

COMMUNITY LEAGUE NEWS SOUTH

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



February 2019

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

League monitors Ritchie's growing pains

When Keesa Elickson and Karl Jensen moved into their house on 76 Avenue in 2017, they knew two houses next door were slated for demolition and infill. They were keeping an open mind. After all, Ritchie is a poster child for the city's efforts to densify.

Fast forward several months.

The developer's plan for stacked row housing required a bylaw change at city council to rezone the lots, and the couple was on a steep learning curve to understand what this would mean to them...and to Ritchie.

Enter the community league.

A call to the president and then a meeting with the civics director and Keesa and Karl found themselves presenting their concerns at a league meeting in October 2018. Developer, Peter Kalven, presented his plans as well.

"It is what we'd hoped for," says Keesa. "It was the first time we'd had a chance to have a meaningful discussion about what [the bylaw change] meant to the community."

The community league voted to oppose the developer's rezoning application.

President Cecilia Oteiza Ayres delivered a letter in-person to city council, asking for further consultation since the bylaw change to rezone the lots would also be a change to Ritchie's Area Rede-

velopment Plan (ARP), an almost 40-year-old set of guidelines originally developed after extensive community input.

Such civic advocacy has been a *raison d'être* of community leagues since their origin in 1917, though rinks and halls, programs and parties are what attract most people.

"The community league provides a collective voice that is more influential than the individual," says Allan Bolstad, Ritchie's civics director. That's especially true when adding its voice to other leagues'. In recent months, the Edmonton Federation of Community Leagues (EFCL) has provided the city with feedback on a range of issues from bus route changes to the future of the proposed Rollic Mills recreation centre.

But infill tops the list of challenges facing Ritchie.

"The league can provide advice and assistance to individuals dealing with the city. And we can be a mediator between individuals and developers," explains Allan.

He has plenty of experience to tap having directed the EFCL for nine years, served four terms as city councillor 1992-2004 and covered Edmonton area issues as a newspaper reporter and columnist before that. He currently sits on the city's Subdivision Devel-

opment Appeal Board.

Other issues Allan's keeping an eye on for Ritchie include plans to put the LRT down Whyte Avenue, talk of reconnecting Mill Creek to the river, problems with traffic short cutting and speeding through the neighbourhood and the preservation of local history like the Minchau Blacksmith Shop in West Ritchie.

Back to the proposed four-storey building next door to Keesa and Karl.

City council sided with the developer in December, changing Ritchie's ARP, rezoning two lots and green lighting the stacked rowhouse. Keesa and Karl are waiting to see if Kalven will apply for further variances to the now-new zoning requirements.

Meanwhile, the league waits to see if the ARP change is precedent setting, leading to more ARP changes and more tall multi-unit buildings in areas surrounded by low profile houses.

Still, connecting with the league over this issue has been an overwhelmingly positive experience, says Keesa, adding that she and Karl make a point of attending Ritchie board meetings now.

"We are very happy to hear Allan's updates and share what we learn at the meetings with our neighbours and friends."

(continued on page)

Hazeldean Lantern Parade

Thank you to all those who helped out and braved the cold to make the 4th annual Hazeldean Lantern parade a success. Lanterns used for the Hazeldean Lantern Parade on Jan. 19th 2019.



Strathcona Neighbourhood Renewal: Final Neighbourhood Design



February 5, 2019

Come see the final neighbourhood design for Strathcona. Changes are coming!

Date: Tuesday February 5, 2019
Location: ATB Financial Arts Barns, 10330 - 84 Avenue NW

Time: 5-8pm (drop-in)

Light refreshments, snacks and children's activities will be provided.

Final design highlights include:

- New road surfaces and sidewalks
- Bike lanes on 87 Avenue (combined protected/shared road), 98 Street (shared-road) and 100 Street (protected)
- New trees on 86 Avenue

● Traffic calming measures throughout community (raised crosswalks, curb extensions)

● 30 km/h posted speed limit

Updates since September include:

New 98 Street parklet design

Shared-used path along the rail corridor

At this event, property owners will also have the opportunity to participate in the sidewalk local improvement decision for Strathcona.

View the design online (as of February 5),

Edmonton.ca/BuildingStrathcona

For more information, email buildinggreatneighbourhoods@edmonton.ca or call 311.

