

COMMUNITY LEAGUE NEWS SOUTH

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



Aug/Sep 2019

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Argyll Annual General Meeting

Each year we hold a general meeting with an open agenda. We review the accomplishments of the past year with reports from our various committees and projects, then we review our financial situation, announce new initiatives or projects, after which we listen to the concerns of residents about any issue in the neighbourhood. As we only (usually) hold one meeting each year (around the same time) it's a good way to find out what your League leadership are doing for you and to meet some of the leaders if you've only just

become a resident. The meeting will be held on Wednesday, September 25th this fall in the Community Centre from 7:00 until around 9:00 PM. We try to ensure these meetings do not drag on.

All residents of Argyll are automatically voting members of the community league because of your free membership. Bring ideas, concerns, questions, as well as your curiosity to our next Annual meeting and find out all the things we are doing on behalf of Argyll's residents.

Ritchie - Three camps for kids

Summer can seem long if you're the parent of young kids. But help is at hand to corral their energy! On offer at Ritchie Hall this month:

Dance and Adventure Full-day Camp for Ages 6 - 9

Aug. 12 - 16, 9 a.m. - 3:30 p.m.

Cost: \$175.* Add \$50 for before and after care (8 a.m. to 5 p.m.)

We dance in the mornings and have adventures in the neighborhood in the afternoons!

Dance and Adventure Half-day Camp for Ages 4 - 5

Aug. 19 - 23, 9 a.m. - noon

Little ones will discover the joy and fun of movement, learning dance through an engaging and playful approach.

Cost: \$100*

Soccer and Athletics Day Camp for Ages 6 - 10

Aug. 26 - 30, 9 a.m. - 4 p.m.

Cost \$150*

Modelled on the Athletic Advantage Club, an extra-curricular offering at Escuela Mill Creek, this camp will also be led by the community league's newest Director-at-Large,

Cristian Munoz. There'll be a lot of soccer, plus swimming, handball, football, track and field, and more.

*If the registration fee is a limitation for your family, please let us know at registration.

Contact Tracy, director of programs: volunteers@ritchie-league.com

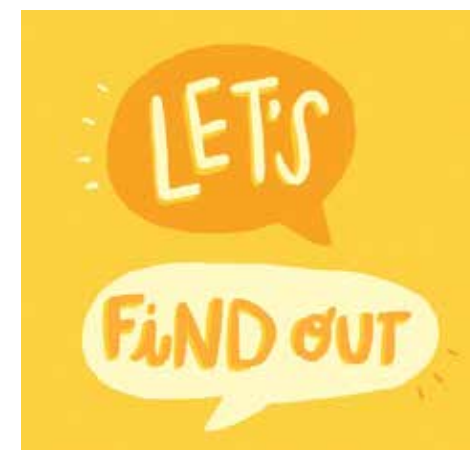


Ritchie - Be part of a podcast

Back by popular demand, a walking tour of Ritchie on Sept. 8 at 10 a.m. or 1 p.m. will sate the historically curious. Questions submitted by the public in July will shape the route taken and stories told by guide Chris Chang-Yen Phillips. Sign up for the tour that best fits your schedule at [Eventbrite.com](https://www.eventbrite.com).

This is the third year the league has partnered with Phillips and his production team to feature Ritchie's past in their podcast. Let's Find Out won a silver medal for Best Consumer Podcast from the Canadian Online Publishing Awards in 2018 and was a finalist for the 2019 Canadian Podcast Award for Outstanding Documentary. You can listen to past episodes online at letsfindoutpodcast.com.

Episode 11 features Ritchie School, the Gainers meatpacking plant and Ritchie's ur-



ban forest. Episode 24 takes you to Wallace Shoe Making, the 1917 Dame residence and Minchau blacksmith shop.

Strathcona Annual Fall BBQ/Potluck and Community League Day 2019

Please join us at the Annual Fall BBQ/Potluck on Sunday, September 8, 2019 from 3:00 to 7:00 pm at the Strathcona Community League, 10139 - 87 Avenue (outside). We'll move the event inside if it's raining. The league will be supplying hamburgers, hot-dogs, veggie dogs, and refreshments. Please bring a potluck dish to share and your own cutlery/plate, too. The event is a great way to chat with old friends and meet some new ones. Games, face painting, jumpy castle and the balloon guy will be available to entertain the kids. Pick up your 2019-2020 league membership. If you would like to help by volunteering at this fun event, please contact Melissa at social@strathconacommunity.ca

The Strathcona Community League is one of 159 leagues of the Edmonton Federation of Community Leagues. Community League Day is an annual city-wide celebration held on the third Saturday in September that brings community and volunteers together to make great things happen in our city.

This year Community League Day is on September 21st and the theme is Get to Know Your Neighbours! To find out about family-friendly events happening in the month of September, visit <https://efcl.org/events--projects/community-league-day/> Share your Community League Day experience on social media by using #yegCLDay19 and tagging us on Facebook, Twitter and Instagram.

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Edmonton, Alberta T6C 0Y9

Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

President	Maureen Duguay president@strathconacommunity.ca
Past President	Jeff Samsonow pastpresident@strathconacommunity.ca
Vice-President	Delianne Meenhorst vicepresident@strathconacommunity.ca
Treasurer	John de Haan 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 Jenn Costigan soccer@strathconacommunity.ca
Civics Chair	Derek Kaplan civics2@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 Auger garden_co@StrathconaCommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Community & Neighbourhood Liaison	Kirsten Goa liaison@strathconacommunity.ca
Community Hall	Scott Wright rentals@strathconacommunity.ca 780-439-1501
Website Manager	Karen Rowswell webmaster@strathconacommunity.ca
Information	info@strathconacommunity.ca

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

Community League website: www.strathconacommunity.ca

EFCL website: www.efcl.org

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

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

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

The copy deadline for the October-November 2019 issue of Community League News South is July September 23, 2019. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

Community Indoor Soccer Registration

Registration for the 2019-2020 Indoor Soccer season opened online on August 1st. In person registration (mandatory) will be held at Bonnie Doon Mall, 8330 82 Avenue (located near the Tony Roma's entrance) on

the following dates:

