

COMMUNITY LEAGUE NEWS SOUTH

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



Dec 2019/Jan 2020

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THRIVE

BRINGING CHRISTMAS TO THE COMMUNITY
DEC. 25

FREE FREE FREE

CHRISTMAS DAY DINNER
4 PM - 7 PM

HAZELDEAN COMMUNITY LEAGUE
5630-66 AVE NW EDMONTON
DECEMBER 25TH

EVERYONE IS WELCOME

SANTA ARRIVES ON SITE GIFTS WHILE QUANTITIES LAST

A PLACE YOU BELONG, YOU MATTER

CONTACT INFO: ELAINE 780-983-1409 OR EMAIL: edyrberg@telus.net

Strathcona AGM | Thank you | New Board Members

By Maureen Duguay, President

I would like to thank everyone for attending our AGM. We are pleased to announce two new board members. Kasia Kaputa in the Green Initiatives and Nathan Carroll is our new Social director. We thank Barbara Saunders, Vahid Ayan and Melissa Conlon for serving on the board in their positions. Their contributions have been very appreciated. All other positions remain the same and we thank those individuals for allowing their names to stand for another term.

Strathcona Board of Directors is as follows:

- Maureen Duguay, President
- Delianne Meenhorst, Vice-President & Communications
- John de Haan, Treasurer
- Anya Manukyan, Secretary
- Jeff Samsonow, Past President
- Lois Haimeister & Jeanie McDonnell, Membership
- Donna Fong, Programs
- Brian Moffat, Building and Grounds

- Jeannie McDonnell, Hall Use
- Nathan Carroll, Social
- Kasia Kaputa, Green Initiatives
- Cheryl West-Hicks & Jenn Costigan, Soccer
- Derek Kaplan, Civics and Planning
- Yixi Song, Health and Safety
- Kirsten Goa, Community and Neighbourhood Engagement

Meet our new Board members:

Nathan Carroll, Social Director

Nathan and his family have lived in Strathcona for 3 years and he is very excited to join the community league board! Nathan works as the Operations Manager for the Sarah McLachlan School of Music and enjoys spending his days facilitating free after-school music classes for the students that he and his team have the privilege to serve. A musician and songwriter himself, Nathan can be found performing with many Edmonton artists as well as working in his home recording studio. He is excited, in his role as social coordinator, to create



spaces for neighbours to gather and participate in the life of our amazing community!

Kasia Kaputa, Green Initiatives

Kasia has been living with her family in the Strathcona community for over five years, and has been involved in the community league for the past year. She is an environmental scientist with a passion for sustainability.

Kasia looks forward to chairing the green committee and working together with the league to pursue exciting green initiatives.

Alberta's Bill 20 May Mean Funding Cuts for Community Leagues

Edmonton's 160 community leagues have serious concerns about funding cuts in Bill 20, the proposed fiscal measures and taxation act. The bill, which has not passed third reading to become law, would change the Lottery Fund, which currently disperses casino earnings, as well as cut, by more than a third, the Community Facility Enhancement Program (CFEP).

Both are essential sources of funding for community leagues outright as well as helping them obtain matching grants. In Ritchie's case, plans to build a new hall are based, in

large part, on the league's nest egg of casino funds and CFEP grants to match other funding sources the league has yet to tap.

The Edmonton Federation of Community Leagues, in a letter to Premier Jason Kenney and MLA Nicole Goehring, chair of the standing committee on families and communities, warns that the proposed changes threaten league facilities as well as the programs and events they house. According to the letter, community leagues have built more than half a billion dollars worth of community-based

infrastructure in the past 100 years, including:

- 126 Community League halls
- 250 playgrounds
- 119 outdoor community ice rinks
- 55 water spray parks
- 46 basketball court facilities
- 25 community gardens
- 24 outdoor tennis court facilities
- 10 BMX/skateboard tracks

Under Bill 20, significantly fewer leagues will be able to access CFEP. Repairs and renovations may not be possible. Gathering

places will become unsafe. Some leagues may cease operation.

"Cuts to this program will have a devastating and lasting impact on communities and neighbourhoods," says Laura Cunningham-Shpeley, EFCL executive director and former RCL president, in the letter. She's calling on all leagues to send letters of their own to the government. The EFCL is also seeking a meeting with Minister Leela Aheer, minister of culture, multiculturalism and status of women, to present these concerns.

minsos | stewart | masson

barristers, solicitors, notaries

• Real Estate

• Wills and Estates

• Business Law

PH: (780) 466.1175

Fax: (780) 465.6717

#220, 8723 - 82 Avenue

Edmonton, Alberta T6C 0Y9

Strathcona Centre News

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

website: www.strathconacommunity.ca

STRATHCONA 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	Nathan Carroll 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	Kasia Kaputa green@strathconacommunity.ca
Community Garden Co-Chairs	Daniel Augergarden_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 February-March 2020 issue of Community League News South is January 20, 2020. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnaafong@shaw.ca

Best wishes to all for a healthy and active holiday season, and a happy new year!

Pub Nights

Pub nights are typically on the 3rd Friday of the month at 8:00 pm, in the upstairs lounge of the community hall building, 10139 87 Avenue. Please use the south door by the rink. Upcoming pub nights:

Friday, December 20, 2019

8:00 pm

Christmas

Friday, January 17, 2020

8:00 pm

Theme: TBD

Pub nights are for community league members and guests. Memberships available on site. Subscribe to the League email list (scroll to the bottom of our website) or follow us on Facebook (Strathcona Centre Community League) to get reminders! Contact social@strathconacommunity.ca with any questions.