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barristers, solicitors, notaries

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#220, 8723 - 82 Avenue

Edmonton, Alberta T6C 0Y9

Strathcona Centre News

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

website: www.strathconacommunity.ca

Strathcona Board Contacts

President	Maureen Duguay	president@strathconacommunity.ca
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	Jenn Costigan	soccer_co@strathconacommunity.ca
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	Derek Kaplan	civics2@strathconacommunity.ca
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	Daniel Auger	garden_co@StrathconaCommunity.ca
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Community Hall	Helen Gillespie	780-439-1501
Website Manager	Karen Rowsell	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 April-May 2019 issue of Community League News South is March 25, 2019. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca

YOGA - Tues/Thurs Mornings with Kyla Fischer

Winter Session
Tuesdays until February 26, 2019
Thursdays until February 28, 2019
9:30-10:45am
Drop in fee: \$14.00
Early Spring Session
Tuesdays, March 5-April 23, 2019
Thursdays, March 7-April 25, 2019
9:30-10:45am
Fee: \$96.00 for 1 class per week, \$176.00 for 2 classes per week
Drop in fee: \$14.00
Requirement: Community League mem-

bership 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!

LITTLE ONES SKATING

The Strathcona Community League has reserved a one-hour rink time for children 7 years old and younger, 11 am-12 noon, January 26-February 9. The activity was cancelled on January 19th due to cold weather.

Games/Activities/Free Skating

Focused on kids with novice/beginner experience (fun way to familiarise them with ice/skating).

Helmet is required, skates not provided. Parent/guardian required to attend.

Community league membership required (available to buy on site).

Thanks to activity leaders Melanie Kidder and Lois Hameister.

If you have any questions, please contact Melanie Kidder via telephone 780-722-7558 or email melstrand_5@hotmail.com

Registration for 2019 Outdoor Soccer Season

Registration for the 2019 Outdoor U5-U19 season opens online on February 1st. Please visit the zone-wide website of Edmonton Minor Soccer Association to register www.emsasoutheast.com

Strathcona Community Registration night is Tuesday, February 12th, from 6-8 pm at the Strathcona Community League Hall upstairs, 10139 – 87 Avenue. You must register online and bring two copies of your registration form along with proof of age and community league membership. Memberships will also be available to purchase on February 12th.

Late registration will be held at Bonnie Doon Mall on Wednesday, March 6th, from 6-9 pm.

STORM tryouts will be held April 2 - 4 location TBA.

REFEREES WANTED!

We need referees, if you are interested in becoming a referee and making some extra cash, please come out to registration night for more information.

If you have any questions about the registration process or the soccer season, please contact soccer@strathconacommunity.ca

Strathcona Community League Winterfest 2019

The annual Winterfest is back on Sunday, February 24, 2019, 2pm – 5pm, at the Strathcona Community League hall and grounds, 10139 -87 Avenue. Join us for some warm food, hot chocolate, skating, sleigh rides,

snow carving, face painting and games and above all, community camaraderie. Community league memberships will be available to buy on site. For more info, contact Melissa at social@strathconacommunity.ca

Pub Nights

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

Friday February 15

Scotch Tasting– hosted by Brian Moffat
8 pm

Friday February 22

Family/skating/hot dog night
5 to 9 pm

There will be munchies and fruit juice/pop available for the children.

Friday March 15

Theme TBA

8 pm

Pub nights are for community league members and guests. Memberships available on site.

Subscribe to the League email list (scroll to the bottom of our website) or follow us on Facebook (Strathcona Centre Community League) to get reminders! Contact Melissa at social@strathconacommunity.ca with any questions.

League Programs and Activities

ADULTS

YOGA - Monday Evenings with Corinne McNally

Mondays

Winter Session 1

Until February 25, 2019

6:30-7:45 pm

7 weeks (no class Feb 18th Family Day)

Fee: \$84 (cash or cheque, please bring exact change or cheque)

Drop-in Fee: \$14

Early Spring Session

March 4 - April 27, 2019

6:30-7:45 pm

8 weeks (no class April 22nd Easter)

Fee: \$96 (cash or cheque); drop-in \$14 (please bring exact change or cheque)

Requirement: Community League membership required (any league), membership

available on-site.

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

Website: www.lotusmoonyoga.ca

Description:

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

Wine, Art and Skating

Enjoy a night out doing a craft, having a glass of wine and skating during the winter season. Lots of laughter and fun! Each night is a different art or craft (sometimes a small charge).