Thursday, September 5th, 6-9pm

Sunday, September 8th, 12-4pm

For information on levels, fees, dates and premier try-outs please visit emsasoutheast.com

Pop Up Play Kickoff 2019

By Kayla LeDressay, Board Vice President

Strathcona Nursery School

Rain couldn't stop many fun-loving families from coming out to the playground for the Pop Up Play event on Wednesday, July 3rd. The Strathcona Nursery School and Strathcona Community League sponsored a kickoff party for the Pop Up Play summer program held at the Hall's playground. Despite a drizzly first half hour before the sun broke heartily through the clouds, over 40 people dropped by to participate in Pop Up Play games hosted by the City of Ed-

monton staff, savor cold refreshing treats, and enjoy friendly conversations. Children also had the opportunity to have their faces painted with stunning designs which was offered by talented Emily Lan with Strathcona Nursery School. Summer fun at the park is off to a fantastic start! City of Edmonton's Green Shack is offering a Pop Up Play program for children at the Strathcona Community Hall's playground on Mondays and Wednesdays from 2:30-6pm running until August 21st. The bathrooms inside the Hall are available during the program until 5 pm.

Membership Drive

The new membership year starts September 1st so volunteers (where possible) will be coming door-to-door to sell the 2019-2020 memberships in September and October. 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 and the Fall BBQ

Cost: \$20/family, \$15/single, \$5/senior

Benefits of a membership:

A voice in your community – provide a consolidated voice to City Hall re transportation, zoning, housing, etc.

Free membership at the Edmonton Tool Library (a not-for-profit society which lends hand, power, and garden tools to its members)

Soccer programs for kids

Skating and hockey – rink time and lessons

Playgroup

City of Edmonton discounts at recreation centres such as Kinsmen Sports Centre

Social events – monthly pub nights, annual

fall BBQ and Winterfest

Annual big bin event

Discount on hall rentals

League programs: Yoga, Pilates, Zumba,

Pound Fitness, Urban Poling, Art classes for kids

Volunteers needed – please let us know if you can help selling memberships door-to-door - the amount of time you spend and when you schedule it is flexible (although should be mostly on evenings and weekends).

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

Pub Nights

Pub nights are typically the third Friday of the month unless otherwise noted at 8pm in the upstairs lounge, 10139 87 Avenue. Use the south door.

No pub night in August.

Friday, September 20

Pub nights are for community league mem-

bers 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.

Playgroup resumes in September

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, starting September 9th

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.

LEAGUE PROGRAMS AND ACTIVITIES

Program dates and times are subject to change. The final program schedule will be posted at the Strathcona Community League website, social media, and members social list.

Adults

-POUND FITNESS with Melanie Kidder

Mondays
September 9-October 28, 2019
No class on October 14
7 weeks
7:15-8:15 pm
Age Group: Adults and Teens 16+ can attend with an adult.

Registration Fee: \$84.00 (\$12.00/class)
Drop-in: \$14.00
Equipment cost: One-time fee to buy RipStix \$25.00

Bring a yoga mat to class. Use the ramp to come up to the lounge.

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

To pre-register and for more information contact Melanie Kidder at 780-722-7558 or melstrand_5@hotmail.com Registration and RipStix can be paid for at the first class. Please come 15-30 minutes early.

Description

Pound is a cardio and strength class that is inspired by the energizing, infectious, sweat-dripping fun of playing the drums. Come make some NOISE with us! Participants report they improve their coordination and core strength. No previous fitness or drumming experience required. Participants can modify the moves as needed.

-YOGA - Monday Evenings with Corinne McNally

Fall Session 1
September 16-October 28, 2019
No class October 14
6 weeks
5:45-7:00 pm
Registration fee: \$72.00 (\$12/class)
Drop-in \$14 (please bring exact change or cheque)

Fall Session 2
November 4-December 16, 2019
No class November 11
6 weeks
5:45-7:00 pm
Registration fee: \$72.00 (\$12/class)
Drop-in \$14 (please bring exact change or cheque)

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

For more info, 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

Fall Session 1
Tuesdays/Thursdays
September 10-October 24, 2019
7 weeks
9:30-10:45 am
Registration fee: \$84.00 for once per week, \$154 for twice per week

Drop-in \$14 (please bring exact change or cheque)

Fall Session 2
Tuesdays/Thursdays
November 4-December 16, 2019
7 weeks
9:30-10:45 am
Registration fee: \$84.00 for once per week, \$154 for twice per week

Drop-in \$14 (please bring exact change or cheque)

Requirement: Community League membership required (any league).

For more info, 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

Fall 2019 Session 1
Sundays
September 8, 15, 22, and 29
No class October 13
October 20 and 27
7 classes
9:30-10:45 am
Registration fee: \$84.00
Drop-in \$14 (please bring exact change or cheque)

Fall 2019 Session 2
Sundays
November 3, 17, 24
No class November 10
December 1, 8 and 15
6 classes
9:30-10:45 am
Registration fee: \$72.00
Drop-in \$14 (please bring exact change or cheque)

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

To request a registration form or 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. These classes are for intermediate to advanced practitioners. Beginners who like a challenge are also welcome.

New!

-MOVE WITH EASE AND JOY with Kim Novotny

Fall 2019 Session
Fridays
September 13-December 13, 2019
9:15-10:30 am
Registration fee: \$260.00 (13 weeks) or \$231.00 (11 weeks)

Drop-in: Not available.

Teens to seniors all welcome.

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

Comfortable clothing, socks, yoga mat, and hand towel. The instructor will confirm with students in advance that they are medically fit to participate in a group class. For more information and to register, contact Kim Novotny at kim@novotny.ca

Description:

Essential Somatics is a neuromuscular movement therapy that re-educates how your brain senses and moves your muscles, changing habitual patterns in a lasting way! You will be guided to self-sense with slow, gentle movements, releasing tight muscle patterns that get in your way of moving with ease. A short daily practice can help you restore bodily health and function for joyful daily movement.

