was judged, to the courtyard where he was flogged by Roman soldiers. The path of suffering continued through the streets of Jerusalem to Golgotha where our Lord was crucified. Ultimately that path ended at the tomb, sealed with a heavy stone.

That's where the Via Dolorosa ended. But our Lord's journey continued when, on the third day, He burst forth from the tomb and proclaimed His victory over death and the grave. We invite you to join us on this amazing journey and celebrate Jesus suffering, death, and resurrection. Holy Week services will be held on Palm Sunday, Maundy Thursday, Good Friday and Easter Sunday.



 • Palm Sunday: April 14, 10:30 am – 12:00 pm

 • Maundy Thursday: April 18, 7:30 pm – 8:30 pm

 • Good Friday: April 19,10:30 am – 12:00 pm

 • Good Friday: April 19,10:30 am – 12:00 pm

 • Easter Sunday: April 21,10:30 am – 12:00 pm

www.redeemerlutheranchurch.ca

HEATING, AIR CONDITIONING Get a good night's sleep, no matter how hot it gets this summer, with Daikin Air Conditioning

WEISS-JOHNSON

Don't pay for 1 full year or finance it for as low as \$35/month'



www.communityleaguenews.com

Great teeth! You can have great teeth too.





Dr. Hargrave
 Dr. Tran
 Dr. Dashti
 Dr. Rahimi
 Dr. Gibb

Hours:

Monday-Wednesday 8-7, Thursday 8-5, Friday 8-4 and Saturday 9-4





General Information :

- FREE First visit with dentist for children 8 and under
- Derived Braces: includes free consult
- Samily Dentistry
- General Dentistry
- C Emergency patients welcome
- Wisdom teeth extraction
- 😡 Implants
- Open evenings and Saturday



- 9110-88 Ave (Located 3 blocks north of Whyte Ave. on 91 St.) 780-466-2161
- 🖂 admin@bonniedoondentist.com
- The www.BonnieDoonDentist.com
- Bonnie Doon Dental Associates, Edmonton



Holy Week and Easter

Trinity Evangelical Lutheran Church

Palm Sunday - April 14 Wave Palms, Sing Praises 9:30 am Service in German 11 am Communion Service - Palm Procession from Atrium

> Maundy Thursday - April 18 Lay Bare 7 pm Prayer Service - Stripping of the Altar

> > Good Friday - April 19 The Cry

10 am Communion Service in German 3 pm Service - "The Cry of the Whole Congregation"

Easter Saturday Vigil - April 20 Be Moved 7 to 9 pm Communion Service Youth Inspired & Led

Easter Sunday - April 21

Rise with Joy 7 am Sunrise Service Youth Inspired and Led 8 am Join us for Easter Breakfast

Sound the Brass, Christ has Risen 9:30 am Communion Easter Service in German 10 am join us for Easter Breakfast 11 am Communion Easter Service

> 10014 - 81 Ave 780.433.1604 www.trinity-lutheran.ab.ca

Meet your personal pharmacist

Rosalia Yuen B.Sc. Pharm Pharmacist Owner

9122 - 82nd Avenue Edmonton, AB T6C 0Z5 (780) 760-1131

Hours of Operation Monday-Friday: 9:00 am - 6:00 pm Weekends & Holidays: Closed

Discover our personalized support & services:











Transferring your prescription is easy.

Simply provide us with the information of your current pharmacy, and we'll do the rest! Vita

9124 82 Ave NW, Edmonton, AB p: 780-395-5988 email: vitahhc@gmail.com www.vitahomehealthcare.ca

Hours of Operation: Mon-Friday: 10am-6pm Saturday: 10am-3pm Sunday and Holiday: Closed



- AADL Application Assistance
- Free Delivery & Installation
- Monthly Foot Care Clinic
- Custom Foot Orthotics
- Compression Stocking Fitting
- Nordic Walking Group
- Ideal Protein Weight Loss





LET US HELP YOU PROTECT THE FUTURE.

Venture Law Group LLP

We care about Alberta's families. We can provide assistance to you and your family in a variety of estate planning matters – including:

- Personal Directives
 Powers of Attorney
- Enduring Powers of Attorney - Springing Powers of Attorney

as well as...