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

Where: Main floor kitchen, Strathcona Community League

Who: Adults (18+)

Art, Wine and Skating resumed on January 17th and will run weekly until further notice. The month of February will be card making and Valentine's crafts. Making Ukrainian Easter eggs will be featured in March.

For more information, phone Jan Black Stewart at 780 432-0577.

SUNDAY MORNING YOGA with Dawn Lamothe

Sundays 9:30 am-10:45 am

Winter session:

February 3,10, 24

March 3,10,17

No class February 17 and March 24

Drop-in fee: \$14 Please bring exact cash only.

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.

Requirement: Community League membership required (any league).

Description:

This vinyasa (flowing and creative sequences) will vary and progress. It is a form

of yoga that is more challenging as it flows continuously. Each class will have a warm up, standing sequences to strengthen the legs; balancing sequences to train your natural proprioception and foot strength. The last part of the class will include adaptable inversions (including legs up the wall) and finishing with cool down and rest and meditation.

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

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

ZUMBA – Wednesdays with Mel Kidder

Wednesdays

Until March 27, 2019

6:30-7:30 pm

Drop-in fee: \$12.00 per class

Requirement: Community League membership required (any league).

Register: Contact Melanie Kidder at 780-722-7558 or email melstrand_5@hotmail.com

Description:

Let the Music Move You! Using Latin and

International rhythms these Dance Fitness classes are fun, energetic and make you feel amazing. In a Zumba class, participants do what they can, making it perfect for people of all fitness levels. There are no “wrong moves” in Zumba! Melanie Kidder lives in Old Strathcona and has been teaching Zumba Fitness for five years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold and everything in between.

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. Dress in layers for the winter weather and wear a clip-on light if you wish. 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.

Walks will be cancelled due to temperature below -20C, icy streets, etc.

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

ARTAGOGO - ART AT THE HALL

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

Young Masters – Draw and Paint for Ages 6 and Up

Wednesdays

Until February 27, 2019

Young Masters – Draw and Paint for Ages 6 and Up

Wednesdays

Until March 20, 2019

Time: 4:00 - 4:15 pm -drawing warm-up

4:15 - 5:15 pm - instruction and course work (for those who need a little more time to make it after school)

Fee includes all instruction, art materials,

and a sketchbook

(Payment can be broken up)

Young Masters – Draw and Paint for Ages 6 and Up

Saturdays

Until March 23, 2019

10-11:30am

(No class February 16 and March 2)

Fee includes all instruction, art materials, and a sketchbook

(Payment can be broken up.)

Draw and Paint for Teens

Saturdays

Until March 23, 2019

(No class February 16 and March 2)

11:30 am - 1:00 pm
Fee includes all instruction, art materials, and a sketchbook

(Payment can be broken up.)

Youth Hockey

The third season of youth hockey will run until March 6, 2019 (rink conditions permitting) from 6:30-7:30 pm. The instruction and game is geared to elementary aged kids but we would welcome anyone! No experience is necessary and the only

equipment needed is skates, a helmet and a stick (other protective gear such as gloves and pads are encouraged but not mandatory). A community league membership is required to participate and will be sold on site.

PLAYGROUP

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

Day/time: Every Monday and Wednesday, 10am to noon.

Cost: free

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

Register: Not required – just drop in when

you can!

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

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 4-6pm

Open

Sat, Sun 6-9 pm

Youth hockey

Tues 6:30 - 7:30pm

Until March 6, 2019

Fun skate (no hockey)

Fri 3:30-9pm

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

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

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

As reported at the 2018 AGM, the City of Edmonton will not be placing the drop-in Learn to Skate program at Strathcona Community League until January-February 2021. Community Leagues received notification on November 6, 2018 that Neighbourhood Recreation Experiences will implement a plan to ensure that “program locations are rotated over a two to three year-year cycle, complementing the current Edmonton Federation of Community Leagues district boundaries in order to provide equitable geographical for all citizens.” The Strathcona Community League hope to offer free adult beginner lessons at our well-maintained large rink, pending the availability of a qualified instructor. Watch for notifications on the website, Facebook and social list.

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.

\$20 - \$75

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

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

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

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

2018-2019 Community League Membership

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

Memberships are also available:

online through the EFCL at <https://efcl.org/membership> (the EFCL charges a

\$5 admin fee)

at any Servus Credit Union

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

at League events such as Pub Night

Membership fees: \$20/family, \$15/singe, \$5/senior.