2019-2020 Community League Membership

The new membership year started September 1st. Memberships are available: online through the EFCL at <https://efcl.org/membership> (the EFCL charges a \$5 admin fee) at any Servus Credit Union from one of our membership Directors (see contact info below)

at League events such as Pub Night

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

Winter Green Shack Program



The City of Edmonton will be offering the FREE drop-in Green Shack program at Strathcona Community League, 10139 – 87 Avenue, February 1-27, 2020, on Tuesdays and Thursdays, 3:30-6:00 pm and Saturdays 1:00-5:00 pm. The program leader will engage children aged 6-12 in cooperative games, outdoor cooking, sports, crafts, music, and more! Children under the age of 6 are welcome but must be supervised by a parent or guardian at all times. For other locations in Edmonton, visit www.edmonton.ca/greenshacks

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, Zumba Fitness, Pound Fitness, Urban Poling, Art classes for kids

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

NOW ACCEPTING

NEW STUDENTS FOR PRE-SCHOOL Beginning JAN-JUN/2020



Strathcona Nursery School

is a parent led co-operative that welcomes 2.5-5 yrs old children to come learn and play.

Our Pre-school Program features:

2 dynamic teachers

A positive respectful environment

Mixed-Age classes with flexible schedule

Enrollment opportunities throughout the year

2.5 hour sessions (morning or afternoon)

Children are not required to be potty-trained

**Open House
1 Day Only**

**February 12, 2020
4:30-6:00pm**

For more information please contact us!

Email: info@strathconanurseryschool.com

8530-101 St. Edmonton, Alberta

King Edward Elementary School

Phone: 780-432-9226

Website: www.strathconanurseryschool.com



CK Confident Kids Safety Courses

Home Alone Safety

Designed for kids 9+ who are new to staying home alone.

Think through unexpected situations, work through fears and handle emergencies.

Fri, Jan. 3: 9 – 11:30am OR Thurs, Feb. 27: 9-11:30am

8424 95 Ave NW

St Luke's Anglican Church, Edmonton

Cost: \$60/child. Courses subject to class size restrictions.

To REGISTER, or for more information, visit:

cksafetycourses.com



LEAGUE PROGRAMS & ACTIVITIES

Adult Programs

Art, Wine and Skate

Join us for a night of craft, a glass of wine, a good conversation and skating once winter rolls in. Lots of laughter and fun. Each night is a different art or craft (sometimes a small charge).

What: Art, Wine and Skate

When: Thursdays, 7:00-9:00 pm

Where: Kitchen at the community league hall (main floor)

Who: 18 years and up

Art, Wine and Skate will finish December 19, 2019 and resume on January 9, 2020. Participants can join for one evening or all evenings. No Art, Wine Skate on December 12th, 2019. For more information, call Jan Black Stewart at 780-432-0577.

Pound Fitness with Melanie Kidder

Fall Session 2

Mondays

Until December 16, 2019

7:30-8:30 pm

Age Group: Adults and Teens aged 16+ can attend with an adult.

A one-time fee of \$25.00 to purchase RipStix.

Drop-in: \$14.00 per class

Fall Session 2

Wednesdays

Until December 18, 2019

7:15-8:00 pm

Age Group: Adults and Teens 16+ can attend with an adult.

A one-time fee of \$25.00 to purchase RipStix

Drop-in: \$14.00 per class

Winter Session

Mondays

January 13-March 30, 2020

No class on Family Day, February 17th

7:30-8:30 pm

Full Program: \$132 (\$12 per class) PLUS one-time fee of \$25 to purchase RipStix

Drop-in: \$14.00 per class.

Use the ramp to come up to the main hall.

Wednesdays

January 22-April 1, 2020

7:15-8:00 pm

Full Program: \$132 (\$12/class) PLUS one-time fee of \$25 to purchase RipStix

Drop-in: \$14.00 per class

Use the ramp to come up to the main hall.

Description:

Pound Fitness 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.

Requirements for all Pound Fitness classes: Community League membership required (any league), membership available on-site. Bring TWO Yoga mats to class. You will need to two so that you can arrange them around you and not hit the RipStix on the hardwood floors.

Registration: 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. You can pay by cash or cheque (cheques made out to Strathcona Centre Community League). SCCL Community League Memberships will also be sold at the first class.

Pound & Zumba Fitness Combo Class with Melanie Kidder

Wednesdays

Until December 18, 2019

6:30-8:00 pm

A one-time fee of \$25.00 to purchase RipStix

Drop-in: \$22.00 per class

Age Group: Adults and Teens aged 16+ can attend with an adult.

Wednesdays

January 22-April 1, 2020

11 weeks

6:30-8:00 pm

Full Program: \$198.00 (\$18 per class) PLUS a one-time fee of \$25 to purchase RipStix

Drop-in: \$22.00 per class

Age Group: Adults and Teens aged 16+ can attend with an adult.

Use the ramp to come up to the main hall.

Description: This 90-minute combo class will have 45 minutes of Zumba Fitness and 45 minutes of Pound Fitness for 90 minutes of music driven, sweat dripping fun! No level required. Modifications will be shown for people of varying fitness levels.

Let the Music Move You! Using Latin and International rhythms these Zumba 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.

Pound Fitness 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.

Requirements: Community League membership required (any league). Bring TWO Yoga mats to class. You will need two so that you can arrange them around you and not hit the RipStix on the hardwood floors.

Register: To pre-register, 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. 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.

Yoga - Monday Evenings with Corinne McNally

Fall Session 2

Until December 16, 2019

6:00-7:15 pm

Drop-in: \$14.00 (please bring exact change or cheque)

Early Winter Session

January 6-February 24, 2020

7 weeks (no class Family Day, February 17th)

6:00-7:15 pm

Registration fee: \$84

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

Use the ramp to come up to the main hall. Class on January 27th will be held in the Lounge.