New!

-SOMA PILATES MOVEMENT CLASS with Kim Novotny

Fall 2019 Session
Fridays
September 13-December 13, 2019
10:45-11:45 am
Registration fee: \$208.00 (13 weeks) or \$187.00 (11 weeks)

Drop-in: Not available.

Teens to seniors all welcome.

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

Comfortable clothing socks, yoga mat, and hand towel. All levels of movers are welcome. For more information and to register, contact Kim Novotny at kim@novotny.ca

Description:

This class will weave the release work of Essential Somatics with mindful strengthening of your muscles. When you release the muscles preventing freedom of movement, you can truly strengthen from the inside out. Strength through length equals joyful life-long movement!

-ZUMBA – Wednesdays with Mel Kid-

der

Wednesdays
September 4-October 30, 2019
9 weeks
6:30-7:30 pm
Fee: \$108.00
Drop-in fee: \$14.00 per class
Children 14+ are welcome to attend with an adult.

Requirements: Community League membership required (any league). Wear comfortable shoes that do not have a sticky grip.

Register: To pre-register, contact Melanie Kidder at 780-722-7558 or melstrand_5@hotmail.com. Registration fees will be collected at the first class. Please come 15-30 minutes early. You can pay by cash or cheque (cheques made out to the Strathcona Centre Community League). Community League Memberships will also be sold at the first class.

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 seven years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold and everything in between.

-URBAN POLE WALKING

Wednesday mornings 7:30 am
Thursday evenings, 6:30 pm

Cost: Free

Requirement: Community League membership required (any league).

Description:

Stay active and meet some new friends! Join the Strathcona Pole Walking Group. 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.

All fitness levels are welcome. We will be on sidewalks and river valley paths. 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 the walk leaders:

Melanie, 780-722-7558 (call or text) or email melstrand_5@hotmail.com

Delianne, 587-986-7832

KIDS

-ARTAGOGO Art at the Hall

Wednesdays
Draw and Paint
September 11-October 30, 2019
8-week program
4:00-5:15 pm
Ages: 6 and up
Drawing, Painting and More
September 11 - December 04, 2019
12-week program
No class November 13, 2019
4:00-5:15 pm
Ages: 6 and up
Saturdays

Drawing, Painting, and More
Art for Teens
September 7-December 14, 2019
10-week program
No class dates: September 21, October 12,
26, November 09, 30
10-11:30 am (Age 6 and up)
11:30 am-1:00 pm (Teens)

Fees:
Wednesdays
8-week program - \$160
12-week program - \$240
Saturdays – 10-week program - \$200
*The Teens class is flexible with atten-
dance and suitable for drop in with notice.
Drop in fee - \$20

Description:
Art classes for children and teens with
a focus on skill development through
creative exploration and risk taking. The
objective is to provide the students with
the skills and confidence they need to be-
come life long participants in art through
thoughtful and encouraging instruction,

confidence building, and encouragement
to take chances and try new things without
fear of judgement.

Requirement: Community league mem-
bership (any league). Contact Berna Ponich
B.Ed at berna@telus.net for information and
to register. Check out Artagogo on Facebook
to see examples of students' work.

Use of Rink for Dogs

The Strathcona Community League would
like to update our community on the use of
the rink for dogs. Dogs are not allowed in the
rink unless it is part of the pilot project for
an off-leash area. If dogs are using the rink it
cannot be used for any other activities such as
soccer or barbecues or kids Fringe. We have
tried to accommodate the use of the rink with
dog owners as we see what a positive inter-
action it is. We have been advised for health
reasons that it needs to be closed if we are to
meet our obligations to the Fringe. There is a
misconception that the rink is public prop-

erty. It is community league property and as
part of our agreement with the city we must
comply with city bylaws and public health
regulations. The Rink is zoned as parkland
and accordingly Parkland bylaws are appli-
cable.

An information session has taken place
with neighbours (dog - and non-dog own-
ers), City of Edmonton and SCCL on Thurs-
day July 25th. A report of this meeting will
be posted to strathconacommunity.ca and
emailed to the attendees that left their email
address at the meeting.

Civics and Community Planning

The Strathcona Community League main-
tains a database of building developments,
planning and transportation issues, urban
design projects, and community initiatives.
Derek Kaplan 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 rezon-
ing 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 commit-
tee members and then decide whether or not
to take action. To learn more about issues
and development projects, please contact
Derek at civics2@strathconacommunity.ca

Improvement and pre-construction | Sas-
katchewan Dr. | Scona Road

The City of Edmonton presented the inter-
section improvement and pre-construction
plans of intersection Saskatchewan Drive

and Scona Road on July 22nd. The display
boards that were presented have been pub-
lished by the City and viewed here: [https://
www.edmonton.ca/documents/RoadsTraffic/
Sask_Scona_Info_Session_Display_Boards.
pdf](https://www.edmonton.ca/documents/RoadsTraffic/Sask_Scona_Info_Session_Display_Boards.pdf) It is expected the city will start with con-
struction during Summer/Fall 2019. Further
information can be found here: [edmonton.ca/
SconaRoadSaskatchewanDrive](http://edmonton.ca/SconaRoadSaskatchewanDrive)

Development Permit Compliance

The City of Edmonton does not do routine
checks to ensure that new developments fol-
low 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 prob-
lematic irregularities.

City of Edmonton Program and Outdoor Pools

Pop-up Play Program
Strathcona Community League
10139 – 87 Avenue
Until August 21, 2019
Monday & Wednesday
2:30 pm – 6:00 pm
Keep your eyes peeled for the colourful

pop-up play flags! Two days a week you will
get active and experience a variety of crafts,
games, sports, and free play. The free drop-in
program is targeted for children 6-12, but all
children accompanied by an adult are wel-
come to attend. For more information, please
visit edmonton.ca/popupplay or call 311.

Fringing in Old Strathcona

The Strathcona Community League would
like to welcome the 38th Annual Edmonton
International Fringe Festival in Old Strath-
cona, August 15-25, 2019. All residents of
Old Strathcona will receive a post-card sized
notice prior to the start of the Festival with
further information and something special.