- Wills
- Financial Trust
 Administration of Trusts & Estates
 Probate of Wills
 Grants of Administration

Call Shelley Smith at: 780.450.2929



VENTURE LAW GROUP LLP Suite 111, 9440-49 Street - Edmonton - Alberta - T6B 2M9

Rachel Notley Fighting for you

Adding 2,000 new long-term care beds

Building schools and hiring teachers

Expanding \$25-per-day child care

Authorized by the Official Agent of Rachel Notley • Join us at: RachelNotley.ca



JILL MICKLICH REALTOR[®] D 780-914-3852 Ø Jillmicklich@ gmail.com

WHERE REAL ESTATE HAPPENS™

MaxWell

CHALLENGE REALTY

REAL ESTATE PROFESSIONAL YOU CAN TRUST

Call JILL MICKLICH today for help with

buying or selling your home

REALTOR.ca



Interested in having your brain scanned for research?

We are looking for healthy volunteers (ages 5-95) to undergo an MRI of their brain for research

If you would like to learn more, please contact us by

e-mail: brainmri@ualberta.ca or phone: 780 - 983 - 7232





Linda Duncan

Member of Parliament Edmonton Strathcona

Contact my constituency office for assistance with:

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

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

10049 81 Avenue (entrance on 101 Street)

www.LindaDuncanMP.ca



Hazeldean News

Hereldeen Reard of Directors				
Hazeldean Board of Directors				
President	Deepika Mittra	president@hazeldean.org		
Vice President	Ryan Godfrey			
Secretary	Maria Savidov	secretary@hazeldean.org		
Treasurer	Lien Le Kavanagh			
Facilities	William Elgert			
Publicity	Kyla Firby	publicity@hazeldean.org		
Memberships	Jackie Craig			
Soccer	Alexis Parker	Hazeldean@southweastsoccer.ca		
Director at Large	Rineke Steenbergen	movies@hazeldean.org		
Director at Large	Heather Chiponski			
Hall Administrator	Dawn Banner	hazeldeanleague@shaw.ca		
Social	VACANT			
Civics	VACANT			

The Board meets the first Tuesday of every month at 7pm. Meetings are open to all community league members.

STAY IN TOUCH

Phone: 780-439-0847 Email: hazeldeanleague@shaw.ca Website: www.hazeldean.org Facebook: www.facebook.com/HazeldeanCommunity Twitter: @hazeldeanyeg





BLUE CHAIR

15 years at the Ritchie Corner Come enjoy our Patio!

9624 76 Ave. (780) 989-2861 Tuesday-Friday from 7am Saturday - Sunday from 9am

Breakfast • Lunch • Dinner • Live Music • Brunch

UPCOMING EVENTS

Sunday April 14th – Easter Egg Decorating

For those celebrating Easter, or just wanting to welcome in the Spring, there will be a free egg decorating event at the Hall from 2pm to 5pm.

Saturday April 27th – The Great Neighbourhood Race 2019

Family friendly event and fundraiser that brings communities together to encourage active recreation while meeting your neigh-



bours! For more information go to: efcl. org/events--projects/the-great-neighbourrace-2019 or check out their facebook page.

Saturday April 27th - Movie Night Free family friendly movie at the Ha-

zeldean Community Hall at 6:30pm

May 5th –Mill Creek Clean Up Lend a hand to keep our neighbourhood clean. The event runs from 10 am to 1 pm, ending with a BBQ at Richie Park. Bags and gloves will be provided.

GET YOUR COMMUNITY MEMBERSHIP TODAY!

Benefits of Membership:

Stay informed and have a voice on community issues

Support fun community events and activities

Up to 20% discount at City-owned rec centres

Free swimming at Commonwealth Sundays from 1pm to 3pm

Discounts on hall rentals

Community League Memberships available at Hazeldean Drug Store and the Dairy Queen on 70th avenue and 99th Street. \$10 for single memberships or \$20 for a family.