Late Winter Session

March 2-April 27, 2020

8 weeks (no class Easter Monday, April 13th)

6:00-7:15 pm

Registration fee: \$84

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

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.

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

Yoga - Tues/Thurs Mornings with Kyla Fischer

Tuesdays and Thursdays 9:30 – 10:45 am

Tuesdays January 7-February 25, 2020
Thursdays January 9 -February 27, 2020

9:30-10:45am

Fee: \$96.00 for 1 class per week, \$176.00 for 2 classes per week
Drop in: \$14.00

Sign up for both Tuesday and Thursday classes for \$154.00.

Drop in Fee: \$14.00

Note: The final Thursday class of the fall session ends on December 12, 2019.

Requirement: Community League membership required (any league).

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

Description:

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

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

Winter Session 2020

January 12, 19, 26

February 2, 9, 23

March 1, 8, 15, 29

10 classes

9:30-10:45 am

Registration fee: \$120

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

All classes are held in the main hall except in the Lounge on February 23rd.

The final class of the fall session ends on December 15, 2019.

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.

Move With Ease And Joy with Kim Novotny

Winter/Spring 2020 Session

Tuesdays

January 28-April 14, 2020

12 weeks

10:45 – Noon

Registration fee: \$240 (12 weeks)

Drop-in: Not available.

Fridays

January 31-April 17, 2020

No class on April 10th

9:30-10:45 am

Registration fee: \$220 (11 weeks)

Drop-in: Not available

Age: Teens to seniors

Requirements: League Membership (any league), comfy clothing, socks, yoga mat,

hand towel.

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.

To express interest in movement therapy classes with Kim Novotny (Move with Ease and Joy), please contact the instructor at kim@novotny.ca. The instructor will confirm with students in advance that they are medically fit to participate in a group class.

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 PROGRAMS

Art Agogo Art at the Hall

Wednesdays

January 15, 22, 29

February 5, 12, 19, 26

March 4, 11, 18

4:00-5:15 pm

10 weeks

\$220

Drop-in: \$20

Fee includes all instruction, art materials, and a sketchbook

(Payment can be broken up)

Saturdays

January 11, 18, 25

February 1, 8, 22

March 7, 14, 21, 28

10 weeks

10:00-11:30 pm (Age 6 years and up)

11:30 am-1:00 pm (Teens)

Registration fee: \$220

Drop in fee - \$20

Fee includes all instruction, art materials, and a sketchbook

(Payment can be broken up)

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 become 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 membership (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.

Playgroup

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

Day/time: Every Monday and Wednesday, 10am to noon (Closed on school holidays)

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. There are books and toys for all ages. Trikes, strollers and push cars with plenty of room to zoom. Trucks, dolls, balls and a tent too!

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.

Strathcona Rink Hours of Operation

Regular Hours:

Small rink

Skating from 3:30 - 9pm

Mon to Fri (starts at 2:30 on Thursdays)

Sat and Sun Noon to 9pm

Hockey rink -

Parent/children

Mon, Tues Wed 3:30 - 7pm

Sat, Sun Noon - 4pm

Adult hockey

Mon, Wed 7-9pm

Sat, Sun 4-9pm

Youth hockey

Tues 6:30 - 7:30pm

January 7-February 25, 2020 (tentative)

Fun skate (no hockey)

Fri 3:30-9pm

Learn to skate - TBD

Christmas/holiday schedule:

During the school holiday break, the rink is open:

Weekdays from 1:00pm till 8:00pm:

Weekends as per the schedule below

Exceptions:

Dec 24, 25, 26- No set hours

Dec 27 – 30 – 1pm to 8pm

Dec 31 – no set hours during the day; New Year's Eve skate 6:30pm to 9:00pm (includes hot chocolate, cookies, noise makers)

Jan 1 – no set hours

Jan 2 to 4 – 1pm to 8pm

Go ahead and skate whenever you want if you don't need to access the building/rink lights on.

On January 6th, regular hours resume.

Skaters are welcome on the ice prior to opening times if ice maintenance is not in progress. Shoveling may be required.

The rink will be closed when the temperature, including wind chill, is -23 C or colder.

In accordance to the three-year rotating cycle, the City of Edmonton will place the free drop-in Learn to Skate program at Strathcona Community League in January-February 2021. Our neighbour, Richie Community League, 7727 – 98 Street, will offer the Learn to Skate program, on Thursdays, January 9-February 13, 2020, 5-8 pm. The program is designed around basic skills, movement, participation and fun! This free program is targeted for children ages 6-12 and their families, however, all are welcome to attend!

Bring your skates and a CSA approved helmet.

Winter Festivals and Events

There are many fun things to do in our community over the holidays and throughout the winter including our annual Winterfest at Strathcona Community League!

Boardwalk Ice on Whyte Festival

An ice carving festival with Ice Carvings, Ice Bar, DJ nights, food truck, ice carving lessons, outdoor games and more~

Old Strathcona

January 23-February 2, 2020

www.iceonwhyte.ca

Strathcona Community League will be receiving more details from the festival that will be circulated on our website, social media and digital newsletter.

Flying Canoe Volant

Illuminated trails, Camp Métis, Trapper's Cabin, Indigenous Base Camp, Children's Activities and Winter Patio

Mill Creek Ravine and La Cité Francophone

January 30 - February 1, 2020

www.flyingcanoevolant.ca

Winterfest

Sunday, February 9, 2020 (Tentative)

2 – 5pm

Strathcona Centre Community Hall

10139 87 Avenue

www.strathconacommunity.ca

Join a sleigh ride or put your skates on and enjoy some warm food and hot chocolate at the SCCL Annual Winterfest. For more information or to volunteer, please contact Nathan at social@strathconacommunity.ca

For other exciting active living, social, and creative events in our Winter City, see

https://www.wintercityedmonton.ca/wp-content/themes/wintercity/pdfs/2019_2020-Winter-Excitement-Guide.pdf

Development Permit Compliance

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

Call 311 with your inquiry if you suspect abnormalities. Perhaps a building appears



abnormally large or too close to the property line, or you are concerned about other problematic irregularities.