General Communication

Information about shows, venues, special
events, and all things Fringe can be found at
the website <https://www.fringetheatre.ca/> or
in Fringe Festival Guide, available for sale at
different locations.

Neighbours are also invited to contact

Fringe via:

Email: contact us at [communications@
fringetheatre.ca](mailto:communications@fringetheatre.ca) and a member of our Com-
munications Team will get back to you as
soon as possible

Chat: Connect with a Fringe staff or volun-
teer over our live chat on our website

Social Media: Message us on Facebook,
Instagram or Twitter and we will get back to
you as soon as possible @edmontonfringe
and #yegfringe

**KidsFringe at Strathcona Community
League**

KidsFringe returns to its new home at the

Hall Rentals

Main Hall
Capacity 105
Seats 60 to 80 depending on table arrange-
ment
Amenities include hardwood floors, balco-
ny, stage, bar, full kitchen, dishes and cutlery,
tables and chairs.
\$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 de-
tails, 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 Scott Wright, Hall Man-
ager, at 780-439-1501 or email [rentals@
strathconacommunity.ca](mailto:rentals@strathconacommunity.ca).

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 ad-
vertise. Contact the hall committee chair to
have your event posted to our website.

Strathcona Rail Community Garden to get a new tool shed

The Strathcona Community League has
received a grant of \$3,990 from Sustainable
Food Edmonton to replace the tool shed in
the Strathcona Rail Community Garden. The
existing shed has reached its useful life and
has become too small to accommodate current
needs. It will be replaced by a new and larger

one. The grant will cover material cost and
construction will be done by volunteer gar-
deners. The Community League wants to ac-
knowledge the contribution from Fath Indus-
tries for donating the gravel pad for the new
shed and from Nelson Lumber for providing
building material at a discounted price.

Summer Fun at EPL Strathcona Branch

The summer fun continues at the Strath-
cona branch of the Edmonton Public Li-
brary! Until the end of August, get rewarded
for reading by taking part in the Summer
Reading Club for kids or Summer Reads for
adults. If you're Fringing this year, pop in the
library for Where the Wild Things Are activi-
ties and a Wild Rumpus Storytime every day
at 1:30 p.m. Not sure what shows to check
out? The library is hosting a special Theatre

for Young Audiences Free for All on Satur-
day the 17th at 2:30 p.m.

Looking for help with your resume or
applying for jobs? Stop in on the 2nd and
4th Wednesday of every month 1:30 to 4
p.m. for one-on-one support with Alberta
Supports. Looking to learn something new?
Twice-monthly we host a speaker event! Find
out more about these and all our classes and
events at www.epl.ca/Strathcona/

Outdoor Pools

For the third year in a row, the City of Ed-
monton is opening its five outdoor pools for
free again this summer: Borden Park Natural
Swimming Pool, Fred Broadstock Outdoor
Pool, Mill Creek Outdoor Pool, Oliver Out-
door Pool, and Queen Elizabeth Outdoor Pool.

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

Strathcona Community League, 10139 87
Avenue. Our updated 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 fami-
lies have come to love! The Strathcona Com-
munity League is also home to Venue #6, a
dedicated theatre venue just for kids' shows.

KidsFringe opening times at the Strathco-
na Community League:

August 16 - August 21 from 10:30am to
5:30pm

August 22 - August 23 from 10:30am to

8:00pm

August 24 - August 25 from 10:30am to
5:30pm

Fringe Set Up and Break Down in Old
Strathcona

The set up of the festival will start Satur-
day August 10th. Details of road closures are
posted at the Strathcona Community League
website [https://strathconacommunity.ca/
fringe2019/](https://strathconacommunity.ca/fringe2019/) and they will end on August 28th.

Strathcona Community League would like
to wish Fringe Theatre Adventures Society a
successful festival in our neighbourhood and
at our League!

Argyll News

Outdoor Movie Night Community League Day

Saturday, September 21st

Our very popular MOVIE NIGHT is back! There will be kids activities, concession and door prizes followed by a family friendly

movie.

Stay tuned to our Web site, our Facebook page and community e-mail list for more details as the date approaches.

Argyll Progressive Supper

Save the Date! Saturday, October 19th

If you really want to get to know someone, share a meal together. This event is always a hit. We will match 3 or 4 families together and they will spend the evening travelling to each

other's home to share a course at each stop. Easy & delicious!

More info to follow, including a registration deadline.

This event is for Argyll residents only.

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.

Community Swimming – Summer

The City of Edmonton offers free admission to all outdoor pools during summer. This was started for Canada's 150 birthday and was successful enough to convince council to allow it again this year. Just show up at any of the

pools which feature outdoor swimming and enjoy a little fun and sun. This is not "community" swimming as we do it in the winter. This is where pools will be open (weather permitting) to families who want to go swimming.

Argyll Yoga

Hatha Yoga Mondays will resume on Monday September 9, 7:30 – 9:00 PM. Registration will be at the centre just before the first class begins. You can register for 11 weeks for \$80 or drop in for \$10 per class, space permitting.

Classes will focus on building strength, core stability flexibility and alignment and will progress week to week. Classes are led by Renee Giammarioli, Certified

Yoga Instructor and Physiotherapist. If you are recovering from an injury or have a chronic condition, please call Renée at 780.903.1911, to discuss how your condition can be accommodated. The class is geared towards beginners and intermediate levels and, more importantly, no prior experience in yoga is required.

To inquire about our September registration call 780.431.1916 and leave a message.

Neighbourhood Improvement Committee

The Argyll Neighbourhood Improvement Committee continues to address preferred projects, which were identified in the March 2018 community survey. Notably, a Community Garden group has formed and has provisional approval to construct our (portable) community garden on available park land in the neighbourhood. Should you wish to participate in planning the Community Garden contact Christine at christine.twardzik@gmail.com, or 780.918.0276.