Contact: Jeanie McDonnell (cell 780-803-0900) or Lois Hammeister (cell 587-785-4174) or

email at membership@strathconacommunity.ca



Civics and Community Planning

The Strathcona Community maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. John de Haan and Derek Kaplan are the co-chairs of the League's Civics and Planning Committee. When the City sends notices to the League announcing appeals to the Subdivision and Development Appeal Board (SDAB), or telling of rezoning applications, or outlining variances that are being requested by a property owner, the committee investigates. We try to determine what the neighbours think, poll our committee members and then decide whether or not to take action. To learning more about issues and develop-

ment projects, please contact either John at civics1@strathconacommunity.ca or Derek at civics2@strathconacommunity.ca. The City of Edmonton invests in the infrastructure of its residential areas, their streets, sidewalks and street lights, through the Building Great Neighbourhoods program. Communities are targeted for renewal in accordance with four-year capital budget cycles. Strathcona Centre Neighbourhood, located just north of Whyte Avenue, between Mill Creek Ravine and 107 Street, will be renewed during the 2019-2021 cycle. Sign up to receive news and updates on the Neighbourhood Renewal project at the City website www.edmonton.ca/buildingstrathcona

Winter Festivals and Events

There are many fun things to do in our community throughout the winter including our annual WinterFest at Strathcona Centre Community League!

Boardwalk Ice on Whyte Festival

An ice carving festival with food, beverages, ice carving lessons and special activities. Whyte Avenue & Gateway Blvd in Old Strathcona. January 24 to 27 & January 31 to February 3, 2019. www.iceonwhyte.ca

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 31 - February 2
www.flyingcanoevolant.ca
Thanks to local artist Lynette Maurice for leading a fun lantern making workshop at Strathcona Centre Community League on January 9th. It was a great family-oriented event with 19 participants from ten households. Beautiful lanterns from various community leagues will help to light up the Flying Canoe Volant, a magical nighttime festival in Edmonton.

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.



Winter Eye Care




Your eyes need extra care in the winter. We asked ophthalmologist Dr. Jessica Ting, from the Eye Institute of Alberta, and optometrist Dr. Scott Lopetinsky for advice to keep your eyes at their best all season long. Wear sunglasses. In winter, around 80 per cent of the sun's UV rays bounce off the snow and into our eyes. Those UV rays increase the risk of cataracts and macular degeneration. Polarized lenses block harmful rays. If you're skiing or snowboarding, don't forget goggles.
Use good eye drops and turn on the humidifier. Cold, dry winter air can dry your eyes. Ask your eye doctor about lubricating eye drops. Consider getting a humidifier to keep air moist.
Wash your hands. Pinkeye, also known as viral conjunctivitis, is common during flu season and is very contagious. If you have it, avoid touching your eyes and wash your hands often.
If you have non-urgent health questions or concerns, call Health Link at 811 or visit myhealth.alberta.ca



Emergency Medical Services

February Is Heart Month



Do you know the signs and symptoms of a heart attack and what to do if someone experiences these? Knowing, may make the difference between life and death. Recognizing and responding immediately to the warning signs of a potential heart attack can significantly improve survival and recovery.
February is Heart Month - take the time to be heart safe and learn how you can reduce your risk.

Know the signs of a heart attack

(Any, or all, of these signs & symptoms may occur)

- Chest discomfort described as crushing, squeezing, pressure, or heaviness;
- Discomfort that moves beyond the chest, such as the shoulder, arm, neck, or jaw;
- Shortness of breath, sweating, or nausea and vomiting.

What to do when seconds count

- Call 9-1-1 immediately. Early treatment can greatly reduce heart damage and make the difference of life and death;
- Treatment starts the moment EMS arrives. Paramedics can provide oxygen, start an intravenous and perform an electrocardiogram (ECG);
- Paramedics can also administer important medication(s) in the early minutes of a heart attack to lessen heart damage;
- During transport, EMS will share information with the hospital, so definitive treatment can begin immediately upon arrival;
- Take a CPR/AED (automated external defibrillator) course. Training is widely available from many reputable organizations. It's easy, inexpensive, and only takes a few hours.