Hall Rentals

Main Hall

Capacity 105

Seats 60 to 80 depending on table arrangement

Amenities include 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 include a bar, fireplace, piano, tables and chairs.

\$75 - \$260

Concession/Small Meeting Room

Seats 8 to 10

Amenities include kitchen.

CIVICS AND COMMUNITY PLANNING

The Strathcona Community League maintains 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 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 commit-

tee members, and then decide whether or not to take action. At the AGM of November 4th, Derek thanked the members of the Civics and Planning Committee for their generosity with their time in helping the Strathcona community stay on top of developments in our area: Ron Chalmers, Maureen Duguay, Kirsten Goa, Kari Heise, Douglas Meggison, Grant Moore, Jonathon Rockcliff, Peigi Rockwell, and Amy Wowk. To learn more about issues and proposed development projects, please contact Derek at civics2@strathconacommunity.ca

Argyll News

Argyll Online

As always, our web site has the most current information. Check-in weekly to see what's changed. Send us things you think the community would be interested in. A new section has been added to the web site which features announcements and news about the Committee work various residents

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre the last Friday of each month from 10:00 AM – 12:00 Noon.

This volunteer run program is for parents/ caregivers and their young children (ages 0-5) to drop by and make friends with other

are involved in. Look for it the next time you visit our site.

The web site address is: www.argyllcl.ab.ca

If you wish to be added to our EVENTS e-mail distribution list get your name into argyll.social@gmail.com.

families in Argyll; as well as have fun together. This is a free program for community residents with no snacks & beverages. Grandparents are most welcome to join in.

If you would like to help out contact: Erin Raudebaugh by e-mail at: [<mack_329@yahoo.com>](mailto:mack_329@yahoo.com)

Jammers Music

Each week a group of musicians spend a little time together playing songs and keeping time. They meet on Thursdays from noon until 3:00 PM in the main hall of the Argyll Community Centre. They welcome any instrument you are willing to jam with. Electric and Acoustic instruments are both welcome.

If you want to sit-in on what they get up to each week, then contact Ken by phone and get the details for their next jam. You can come and sing, play along or just relax and enjoy the music. Call Ken 780.466.8127 for more information. There is a \$2.00 fee for use of the hall.

How to stay involved in your child's education



Parental involvement in a child's education is important to youth development. It's one of a series of positive qualities and experiences, known as the 40 Developmental Assets.

The non-profit Search Institute has identified these assets as the building blocks of healthy development. The more assets a young person has, the more likely they are to thrive and grow up healthy, caring and responsible. The fewer they have, the more likely they are to engage in risky behaviours.

But before you say, "I'm sure they don't want me at school," remember this: Your children are proud of you and love having the chance to show you off to their teachers.

Everyone is busy, but a little can go a long way. Consider speaking at career day. Help out at a classroom party or sports event. Or simply check in with the teacher every other month to catch any concerns before they become problems.

If you have more time, you could supervise children on the playground, volunteer to tutor struggling students or join the school council.

Typically, parents tend to be more involved in the earlier grades. You may want to read to the class or individual students, or share your culture through food, music and celebrations.

It's just as important, however, to maintain that school connection in the later grades. You could chaperone for a ski trip, or help kids fill out university or college applications. This is a critical time in your teen's life, and your presence as a role model, navigating new boundaries and setting expectations with them, can't be understated.

No matter your child's age, you may want to start by asking them how they might like you involved with school. Or ask what they like about other parents who help out. Check in with the teacher or principal to find out what's really needed in the school community.

As a family, you can demonstrate that school is important to everyone. Make attending school events a priority and schedule them on the family calendar. Consider reading the same book your child has been assigned, and talk about it at dinner. Attend all parent-teacher conferences with your child so that everyone is on the same page about challenges, strengths and goals.

We all want our children to grow into caring, responsible and productive adults. Parental involvement in school is one of the ways to help get them there.

Casino Volunteers needed for Argyll Dates



Argyll's 2020 Casino is scheduled for Thursday, January 23 and Friday, January 24 at Casino Edmonton on Argyll Road. We hope you will be available to help us out with this fundraising effort. We still have several volunteer positions to fill in the usual roles: General Manager — Banker — Cashier — Chip Runner — Count Room Supervisor — Count Room Workers.

These casino opportunities are our community's primary fundraising activity. For every volunteer hour we receive about \$250.00 in return. We put this income toward hall operations as well as our special community projects. If you have never volunteered for a non-profit casino before, we can quickly provide coaching and guidance for any of the required positions. Please e-mail our Casino Coordinator if you can help out by doing a shift. Let us know what position you would prefer, as well as the date and shift-time. If you know anyone else who might lend a hand, have them contact the coordinator. Roxanne <casino@argyllcl.ab.ca>

Argyll YOGA



Registration opens soon for the Winter and Spring Sessions in the new year.

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 Giamarioli who is a Yoga Association of Alberta certified yoga instructor and is also a physio-therapist. To inquire about our January registration just call Renee at 780.431.1916 and leave a message.

McDougall United Church

COME HOME TO CHRISTMAS

"In the Heart of the City"



CHRISTMAS MUSIC AT NOON BENEFIT CONCERTS

12 noon – 1 p.m.

Admission: **FREE**

Donations welcome in support of e4c School Lunch Program.

• Wednesday, December 4

Christmas Goes Broadway!