Planning – and establishing a location for – a Basketball/Pickle ball court continues to move toward reality. If you would like to work with the people on this project contact

John at 780.465.2632 or e-mail improvement@argyllcl.ab.ca.

Neighbourhood signage and a monument (to recognize Argyll School) will be the focus of the Committee's efforts in the coming weeks.

Residents wishing to help with any of these projects, or to participate in the Committee, should contact John Henoach at 780-465-2632 or improvement@argyllcl.ab.ca. The committee meets intermittently to coordinate these projects. Details on the above projects will be presented at the September AGM when input and comments from the residents will be welcome.

Argyll Online

Although this newspaper is a good source of information about what is going on in Argyll every couple of months you might find our e-mail distribution list to be much more current. If you wish to be added to our EVENTS e-mail distribution list send your name and e-mail address to argyll.social@gmail.com. There is also a sign-up link

on the EVENTS web page at www.argyllcl.ab.ca. Also look for our Twitter™ feed and the Facebook™ page by searching for "Argyll CL" on each platform. You can monitor our web site for more current information. Check-in weekly to see what's changed. Send us things you think the community would be interested in.

Sundays with Neighbours in the Playground

A casual gathering of neighbours have been continuing their Sundays in the Park, 3:00 – 5:00 PM every Sunday. This is an informal time to drop by, knowing there will be other

families hanging out there as well.

There is no agenda or organized play. Just parents and kids getting familiar with each other.

Free Family Movie Night

On August 30th, at 7:00 PM Edmonton's Master Composter Recyclers are offering a Free Family Movie Night featuring PIXAR's animated masterpiece "WALL-E" at Argyll Hall.

Join them for a free screening of "WALL-E", then stay for conversation on "the 5Rs"

with a panel of MCRs from the city of Edmonton Master Composter Recycler program.

Free tickets can be found through the online Eventbrite service at www.eventbrite.ca. Simply search for the event under "Edmonton MCR".

Roadway Repairs

This summer the paving company, which did our streets and sidewalks back in 2014, have come around to correct some of the curbs and driveways around the neighbourhood. If you have questions about this, or want to report a concern about what the crews are doing, you can contact Dave Trautman and he will document your concern to pass along to the City of Edmonton on behalf of all residents of Argyll. You can reach him at 780.463.9310 and leave a message if he's not around. You can also put your remarks into an e-mail and send it to: president@argyllcl.ab.ca.



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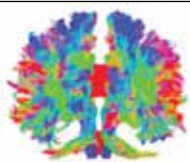
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Columbian Choir is for boys and girls
aged 6 to 12, and "Vocal Motion" is for
ages 12 (grade 7) and up.
Also an auditioned group for young
adults with choral experience - contact
Elaine Dunbar for an audition.

Registration is Tue. Sept. 3, 2019, 6:00 - 8:00 p.m. at
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For more information, please contact Elaine Dunbar at
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Tips on avoiding peanuts and tree nuts



Children with a peanut allergy need to choose peanut-free foods. Children with a tree nut allergy need to choose tree-nut-free foods.

Some classrooms, schools and childcare centres ask that children bring foods that are free of peanuts, tree nuts or both.

How can you tell if a food has peanuts or tree nuts in it?

Food products that contain peanuts are labelled with the word “peanut.”

Food products that contain tree nuts are labelled with the name of the nut. Common tree nuts include almonds, Brazil nuts, cashews, hazelnuts, macadamia nuts, pecans, pistachios and walnuts.

If you have a peanut or nut allergy, or have a family member who does:

- Read the entire ingredient list and the “contains” statement on the food label every time you buy a product, because the ingredients may change.
- Avoid using utensils or cooking equipment that have come in contact with peanuts or tree nuts when making food. Cross contamination is when peanuts or tree nuts are transferred accidentally to another food, object or person. Even a small amount of peanut or tree nuts can cause an allergic reaction.

- Always carry medication and/or epinephrine auto-injector that can treat an allergic reaction.

For more information, search “nut allergies” at ahs.ca.

Healthy celebrations for young children

It's easy to make celebrations with children fun and healthy. Here are a few tips on how you can make healthy foods the easy choice at holiday celebrations, birthday parties and special events. For more ideas, go to healthyeatingstartshere.ca.

Try these party ideas

- Decorate using themes or colours.
- Make crafts or play party games.
- Have a theme-based scavenger hunt.
- Sing special songs or read books about your theme.

- On birthdays, have the birthday child be your “special helper” for the day.

Serve fun and healthy foods

- Serve a vegetable or fruit tray with yogurt dip. Arrange the fruit and vegetables in fun shapes or colour-themed trays.

- Plan a “build your own” party. Let each child build their own sandwich, pizza, taco, salad or yogurt parfait from a variety of healthy ingredients.

- Help children make a “Friendship Fruit Salad.” Each child can choose a different fruit to add to the salad. Stir it gently and serve.

- Add chunks of melon, slices of citrus fruit or cucumber to a pitcher of water. Call it “Wacky Water” and offer it to party guests to drink.

Source: ahs.ca

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Hazeldean News

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Memberships	Jackie Craig	
Soccer	Alexis Parker	Hazeldean@southweastsoccer.ca
Director at Large	Rineke Steenberg	movies@hazeldean.org
Director at Large	Heather Chiponski	
Hall Administrator	Dawn Banner	hazeldeanleague@shaw.ca
Social	VACANT	
Civics	VACANT	

UPCOMING EVENTS

August 15th to 25th - The FRINGE at the Hall

We are excited to have the FRINGE Festival at our Community Hall this year! Two shows will be playing, the Drama The Drowning Girls (14+) and the musical theatre act Things to Ruin (14+). See fringetheatre.ca for details.

-Saturday September 21st – Community League Day

We are teaming up with our friends in Ritchie to bring you a fun filled Commu-

nity League Day. There will be a pancake breakfast at the Ritchie Community Hall, an afternoon BBQ at the Hazeldean Hall at 4pm, and lots of fun activities. We need volunteers (please connect us if you can help out)!