Reduce your risk

Heart attack risk factors include:

- Obesity*
- Sedentary lifestyle*
- Smoking*
- High cholesterol*
- Age / gender
- Family history

Speak with your doctor about how to treat your modifiable (*) risk factors and learn to be heart safe.

www.albertahealthservices.ca



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It's not too late to get immunized.

The influenza season is in full swing and is far from over. Every Albertan over the age of 6 months should get vaccinated to protect themselves and those around them, especially those who are most vulnerable – the children and the elderly.

Caused by a virus that attacks the respiratory system, influenza is a serious illness and is easily spread from person to person. Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are without protection against this illness.

When you get immunized, your immune system is prompted to respond and produce antibodies that will arm you against the influenza viruses if – and more likely, when – you are exposed to them again, throughout the season.

Without immunization, your body will not have the opportunity to build its immunity – or armour – against influenza, before being exposed.

Alberta's annual influenza immunization program is on now, offering influenza vaccine, free of charge, to all Albertans six months of age and older. Be it through dozens of drop-in Alberta Health Services' influenza immunization clinics or through your local pharmacist or physician, get protected, stay healthy.

For more info, including local clinic schedules, visit www.ahs.ca/influenza, or call Health Link at 811.

www.communityleagueneews.com

Argyll News

www.argyllcl.ab.ca

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.

Parent & Tot Playgroup

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

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

Winter Sand

Our Sand Box is full and ready for you. It's been another icy winter. You can pick up sand by scooping it out of the green box located beside the garbage bin near the hall.

Bring your own buckets to fill and carry your sand back to your home for use there.



Community League Wellness Program

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

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any one of the City of Edmonton's sports and tness facilities. Choose from the following Community League Wellness Products:

Annual Pass*- 20% discount on Adult, Family, Child, and Youth/Senior Annual

Argyll YOGA

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

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

Argyll Online

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

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

Community Swimming – Fall / Winter

League Members are eligible for family swimming in the Commonwealth Recreation Centre Pool each Saturday from 5:00 – 7:00 PM running until September of 2018.

You and your family will need to show an Argyll Community League membership card to be admitted. Your card also needs to have a barcode stripe on the back to be accepted. Contact Dave if you need to have a barcode added to your family membership card.

Passes

Multi Admission Pass*- 15% discount on our already discounted multi admission pass (5+ visits)

Continuous Monthly Pass - 20% discount off an on-going monthly membership pass using our convenient Pre-Authorized Debit Program.

Community league members who purchase one of the above passes will be issued a photo access card to be swiped at each admission.

* Applies to new purchases only.

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball, squash, badminton and tennis courts, indoor running tracks, gymnasiums, cafeterias and pro shops. Hours of operation are from 5:30 a.m. to midnight (hours vary according to facility). For more information, please call 311 or visit <http://www.edmonton.ca/wellness>





Bonnie Doon

New Logo For Bonnie Doon

To celebrate Bonnie Doon Community League's 100th birthday this year, we present our new logo! Look out for cool Bonnie Doon 'swag' at upcoming events.

Bonnie Doon Community League Contacts

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

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

Hall Rental

Looking for a venue for a social event, fundraiser, Christmas party, wedding reception, large meeting or birthday party? Bonnie Doon Hall has a stage, kitchen, bar, air conditioning, new windows and doors and seating for 275 guests. Rentals are very affordable, starting at just \$50 for a Sunday afternoon rental, ideal for kids birthday parties. Please see bonniedoon.ca/hall-rental for details, photos, bookings calendar and information on how to make a booking. Or email hallrental@bonniedoon.ca

Seniors Films & Lunch

Feb 14 / Mar 28

The National Film Board monthly events for seniors are held at Bonnie Doon Hall. Screenings (no charge) start at 10:30 a.m. followed by a light lunch (\$2 per person) at 11:45 a.m.

February 14 we are showing *Places Not Our Own*, 1986 (57 mins). This film is part of "Daughters of the Country", a dramatic film set in Manitoba in 1929. Tourist Go Home, 1959 (24 mins). A humorous look at Canada's early tourist industry.

March 28, we are showing *Bloomsday Cabaret*, 2005 (47 mins). An Ireland/Newfoundland connection. *Seurat, The Realm of Light*, 1992 (23 mins). French artist extraordinaire and father of Pointillism. *Kurelek*, 1967, (10 mins). Canadian self-taught artist who has lived in Alberta.