Ron Long, Feature Artist

Kimberley McMann, Special Guest

• Wednesday, December 11

Christmas Jazz

A/B Trio: Thom Bennet, Caleb Nelson,
Rob Tildesley

With Special Guests: Kim Lesaca and Ryan
Davidson

Complimentary coffee by Starbucks,
hot apple cider, Christmas treats.

Bring your lunch.

CHRISTMAS MUSIC SUNDAY Sunday, December 22 – 10:30 a.m.

With the Edmonton Metropolitan Orchestra
and the McDougall Choir

Featuring: Gustav Holst's "Christmas Day"
Conductor: Kimberley McMann

CHRISTMAS EVE BY CANDLELIGHT Tuesday, December 24 – 7:30 p.m.

CHRISTMAS MORNING

Wednesday, December 25 – 11:00 a.m.

NEW YEAR'S EVE BENEFIT CONCERT Tuesday, December 31

Doors: 6:45, Concert 7:30 p.m.

In support of Edmonton's Food Bank

Admission: Non-perishable food item

A family friendly concert event of folk music,
refreshments and kids activities!

McDougall United Church
10025 – 101 Street & Macdonald Drive
Phone 780-428-1818
Email: info@mcDougallUnited.Com
www.mcdougallunited.com



Ask Charles

I saw an ad saying a real estate professional will buy my house if it's not sold in 90 days. Should I be wary?

Wary might not be the best word, but you do need to make sure you understand the details of the offer. This type of offer is a guaranteed sales agreement, and while there is nothing illegal or wrong with a real estate company offering this kind of arrangement, it is rarely the best option for consumers.

In a guaranteed sales agreement, a real estate brokerage agrees to buy a piece of real estate from a seller at a previously agreed upon price, if it hasn't sold to someone else before a certain date. Only real estate brokerages can offer these agreements, not individual real estate professionals.

If you're selling your home to buy another one, you may be interested in a guaranteed sales agreement for the home you own now. It could help you avoid owning two homes and paying two mortgages. A guaranteed sales agreement might give you the confidence to proceed with your new home purchase before selling your current one.

What sellers need to keep in mind in these arrangements is that the real estate brokerage wants to minimize its risk.

For example, it's rare that a guaranteed purchase price will be based on the property's listing price or the property's market value. In most cases, the brokerage calculates the guaranteed purchase price using a formula where legal fees, carrying cost, and com-

mission on the resale are subtracted from the purchase price. This minimizes the brokerage's risk, but it can also greatly reduce how much that seller receives for their home.

Brokerages that offer guaranteed sales programs are required to have policies for those programs. Those policies should include how the brokerage sets the guaranteed sales price and who is in control of the property's listing price during the listing period; it may not be the seller. It's not unusual for a guaranteed sales agreement to include a clause that requires a seller to lower their listing price during the term of the listing. Remember, your real estate brokerage wants to minimize its risk. It prefers to sell your property to a buyer rather than to use the guaranteed sales agreement, and lowering the listing price can sometimes help that happen.

If your real estate brokerage offers you a guaranteed sale agreement, it's up to you to decide whether you're interested. Before you do, make sure you read and understand all of the fine print.

"Ask Charles" is a monthly question and answer column by Charles Stevenson, Registrar with the Real Estate Council of Alberta (RECA). RECA is the independent, non-government agency responsible for the regulation of Alberta's real estate industry. We license, govern, and set the standards of practice for all real estate, mortgage brokerage, and real estate appraisal professionals in Alberta. To submit a question, email ask-charles@reca.ca.





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WORLD DANCE FRIDAYS



FREE dancing in January

NO Partner Required
NO Experience Needed

8-9 pm: Beginner Dances taught
Free dates: Jan. 10, 17 & 24, 2020

Dance every Friday until May
Bring indoor shoes for Studio
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LOCATION:
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For more info:
edmontonfolkdance@gmail.com
www.edmontoninternationalfolkdancers.ca

 Like us on Facebook!

Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

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

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Strathcona Community Centre

Phone: 780.433.8732
Email: mckellar@telusplanet.net

Burnout Breakthrough Strategy Workshop

Overcome Burnout and increase your Health and Happiness!

Thursday, January 9, 2020 at 7:00 PM
4 Points Sheraton, 7230 Argyl Road, Edmonton
Workshop will be **limited to 10 spaces**
To reserve your spot, CALL 780-231-9505
or email janice@theburnoutqueen.com
\$99.00 includes Beat Burnout book and a 30-minute **FREE** private coaching session



Janice Wehrhahn MSW RSW
www.theburnoutqueen.com



Your neighbours at
Holy Trinity Anglican Church
invite you to celebrate with us!

Christmas Eve Services:
4:30PM | 7:00PM | 11:00PM

Christmas Day Service:
10:00AM

We hope you will join us!
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 City Councillor for Ward 8
 ben.henderson@edmonton.ca
 780-496-8146



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 and Tasha Keown, DD
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Season's Greetings



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 my **Holiday**
Open House at my
 new constituency
 office!

Thursday,
December 19
 2 – 5 pm
 10045 81 Avenue




Heather McPherson
 Member of Parliament | Edmonton Strathcona
 Email: heather.mcpherson@parl.gc.ca | Phone: 780-495-8404



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Hazeldean News

Hazeldean Board of Directors

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Director at Large	Rineke Steenbergen	movies@hazeldean.org
Director at Large	Alys Caswell	
Hall Administrator	Dawn Banner	hazeldeanleague@shaw.ca
Social	Christine Drysdale	
Civics	Caleb Sinn	civics@hazeldean.org

Thank you for your support

Thank you to everyone who attended our AGM on October 1st. We are excited to announce our new board of directors for the 2019/2020 term.

Get Your Community League 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

tres

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.