-Tuesday October 1st - Donut Forget the AGM

The Hazeldean Community League's Annual General Meeting. Learn more about your community league, share your ideas, join the team. There will be FREE DONUTS! 7pm at the Hall.

WEEKLY ACTIVITIES

-Free Drop In Kids Soccer

Tuesdays from 6pm to 7pm at the field north of the Hazeldean Hall. Geared to ages 3 to 9. Runs until August 27.

-Free Drop In Bhangra Dance Classes

Thursdays at the Hall from 6pm to 7pm. From September 5th to December 12th. For all ages and abilities.

-Yoga Classes by Aligned Love Yoga

Monday Nights, starting September 9th, 2019

7pm to 8pm - Hatha Yoga
a slower paced class for all levels to work on building breath work and getting a good stretch.

8:30pm to 9:30pm – Yin Yoga

Poses held for 3 to 5 minutes to work on

getting a deeper stretch as well as work on slowing down your mind a helping with concentration.

5 Class Pass - \$45

10 Class Pass - \$80

Drop In - \$10

Note: No classes will be held on holidays (September 1st, October 7th, November 11th).

email : info@aligned-loveyoga.com

-Okinawan Style Karate
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formation

-Get Fit Classes by Jen

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onthegetfitness@shaw.ca



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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.

STAY IN TOUCH

Phone: 780-439-0847

Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

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Ritchie News

Ritchie Community League Board

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Soccer Director: Kane Dozorec soccer@ritchie-league.com
Rink Director: Len Wampler
Transportation Director: Simon Slater
Director-at-large: Dan Munch
Director-at-large: Cristian Munoz

Register for indoor soccer

By Kane Dozorec

The 2019 outdoor soccer season is a wrap! Ritchie had 13 teams, which marked noticeable growth in the soccer program. A big thank you to the wonderful coaches, players and volunteers who made the season a success.

Our U9 boys, U11 boys and girls, and U15 boys all qualified for city finals and represented our small community well against teams from across Edmonton. Our U13 girls played hard at a large tournament in Beaumont and won their tier after a very close and exciting gold medal game. Finally, our U5-U9 teams participated in the Paul Johnston Tournament and these young players got exposure to a structured yet fun tournament environment.

Next up is the 2019-2020 indoor soccer season which begins late October and wraps up at the end of February. Online registration is currently open; please visit <https://emsa-southeast.com/> to find the relevant links on the home page.

Further information for in-person registration will be communicated in the weeks to come.

Indoor soccer is fast-paced 6 vs 6 game-



play with games typically held on weekends for community teams and during the week for premier teams. Practice time is also allotted to further assist the teams with their development.

If you have any questions regarding the indoor soccer season please contact Kane, soccer director: soccer@ritchie-league.com.

T-shirts, hoodies redesigned

Now on sale! Ritchie's new shirts (\$20) or hoodies (\$40) can be ordered from the league's on-line store: www.ritchie-league.com. Delivery is free within the neighbourhood.



Recommit with a new membership

Community league memberships expire at the end of August. There are many reasons to renew:

- Help offset league facility costs for the hall, rink and ball courts.
- Support volunteer efforts to host community events and ongoing programs.
- Enjoy discounts on hall rentals and city recreation passes.
- Access Commonwealth Recreation Centre free on Saturdays 5 - 7 p.m. and Sundays 1 - 3 p.m.
- Have a voice on local issues whether

with developers or city departments.

- Borrow, no charge, from Edmonton Tool Library.
 - Use Bike Edmonton's workshop at member rates.
 - Take advantage of occasional special offers from local businesses including Biera, The Grindstone and Earth's General Store.
- Get your membership (\$15 individual, \$25 family, seniors free) at the usual places:
In-person at Ritchie events.
Online at efcl.org
In-store at Ritchie Foods, 9606-76 Ave.

Ritchie and Hazeldean team up

By Keesa Elicksen

On Sept. 21, the Ritchie and Hazeldean community leagues are partnering to celebrate all that is local. The day will start off with a free pancake breakfast at the Ritchie Community League at 9 a.m.

After breakfast, neighbours can participate in outdoor games and activities and pick up their 'Passport to Adventure' – a scavenger hunt guide that will take them around Ritchie and Hazeldean, discovering the great features, businesses and green spaces these neighbourhoods offer.

The day will wrap up at the Hazeldean Community League at 4 p.m. with a free barbeque and awarding of scavenger hunt certificates and prizes.

Everyone is welcome; admission is free.

If you would like to volunteer for Community League Day, please contact Avnish, director of membership and volunteers: volunteer@ritchie-league.com.



Batty about bats? Join us Aug. 26

By Carly Steiger

Come to Ritchie Hall Aug. 26 at 7 p.m. to learn about different bat species in Alberta from the Wildlife Conservation Society of Canada.

Cory Olson, program coordinator for the Alberta Community Bat Program will also tell us about bats found right here in Ritchie, how they help plants (including those in our gardens) and what residents can do to increase the local bat population. Following Cory's presentation, we'll walk to the ravine with bat detectors between 8 - 9 p.m.

This Keep Ritchie Green, Learn and Walk session is best for folks 12 and older.

These monthly sessions are always free for Ritchie members and always include time for neighbours to share their ideas and expertise with each other. Upcoming sessions will address composting and rain harvesting.

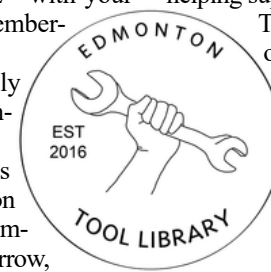
If you have a topic you would like featured, whether focussed on homes, yards, transportation or some other way of living "green", or would like to lead a session, contact Carly, director of green initiatives: environment@ritchie-league.com.

Ritchie sponsors Tool Library

Put off that fix-it project no longer! Borrow the tools you need—FREE—with your Ritchie Community League membership.

Tools can be pricey, especially if you only use them occasionally.

The Edmonton Tool Library has more than 1,100 in its collection and they are free for Ritchie Community League members to borrow, now that the league is a Library sponsor.