"In The Heart Of The City"

Easter at Mcdougall

United Church

Palm Sunday Sunday, April 14 10:30 a.m. Procession of the Palms

Maundy Thursday Recalling the Last Supper Thursday, April 18 7 p.m.

Outdoor Way of the Cross Good Friday, April 19 10 a.m. Gather at Immigration Hall, 100 St. & 105 Ave.

Good Friday Service Friday, April 19 2 p.m. Gathering at the Cross Holy Saturday Saturday, April 20 3 p.m. A Contemporary Meditation of Music and Reflection

Easter Sunrise Service & Breakfast

Sunday, April 21 6:30 a.m. Please use south door 10086 Macdonald Dr.

Easter Celebration

Sunday, April 21 10:30 a.m. Brass Quintet and McDougall Choir

10025 – 101 Street & Macdonald Drive Phone 780-428-1818 www.mcdougallunited.com

Ritchie News

Connect with Ritchie Community League

7727 98 Street | Edmonton, AB | T6E 5C9 | 780-433-7137 | inquiries@ritchie-league.com The land on which we live, work and play is Treaty 6 territory and a traditional meeting ground for many Indigenous groups. Today, it remains home to Cree, Blackfoot, Saulteaux, Métis and other Indigenous peoples. The Ritchie Community League acknowledges that we are all beneficiaries of this peace and friendship treaty.

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:	VACANT	
Community Engagement Director:	Julia Dalman	(ACE@ritchie-league.com)
Events Director:	Dan Tyrkalo	(events@ritchie-league.com)
Facilities Director:	Ed Retzer	
Green Initiatives Director:	Carly Steiger	(environment@ritchie-league.com)
Hall Revitalization Director:	Jeff Ollis	(hall-revitalization@ritchie-league.com)
Membership & Volunteer Director:	Tracy Price	(volunteers@ritchie-league.com)
Programs Director:	VACANT	
Soccer Director:	Kane Dozorec	(soccer@ritchie-league.com)
Sports & Rink Director:	Leonard Wampler	
Transportation Director:	Simon Slater	
Director-at-large:	DanMunchDirector-at-large:	VACANT
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 welcome. AGM and elections in May.

• Newsletter: Keri Walmsley newsletter@ritchie-league.com

• Hall Managers: Dee Armstrong and Stephanie Tremblay inquiries@ritchie-league.com Website: www.ritchie-league.com Facebook: facebook.com/WelcometoRitchie

Twitter: @RitchieYeg

Instagram: ritchie_league

Taiji+ new day. Still free! |



Chi-Gong, Meditation and Intro to Taiji led by Doug Gauld has moved to Sunday afternoons 3 - 4:30 p.m. That's right: no more Monday classes. Contact Doug to confirm before attending: 780-224-5894 (call/text), email dgauld@shaw.ca.

UPCOMING SUNDAY CLASSES: April 14, April 21, May 12, May 26 @ 3 - 4:30 p.m. TUESDAY MORNING CLASSES: 11 a.m. - 12: 30 p.m. (no change).

Fit for Life

A Ritchie Community League program. 9 - 10 a.m. Tuesdays, Fridays Lynn: lynnlindsay828@gmail.com Call 780-996-2182

Yoga until end of June

Wednesdays 7:15 - 8:30 p.m. First class free for Ritchie members. Then \$10 each or five for \$40. \$12 for non-members. Bring a mat. Kristal: Yoga@ritchie-league. com

Bridge on Good Friday?

Fridays. Doors open at 11 a.m. Games start at noon. \$3 entry. Call Rose-Marie 780-439-4884 Stella 780-504-3972.

Margareta Mondays: mornings only!

After Mondays of Zumba, Core and Total Body Challenge, Margareta has scaled back to one class (Total Body Challenge) until the end of June. And she's taking it outside, weather permitting. Classes are 9 - 10 a.m. This is a full-body strength workout that uses body weight and portable equipment. New

parents with children are welcome, provided they don't leave their strollers

\$10 for Ritchie members (first class free!). \$12 non-members.

Contact Margareta: zumbamj@outlook.com

Where does the money go? (AGLC), which oversees casinos, has al-

April 15/16, Ritchie volunteers will be working the Argyll Casino. With an expected payout of about \$77,000. this is a significant fundraiser,

held every two years.