UPCOMING EVENTS

Thursday, January 2nd – Afternoon Movie: Abominable

Enjoy the holiday break with a FREE family friendly movie afternoon at the Hazeldean Hall.

Doors open at 2:15pm, movie starts at

2:30pm. Snacks will be available for purchase. Bring your friends!

December 25th – Thrive

Free Christmas Day Dinner! 4pm–7pm at the Hazeldean Community Hall. Everyone is welcome.

WEEKLY ACTIVITIES

Free Drop In Bhangra Dance Classes

This class is now finished for the year. Thank you to everyone who came out to dance!

Yoga Classes by Aligned Love Yoga

Yoga is now finished for the year. Thanks for a great set of classes.

Okinawan Style Karate

Monday & Wednesday

Cell 780-439-0847 for more information

Get Fit Classes by Jen

Tuesdays and Thursdays, 6pm.

Contact Jen Hamel at 780-660-9214
onthefitness@shaw.ca

HELP WANTED

Snowbank Rink Help

Every winter volunteers put in a snow bank rink west of the hall for young and casual skaters. To maximize skating time for our youth we are looking for two levels of help.

Ice cleaners willing to grab a shovel and take off light snow falls and fill in small

cracks and divots (just what can be filled from a single water bottle)

Ice makers willing to fire up the snow blower after heavier snow falls and flood with a fire hose. Training will be available for both aspects of this.

Please contact: hazeldeanleague@shaw.ca

THANK YOU!

The 9th annual Hazeldean Christmas Craft Sale was a huge success!

So many of you having been coming back each year – it feels like seeing old friends! A big thank you to all of the patrons, vendors and of course the great volunteers who make

it all possible. Thank you as well to the businesses who donated items for the concession and door prizes: Luminosity Organic Spa, Earth's General Store, Lucy's Sweets, The Real Canadian Warehouse and the city of Edmonton.

STAY IN TOUCH

Phone: 780-439-0847

Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

Facebook: www.facebook.com/HazeldeanCommunity

Twitter: @hazeldeanyeg



Highlevel Diner

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

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🍏 Vegetarian & celiac friendly

🍏 Warm, homey surroundings showcasing local artists

🍏 Healthy, hearty food using local ingredients

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🍏 Prime Rib Sunday Dinner

🍏 City View

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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

BOARD

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Vice-president: Peter Willetts (vice-president@ritchie-league.com)
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Soccer Director: Kane Dozorec (soccer@ritchie-league.com)
Rink Director: Leonard Wampler
Director-at-large: Dan Munch
Director-at-large: Cristian Munoz

Monthly Meetings

Board meetings are 7 p.m. on the first Thursday of every month at Ritchie Hall except in July and August. Our first meeting of the new year is rescheduled for Jan. 9. Everyone is welcome and encouraged to attend. AGM and elections in May.

Newsletter: Keri Walmsley (newsletter@ritchie-league.com)

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.

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

Healthy Cities on agenda Feb. 6

Ritchie's board will hear how to make our community healthier at its monthly meeting Feb. 6. It has invited Dr. Karen Lee, a leader in the field of healthy cities, to share her ideas. She is currently working with Avonmore Community League on a similar project. Dr. Lee leads a housing for health team at the University of Alberta, focussed on improving housing

developments and the neighbourhoods around them to get residents more active and socially connected with one another. This builds on her early work in New York, developing Active Design Guidelines. Where those guidelines have been adopted, obesity rates have gone down and residents' health has improved. For more information: <http://www.drkarenlee.com/>

RCL discount at Backbeat

Music lessons organized around rock bands have been around for a while at Backbeat in West Ritchie. Now group lessons for 3 - 5 year olds are using the same principle. Little Beats are discounted 25 per cent for

Ritchie community league members! Thanks Backbeat. E-mail volunteers@ritchie-league.com to request the discount code. Be sure to include your current membership number (Hint: it begins 19-...).

Local talent shines bright

Ritchie Hall was expected to overflow with holiday cheer December 13. The all-ages concert sold out for a second year in a row.

We'd like to thank everyone involved, starting with our sponsors Adara Hair, K&K Foodliner, Food in the Nuud and Hazeldean

Bakery and extending our gratitude to all the musicians:

Kimberley MacGregor, Sam Heine, Kayla Hotte, Philip Bisaillon, Backbeat, Grindstone Theatre and the league's own Cecilia Oteiza-Ayres and Song Circle.

Old Ritchie still standing...for now

Demolition of the original three-storey, 1912 Ritchie school has been delayed to spring break (March 23 - 27, 2020). Any earlier would require evacuating the one-storey annex currently in use, which would signifi-

cantly disrupt student learning, says Michele Perret, Stantec's community engagement lead for the Joseph Moreau school build project. Bricks from the old school will be made available at a date and time yet to be determined.

Ritchie reaches out to home-schoolers

Ritchie's dance program is adding three sets of lessons in the new year.

Preschool Dance, Creative Dance for Kids and Creative Dance for Teens are scheduled during the day Fridays, hoping to appeal to the home-school community.

They compliment the Preschool Dance and DANCEPL3Y Kids lessons already offered on Saturdays.

"We are pretty excited about this," says Karen Whitehead, who leads Ritchie's Home-school Playgroup that meets at the hall every second Tuesday afternoon. "The home-school community is very much interested in trying new things and learning from everything and everywhere. This is the first time... an organization will come to the hall and offer home-schoolers a chance to participate."

All Ritchie's dance classes are led by Isabelle Rousseau, herself a resident of Ritchie. She brings an extensive background in dance performance, choreography and teaching to the role...plus boundless enthusiasm and a focus on having fun.

Isabelle began teaching at Ritchie last March, offering DANCEPL3Y Kids to 6 - 12 year olds. She followed that up with a DANCEPL3Y Kids summer camp and complimentary camp for preschoolers. Fall brought Saturday sessions for both age groups. A spring break camp is in the works.