Ritchie is one of 42 leagues across the city helping support the work of the Tool Library.

The Library's collection is online: www.edmontontoolibrary.ca.

Its office is open twice a week for pickup and return:

Bellevue Community Hall (North Entrance) 7308 112 Avenue NW

Saturday: 11 a.m. - 3 p.m.,

Wednesday: 6 p.m. - 8 p.m.

Constituency Office

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

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Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146

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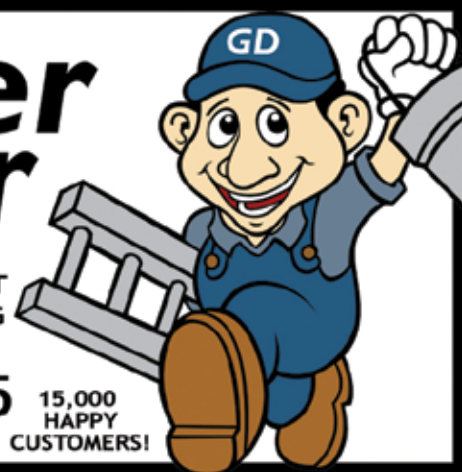
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www.studio72.ca

Enjoy a meatless meal

Looking for vegetarian or vegan protein choices for your next meal? Instead of meat, you can use beans, lentils, tofu, eggs, nuts or seed butter to make delicious, healthy dishes. Meatless meals are excellent for anyone, not just people who avoid meat for religious or cultural reasons.

Six simple ways to update some popular recipes:

- Replace the meat in chili, casseroles, stews and soups with beans, lentils or tofu.
- Use lentils or black beans in tacos or quesadillas.
- Top salads with beans or a hard-boiled egg.
- Add tofu to a vegetable stir-fry.
- Puree cooked black beans, white beans or chickpeas. Then add herbs and spices to make a fast and easy dip or sandwich spread.
- Use nut, seed or soybean butters. Add them to dips, smoothies or spread them thinly on breads or crackers for a snack or quick protein boost.

For recipes using meat alternatives or to find out more, go to healthyeatingstartshere.ca.

To find out more about vegetarian diets or alternatives to meats, ask your healthcare professional to be referred to a dietitian.

Healthy ideas for back-to-school snacks

It's almost time for the new school year! Whether your kids spend their after-school time at home or on their way to an extra-curricular activity, they may be hungry. Plan and pack healthy snacks so your children get the right energy they need to grow and be active.

● Offer snacks at least two hours before dinner to keep your child from being too full at meal time.

● Choose foods from two of the four food groups from the new Canada's Food Guide (available online in 28 languages) at snack time.

● Wash and slice vegetables and fruits; store them in a container in the fridge so they are easy to grab when you're heading out the door.

● Keep a small supply of non-perishable snacks such as unsalted nuts, pretzels, or whole-grain crackers in a sports bag so your child can have a quick snack before activities or sporting events.

Plan ahead by stocking your fridge and cupboard with items that can be used to make these quick and healthy snacks:

● Low-fat cheese to eat with whole-grain crackers, mini whole-grain pitas, or apple slices.

● Peanut butter, soy butter or almond butter spread on a whole wheat tortilla and rolled around a banana. (Keep in mind that nut butters may not be allowed at some schools and sporting events because of allergies.)

● Low-fat yogurt with fresh, frozen, or canned fruit.

● Pair snacks with water, milk, fortified soy beverage, or 100-per-cent fruit juice. Limit juice to ½ cup (125 mL) per day.

For more information, search "healthy snacking" at ahs.ca.



Alberta Health
Services

Emergency
Medical
Services



Back to school safety

Alberta Health Services EMS would like to remind parents and students about some road safety tips, as roadways become more congested, with the return of the school year. Pedestrians and motorists both have an important role to play – road safety is a shared responsibility.

Motorists

- Avoid talking on cell phones, texting, or any other behavior that diverts your attention away from driving;
- Give right-of-way to pedestrians who have activated overhead crossing lights, or who are waiting to cross from a street corner;
- Remember, it is illegal to pass vehicles - other than those that are parked - in school zones or playground zones, during posted hours.

Around school buses

- Flashing amber lights mean a bus is slowing down to stop – motorists should do likewise;
- No matter which direction you are coming from, STOP, when approaching a school bus with activated flashing red lights – unless the bus is on the opposite side of a divided highway from you;
- Driver courtesy goes a long way. By simply being alert and cautious when approaching a school bus, you are contributing to school bus safety.

Pedestrians

- Cross only at marked crosswalks, or street corners that have clear visibility from all directions;
- Make eye contact with all drivers before crossing the street, and keep distractions to a minimum;
- When activating overhead crossing lights, pause before stepping off the curb to ensure motorists in both directions have come to a complete stop;
- Stay within the crosswalk lines;
- Obey pedestrian lights at intersections. Cross the street only when you see the 'walk' sign and only when all cars have come to a complete stop;
- If you are with young children or pets, hold your child's hand firmly and keep a solid grip on leashes when crossing;
- Remember: children learn by observing. By demonstrating safe crossing habits, you can reduce the chances of your child being involved in a preventable auto/pedestrian collision.

www.albertahealthservices.ca

Healthy ideas for back-to-school snacks

Your children are starting back to school this month, and you need healthy ideas for lunches and snacks. Remember that some schools don't allow nuts or peanuts because of allergies.

Offer children water when they're thirsty, and vegetables and fruit instead of juice, even if it's 100-per-cent juice.

Choose these healthy snacks every day:

- Fresh or frozen vegetables
- Fresh or frozen fruit
- Fruit cup in fruit juice or water
- Unsweetened applesauce
- Whole grain bread

- Whole grain crackers
- Whole grain naan, roti or pita
- Whole grain tortilla or wrap
- Whole grain cereal
- Hummus
- Eggs
- Nuts or nut butters (check first to see if allowed at school)

- Meat, chicken or fish
- White milk
- Cheese or cheese string
- Fortified plain soy beverage
- Plain yogurt

Choose these snacks some days:

- Flavoured fortified milk or soy beverage, such as chocolate, strawberry or vanilla
- Fruit-flavoured yogurt
- Baked crackers
- Muffin
- Granola bar
- Dried fruit and nut mix

Choose these snacks less often. These snacks are high in sugar, fat and/or salt:

- Candy or fruit gummies
- Potato chips or fried snacks
- Instant dried noodles

Save the Date

Oct. 12: The Emeralds return to Ritchie for Oktoberfest. Ticket details to be announced via social media.