We have been saving most of the casino funds for years and so far have saved \$493,651. Alberta Gaming, Liquor and Cannabis

Keeping the league in the black

Some casino money does support other league activities.

In the seven fiscal years between 2010-2017, Ritchie spent an average of \$18,000 casino funds annually to balance its books. Only twice were casino funds unnecessary, when other league revenue surpassed expenses (in 2012-13 and 2013-14).

Financial statements are tabled at monthly meetings and posted on the league's website.* The most recent at press time reporteds April 2018 through February 2019. It shows Ritchie's revenue surpassed expenses by \$18,218...and that's without a boost from casino funds!

So, where does this other money come from?

An unaudited breakdown of revenue for those 11 months (\$99,539), provides a partial answer, but it is not the whole story. Some programs and social events for which expenses are recorded do not yet have their corresponding revenue included, and vice versa.

• 28% Hall Revenue (\$28,348)

• 25% City Grant to the Ritchie Hall Revitalization Committee (\$25,500 categorized as Misc. Revenue)

• 18% Programs (\$8,181 + \$9,625 soccer revenue categorized as Misc. Revenue)

• 14% City of Edmonton operating grant (\$13,693 categorized as Misc. Revenue)

• 7% Other (including remaining funds categorized as Misc. Revenue apart from soccer and city grants) + Fundraising (\$5,776+\$264)

• 5% Social (\$4,880)

• 3% Membership sales (\$3,272)

How do league expenses for these categories compare? Keep in mind: some pro-

gram and social expenses had not yet been

lowed us to do this because the league has

Planning that major capital proj-

ect is the work of the Ritchie Hall

earmarked it for a new hall.

reported. • Hall costs top the list, incurring 44% of the league's expenses. And, while hall rentals also generate the most income, that revenue only covers two thirds of the hall's expenses.

• Programs are breaking even

• Social events only cover 30% of their expenses.

Which specific league activities cover their costs and give those that don't a boost? For the last reporting period, the three top money makers were:

Outdoor soccer

Karate

Oktoberfest.

Money is not everything! Fostering community spirit and connections between neighbours is important too. So, the league offers many activities free. Some of these are free only for members, while others are free whether the person attending is a league member or not. The most expensive to host include:

• Community League Day (\$4,655)

• Free swimming--members only--at designated city pools (\$2,088 in 2017-2018)

 Mill Creek Ravine Clean Up (\$1,000). Finally, a few initiatives collect fees, but don't cover their costs:

• Yoga (recouping only 76% of its costs)

• Margareta Monday classes (Zumba, Core Fitness and Total Body Challenge) which cover only 25% of their combined costs.

Remember: these are unaudited figures and an incomplete accounting of the full fiscal year. For the official reckoning, come to the AGM, May 23 at 7 p.m. *www.ritchie-league.com / About Us / The League (scroll to the bottom for "Finances").



Community League News South April/May 2019









Comprehensive Family Dental Care Insurances Billed Directly

FREE ORAL-B 2000 ELECTRIC TOOTHBRUSH

with a New Adult Patient Checkup and Cleaning

www.ottewelldental.com (780) 465-0505

Mon/Fri 8-4; Tue/Wed/Thur 8-6; Saturdays by Appt



Donate • Lawn Sign Volunteer • Vote

825 993 9378 samantha.hees4strathcona@gmail.com albertaliberal.com



For Edmonton-Strathcona

CREATE JOBS. PROTECT THE ENVIRONMENT.

SAMANTHA'S PRIORITIES:

- Safe, inclusive schools that teach Alberta's students life skills and how to make healthy choices
- Lowering school fees and increasing funding for extracurricular activities
- Better funding for Mental Health Supports
- Poverty reduction through the implementation of a basic income for all Albertans



"I am proud to have Samantha on my team. She will be a strong voice working hard for the people of Edmonton-Strathcona. Together we will make life better for all Albertans." - David Khan, Leader - Alberta Liberal Party





www.communityleaguenews.com

Whose chili is best?