DANCEPL3Y, which Isabelle is accredited

to teach to 6 to 12 year olds, was developed by a physical education teacher to improve students' fitness, physical literacy and mental health through dance.

For Friday's classes, Isabelle taps her years in the dance world, presenting various dance styles while emphasizing the students' own creativity.

The home-school community has been active in Ritchie since at least 2011, with 25 - 35 people coming to the biweekly meet-ups. (A 2017 study by the Fraser Institute pegged Alberta's home-school population at 1.4 per cent of all student enrollment, second highest in the country, and growing.)

While other home-school organizations exist to organize large events, field trips and group discounts, Ritchie's home-school Playgroup is unique in providing a space where kids can meet new friends and their parents can support each other through informal conversations with the issues they're having.

"It really is an extension of playgroup that exists in many community halls for younger kids and moms (and dads) but for older kids. We can't stress how important this is and how thankful we are for this space," says Karen. "There is a group of core people that have been meeting since the beginning and they have made really strong bonds that will likely continue into lifelong friendships." Dance classes may be the catalyst for many more.

Home-school Playgroup

Last meeting before holidays, Dec. 10. Resuming Jan. 7

1 - 3 p.m. every second Tuesday

Contact Karen: karendwhitehead@gmail.com

Preschool Dance

Saturdays: Jan. 11 - March 7 @ 9:30 - 10 a.m.

NEW! Fridays: Jan. 24 - March 20 @ 9:45 - 10:30 a.m. (No class Feb. 7)

For ages 3 - 5

Cost: \$60

Pre-registration required via www.ritchie-league.com

DANCEPL3Y Kids

Saturdays: Jan. 11 - March 7 @ 10:10 - 11:10 a.m.

For ages 6 - 12

Cost: \$60

Pre-registration required via www.ritchie-league.com

Schedule change



Ritchie's first board meeting of 2020 is postponed to Jan. 9 from Jan. 2. Usual start time of 7 p.m. Happy holidays!

Creative Dance

NEW! Fridays: Jan. 24 - March 20 (No class Feb. 7)

For Kids ages 6 - 12 @ 11:45 a.m. - 12:30 p.m.

For Teens ages 12 - 15 @ 10:45 - 11:45 a.m.

Perfect for home-schoolers

Cost: \$80

Pre-registration required via www.ritchie-league.com

Creative classes to learn dance moves and styles. You'll even get a chance to create our own choreography! These classes are inclusive, fun and creative while building dance skills, fitness and physical literacy.

Skate indoors FREE

No ice yet on the outdoor rink? Patience! It'll come.

Len, our long-serving ice maker, and his skilled helper Andy will flood as soon as it drops to -10 C or colder at night AND -5 C or colder during the day for several days. Then it takes several days to build up ice that will last the season.

While you are waiting, city-run arenas throughout the city have ice and FREE public skate times. Check out when you can lace up your skates on the City's schedule posted online weekly or call 3 - 1 - 1.



Ritchie Community League Presents

Another Very Ritchie Christmas

December 13 2019
Ritchie Hall
7727-98st

Live Music From:
Kimberley MacGregor
Sam Heine
Kayla Hotte
Philip Bisailon
Cecilia Oteiza-Ayres
Song Circle Improv
BackBeat Music School
Endless Alley & Captain Falafel

All Ages!
\$15 (12 and under \$10)
Tickets available on eventbrite.ca
Doors at 6pm

FOOD IN THE HUP Adara
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"There's Room at the Manger..."

Trinity Ev. Lutheran Church

10014 - 81 Avenue

We invite you for ...

Christmas Eve Worship
December 24th
4:00 pm Family Service in English
6:00 pm Candlelight Service in German
8:00 pm Candlelight Service in English

Christmas Day Worship
December 25th
9:30 am in German
11:00 am in English
Both Services with Holy Communion

Regular Service Every Sunday
9:30 am German Worship
11:00 am English Worship

TRINITY EV. LUTHERAN CHURCH
10014 - 81 Avenue
Phone: 780-433-1604
www.trinity-lutheran.ab.ca



Yoga



Final class of 2019 on Dec. 11. Practice resumes Jan. 8

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

Song Circles

Dec. 15, Jan. 17, Feb. 21: 5 - 6 p.m.

Adults discover their voices alone and within an improvising choir

\$5 for Ritchie Community League members, \$7 for non-members

Register online at <http://www.ritchie-league.com>

City Services & General Information

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

Inspections, licenses, permits

Comments, commendations, bylaw complaints

Roadway & waste management information

Program registrations and bookings

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

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists, or do other business with the City. The operating hours are 8:00 am-4:30 pm Monday to Friday. The centre is closed on weekends and statutory holidays.

Pressing for priority access

Escuela Mill Creek will begin accepting registrations for new students Feb. 3, 2020. If more new students register than can be enrolled, all names go into a draw for random selection, whether the child lives near the school or not. Contact Cecilia, community league president, if this concerns you. E-mail: cecilia:president@ritchie-league.com

SCONA Seniors in Ritchie

Dec. 12 @ noon: Birthday party and potluck. If you are unable to bring a dish, come anyway. Everyone is welcome to join the party.

Dec. 19 @ noon: Christmas Party. \$5. Bring a wrapped gift of under \$5 for a gift exchange. The sillier the gift, the better!

SCONA Seniors offers a variety of recreational and social activities from its official home in the Strathcona neighbourhood (10440 84 Ave.) But larger social functions are held in Ritchie Hall, typically on Thursdays, noon to 2 p.m. This active group sets a new schedule each month.

Contact Cathy scona84th@shaw.ca or call 780-433-5377 if you plan to attend.