What's your best dish?

If you have an idea and some energy to lead a food-making workshop, get in touch! More than 25 community members made 1,871 perogies at Ritchie's first Make and Take in March, well beyond what was expected. The league would like to stage a sequel.

Be the expert consultant for Ritchie's next Make-and-Take event! Contact Dan, event director: events@Ritchie-League.com

Bridge

Every Friday. (Cancelled Aug. 23)
Doors open at 11 a.m. Games start at noon.
Cost: \$3.
Contact Rose-Marie 780-439-4884
Stella 780-504-3972.

Chi-Gong, Meditation and Intro to Taiji

Sundays: varied schedule
Tuesday mornings: 11 a.m. - 12:30 p.m.
Thursday evenings: 6:30 - 8 p.m.
Free.
Contact Doug to confirm before attending:
780-224-5894 (call/text), e-mail dgauld@shaw.ca.

Crib Club

Every second Wednesday.
Doors open at 12:30 p.m. Games begin at 1 p.m.
Cost \$5.
Coffee and light luncheon served.
Contact Charlotte 780-465-6222

DANC3Play Kids

Resuming Oct. 26
Saturdays 10 - 11 a.m.
For ages 6 - 12
Ritchie-member cost: \$60. Other leagues: \$70.
Pre-registration required.
Contact Isabelle: irousseau.moveandbe-moved@gmail.com

Fit for Life

Classes cancelled Aug. 12 - 23
Tuesdays, Fridays 9 - 10 a.m.
Contact Lynn: lynnlindsay828@gmail.com
Or 780-996-2182

Home School Playgroup

1 - 3 p.m. every second Tuesday.
Meet in the playground.
Contact Karen: karendwhitehead@gmail.com

Preschool Playgroup

Resuming Sept. 4
Wednesdays 10 a.m. to noon
Drop-in. Free.
Contact Stephanie: couture.stephanie@hotmail.com

Teen Shakespeare: The Tempest

Resuming Oct. 17
Thursdays 4 - 6 p.m.
Ritchie members: \$190
Community league members from elsewhere: \$225
Teens 11-17 learn a Shakespearean play with theatre professionals.
Pre-registration required.
Contact Calla: callawright@gmail.com

Yoga

Resuming Sept. 18
Wednesdays 7:15 - 8:30 p.m.
First class free for Ritchie members. Then \$10 or five for \$40.
\$12 for non-members.
Bring a mat.
Contact Kristal: Yoga@ritchie-league.com

Yoshinkan Karate

Resuming Sept. 10
Tuesdays and Thursdays
6:30 - 9 p.m.
All levels. Children and families welcome.
First two classes free for newcomers.
Contact Randy: rmockford@shaw.ca

Zumba

Resuming Oct. 7
Mondays 7 - 8 p.m.
First class free.
\$10 for Ritchie members. \$12 for members of other leagues.
Contact Margareta: zumbamj@outlook.com

Get'm while they last



Hot dogs. New Ritchie apparel. Next year's league membership. They'll all be in demand at the next summer BBQ, Aug. 21. Food service starts at the hall at 6 p.m. but conversations between neighbours keep the event alive long after the food line disperses.

Nominees perk up our streets

When the Front Yard in Bloom winners are announced Sept. 11, we'll find out if Ritchie is home to a winning garden for the first time since 2015. The competition is stiff. There are 5,300 nominees across the city.

We're the real winners, regardless of the outcome. The efforts of all nominees to beautify their yards make Ritchie a more walkable, more livable, more enjoyable home for us all.

The Front Yards in Bloom program began in 1999 with a partnership among the Edmonton Horticultural Society, the Canadian Union of Postal Workers and the City of Edmonton. Now in its 20th year, categories include: Edible Yards, Natural Yards, Balconies in Bloom, Public Spaces, Tiny Yards and



General Yards. In the first year there were just 150 nominations.

Board meetings resume

You wouldn't know it from the summer BBQs and kids' camps that kept Ritchie hopping this summer, but the board did take a break. Sept. 5 it's back to business with a board meeting. Anyone in the community is welcome to attend, but only board mem-

bers may vote on the issues under discussion. Meetings are held the first Thursday of the month, starting at 7 p.m. in Ritchie Hall. Have something you want the board to discuss? Contact Maureen, board secretary: secretary@ritchie-league.com.

Streetviews transform



Demolition crews made quick work of Es-cuela Mill Creek's former building in July. Meanwhile, the demolition of Old Ritchie kept being delayed while the tricky work of ridding the building of toxic asbestos continued. Anyone wanting a piece of the historic Old Ritchie structure is asked to contact Cecilia, president of Ritchie Community League: president@ritchie-league.com.

Can you find this?



To raise awareness about Abundant Community Edmonton, a network of volunteers helping fight social isolation, sidewalk decals were placed in 12 communities across the city this summer. There's one in Ritchie. Who knows who you'll bump into to talk with while out searching for it. That's the definition of Get Neighbouring, the ACE raison d'être.

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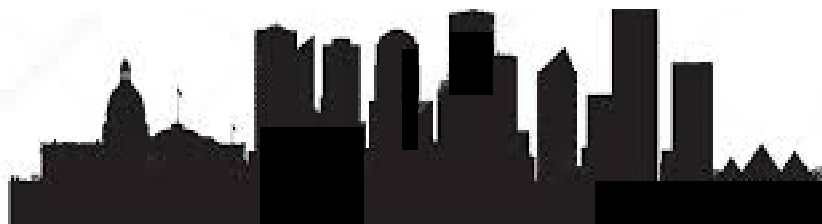
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