We'll be counting up the beans April 20 to find out! Tickets for Ritchie's Chili Cook-Off, with performances by Denim Daddies, were close to selling out at press time. \$20 on Eventbrite.

New infill home?

There are landscape requirements that you may not be aware of for both single family and semi-detached homes. In Ritchie (RF3 zone), within 18 months of occupancy, you'll need to plant at least one coniferous and one deciduous tree and some shrubs. For more information, call the City 3-1-1 or e-mail Carly, Ritchie's Green Director: environment@ ritchie-league.com.

Ritchie kits out 13 soccer teams

When Ritchie soccer players (140 and counting) take to the field, starting May 1, they'll sport new black and yellow uniforms, from top to bottom. The bump in registered players, up from

115 last outdoor season, means Ritchie will field 13 teams: four U5, three U7, two U9 (both boys), two U11 (one each boy and girl teams), one U13 (girls) and one U15 (boys). Ritchie runs its outdoor soccer program with a \$6,500 budget, paying for uniforms, referees and fees to the Edmonton Minor Soccer Association. Volunteers, from coaches to line-painters, keep things running smoothly. Go teams!

Spring clean BBQ May 5

Bring the kids. Bring the dog. And together we'll rid Mill Creek ravine of a winter's worth of detritus. Meet at the stairs into the ravine at the east end of 77 Avenue at 10 a.m. Rain or shine! Gloves and garbage bags provided. BBQ to follow at Ritchie Hall at noon.

Yoshinkan Karate

A Ritchie Community League program. Tuesdays and Thursdays until June. 6:30-9 p.m. All levels. All ages. Families welcome. Randy: rmockford@shaw.ca

RCL Home School Playgroup

1 - 3 p.m. every second Tuesday. Check online calendar: www.ritchie-league. com/availability-calendar. Drop-in. Karen: karendwhitehead@gmail.com

Crib Club

Charlotte 780-465-6222

Meets every second Wednesday Check online calendar: www.ritchie-league. com/availability-calendar Doors open 12:30 p.m. Games start 1 p.m. Cost \$5. Coffee and light luncheon served.

Celebrate moms early

Mother's Day is May 12, but SCONA Seniors invites you and your moms to a dinner, dance and 1950's fashion show a week earlier on May 5. At Ritchie Hall. Doors open 3 p.m. Tickets are \$25. Call 780-433-5377



Open at 7:30 a.m. weekdays for breakfast. Have your early morning meeting and still get to work on time!

Voted Edmonton's Best Breakfast & Brunch

- Weekend brunches open at 8:30 a.m.
- Warm, homey surroundings showcasing local artists
 - 🛎 Great desserts

10912-88 Avenue Phone: 780-433-1317 www.highleveldiner.com

- Vegetarian & celiac friendly
- Healthy, hearty food using local ingredients
 - 🗯 Turkey Tuesdays
 - *t* Ukrainian Thursdays
 - Prime Rib Sunday Dinner
 City View

Green living in Ritchie

Ritchie's Green Director Carly is planning to celebrate spring with some special activities.

APRIL to MAY: RITCHIE'S NATURAL SIDE. Come for a nature walk, learn about our urban trees and critters, and celebrate healthy trees and yards.

JUNE: CELEBRATE THE HEAT

Come learn about solar power, how small changes amount to big energy savings, and celebrate science! Details will be posted to Ritchie's website and Facebook or contact directly Carly at environment@ ritchie-league. com.

Last playdate April 24

Preschool Playgroup meets Wednesdays 10 a.m. to noon through the winter. Stephanie: couture.stephanie@hotmail.com



Ben Henderson Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146





IN CREEKWOOD CHAPPELLE

COZY UP IN CRIMSON

Embrace the snowy days of winter and cozy up in Crimson. Nestled in South Edmonton's Heritage Valley, Crimson is mere minutes from shopping, parks and a fantastic K-9 school. Enjoy the comforts of your brand new home in a neighbourhood that will welcome you in and warm your heart.

THREE BRAND NEW SHOWHOMES NOW OPEN!

CRIMSONINCREEKWOOD.COM









12 Community League News South April/May 2019

www.communityleaguenews.com