Friday Nite Teen Fun Crew

Fridays 7 - 9 p.m.

Schedule varies. Contact Laura lauracsh-peley@gmail.com

For youth ages 10 - 15 living in Ritchie

Drop-ins welcome. Free to join

Preschool Playgroup

Last group before the holidays Dec. 18. Resumes Jan. 8

Wednesdays 10 a.m. to noon

Drop-in. Free

Contact Stephanie: couture.stephanie@hotmail.com

Yoshinkan Karate



Last session before holidays Dec. 10. Back to class Jan. 7

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

Solo Parents - Edmonton

Last Monday of the month, 6 - 8 p.m.

Support group for single-parent and blended families

Drop-ins welcome

Kids play; adults chat

Everyone shares what they bring, whether snacks, games or crafts

Contact Jennifer soloparentsyeg@gmail.com

Community building one member at a time

A special thank you to Pragnesh Patel at Ritchie Foods (9606 76 Ave.) for selling memberships year after year. A fixture at Four Corners, Ritchie Foods is one of many businesses that have built Ritchie into the community we've come to enjoy.

Bridge

Every Friday

No break for the holidays...the members want to play!

Doors open at 11 a.m. Games start at noon

Cost: \$3

Contact Rose-Marie 780-439-4884

Stella 780-504-3972.

Annual Christmas banquet prior to games Dec. 20.

Board Games

Monthly Jan. 12, Feb. 16, March 15

1 - 6 p.m.

Come to play or offer to lead your favourites

Bring your own: snacks and non-alcoholic beverages

Free

Contact events@ritchie-league.com for more information.

Chi-Gong, Meditation and Intro to Taiji

Tuesday mornings: 11 a.m. - 12:30 p.m.

Sundays: varied schedule

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

Fit for Life

Classes cancelled Dec. 13, 24, 27 and 31. Resuming Jan. 3

Tuesdays, Fridays 9 - 10 a.m.

Classes are full, but you can be added to the waiting list

Contact Lynn: lynnlindsay828@gmail.com

Or 780-996-2182

Save the date!

Ritchie's Chili Cook Off returns April 18

Snow Removal Help

Help paying for sidewalk snow removal is available to seniors and people with limited mobility thanks to city grants to two agencies. The Edmonton Seniors Coordinating Council offers this to seniors who qualify for their Seniors Home Supports Program. Call 2 - 1 - 1

Boyle Street Community Services offers this to people with disabilities through the Hiregood organization. Call 780-426-0500.



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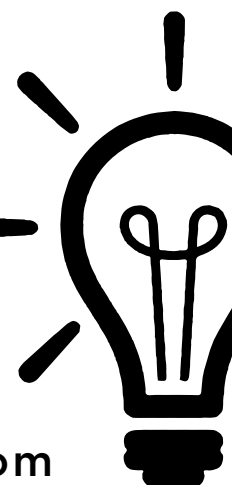
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Program Guides

The following City of Edmonton's program guides are available online at

www.edmonton.ca/programguides

Winter Excitement Guide (October 2019-March 2020)-Learn about the exciting events happening throughout the city this winter.

Winter in the City (January-March 2020) These guides showcase Arts, Culture, History and Nature at City of Edmonton attrac-

tions.

Rec Centres Winter Guide (January-March 2020) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

City Arts Centre Winter Classes (January-March 2020) The City Arts Centre offers introductory and intermediate-level instruction for pre-schoolers, children, youth, and adults in a variety of crafts and visual, perform-

ing, sculptural, and culinary arts.

Priceless Fun Guide (Fall 2019/Winter 2020) Free or low cost arts and culture, sport and recreation, events, and leisure opportunities. Recreation Opportunities for Individuals with Disabilities (Fall 2019-Summer 2020) Recreation and leisure opportunities for people with disabilities at locations across the city.

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edmonton.strathcona@assembly.ab.ca
[@RachelNotley](https://twitter.com/RachelNotley)



Rachel Notley
MLA, Edmonton-Strathcona

Toboggan Safety



Emergency Medical Services (EMS) would like to remind parents and children of a few toboggan/sledding safety tips as the winter season continues. Injuries may result from collisions with stationary objects on the hill, such as trees or rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe and have fun on the toboggan hill by following these reminders.

Equipment

- Always ensure your toboggan or sledding device is in good repair. Inspect it for any damaged or missing parts before each use;
- Be certain the operator is fully capable of staying in control of the sled at all times;
- Children should wear a certified, properly fitted helmet designed for other high impact sports such as hockey, cycling, or climbing.

Plan ahead

- Dress warmly in layers and anticipate weather changes;
- Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones;
- Take breaks, out of the cold, to warm up;
- Cover any exposed skin;
- Even when properly protected from the elements, the finger tips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite;
- If frost bite has occurred, treat it by first removing the individual out of the cold environment; Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm, *not hot*, water, until re-warmed.

Hazards

- Avoid hills that are too steep or too icy;
- Choose hills free of all obstacles such as trees, rocks, utility poles, or fences;
- Beware of loose scarves or clothing containing drawstrings which could present a strangulation hazard if they become caught or snagged.

City Services & General Information

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

- Inspections, licenses, permits
- Comments, commendations, bylaw complaints
- Roadway & waste management information
- Program registrations and bookings
- Transit information

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

To access city services in person, the Edmonton Service Centre is a one-stop shop. It is located on the 2nd floor of Edmonton Tower, 10111 104 Avenue across from Rogers Place. Residents and businesses will no longer need to visit various downtown City offices to pay taxes, obtain bus passes and business licences, review engineering and architectural drawings with City specialists, or do other business with the City. The operating hours are 8:00 am-4:30 pm Monday to Friday. The centre is closed on weekends and statutory holidays.

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