Bonnie Doon Hall is wheelchair accessible. All seniors are welcome from any community. For more information, please contact Margaret at 780-982-8735 or visit bonniedoon.ca/programs-for-seniors

Buy a Community League Membership

Anyone can purchase a Bonnie Doon 2018/2019 membership. You do not need to live in Bonnie Doon to be a member. How to buy:

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

2. Online at the Edmonton Federation of Community Leagues website efcl.org. The EFCL charges a \$5 handling fee for online purchases. For help with online purchasing you can call the EFCL at 780-437-2913, weekdays from 8:30 a.m. to 4:30 p.m.

Membership fees:

Family: \$20

All others (individuals and senior cou-

ples): \$10

A membership runs from September 1 through August 31. If you have questions, email membership@bonniedoon.ca

Membership Benefits:

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

Free swimming during our Community Swim rental times.

You can register for community soccer and hockey.

Attend our preschool playgroup (September to June).

20% discount on annual & monthly passes at City of Edmonton rec centres.

You support community events like Bonnie Fest and Supper's On Us.

15% off food at Duggan's Boundary, Mon - Thur, 11:30 am to 4:00 pm.

Free Community Swim

Our Community League provides members with free entry to Hardisty Fitness and Leisure Centre and Commonwealth Recreation Centre during the following times:

Hardisty - Sundays 1:15 p.m. - 2:45 p.m. (Use of pool, hot tub, steam room. Gym not included)

Commonwealth - Saturdays 5 p.m. - 7 p.m. (Use of entire facility including pools,

gym, track, indoor field etc)

Must present a valid Bonnie Doon Community League membership card.

Anyone can purchase a Community League Membership card to take advantage of community swim sessions. You do not need to live in Bonnie Doon to be a member. Call 311 for unplanned closure info. For more information please visit bonniedoon.ca/pools

Free Skating and Rink Shack hours

Bonnie Doon Community League members may use the rink at any time. The rink shack is open: Weekdays 5.30pm - 8.30pm. Weekends noon - 6pm. We do not open the rink shack when the temperature with windchill is below -20C. The rink shack is provided to allow for a warm, comfortable place to change and warm up.

Skate Schedule: Family Skate (no pucks or hockey sticks at all) is weekdays 5.30pm - 6.30pm and weekends noon - 2.30pm. Open Ice (for everyone, including those who wish to play hockey) is weekdays 6.30pm - 8.30pm and weekends 2.30pm - 6pm. The little rink is intended for beginner skaters.

Rink Party

Feb 17

You're invited to the Bonnie Doon Community League Family Rink Party! Cook a hotdog on the firepit and enjoy hot chocolate and music. Bring your skates, helmet and smiles and come and

enjoy Bonnie Doon's 2 rinks from 1pm - 3pm. Address: beside Bonnie Doon Hall, 9240 - 93 Street. If you are able to help with set up or can assist kids with cooking their hotdogs, please email Samantha at social@bonniedoon.ca

Community League Programming

Crime Survey

Please consider completing Bonnie Doon's brief crime survey online at bit.ly/safebd. Marlene also has printed copies of the survey available at Bonnie Doon Convenience Store, which should be returned to the store when completed.

Playgroup

Children under the age of six and their caregivers are invited to our playgroup at Bonnie Doon Hall on Tuesdays 9 a.m. - 11 a.m. There is no cost, but a current community league

membership is required. For more information please visit bonniedoon.ca/playgroup

Yoga

Classes take place at Bonnie Doon Hall on Wednesdays from 7:30 p.m. - 8:45 p.m. Classes are suitable for all abilities. The 10-week winter session started on January 23.

Community league members \$12/class drop in or \$80/session. Non-members \$15/class or \$110/session. Punch card options available. For more information visit bonniedoon.ca/yoga

Monthly Newsletter

Bonnie Doon Community League sends out monthly newsletters via email. To subscribe, visit bit.ly/bdclnews

Crime and Safety Information Session

March 7

Join us for a Crime and Safety Information Session on March 7, 7:30pm. Constable John Beatson and Constable Susan Costa will discuss strategies to protect your home and business. Location: Bonnie Doon Community Hall, 9240 93 Street, March 7 at 7:30 pm. Everyone welcome. For more information please write to Ian at



programs@bonniedoon.ca.

Edmonton Neighbourhood Watch (ENW) is looking for a community representative for Bonnie Doon, to help share their programming and resources. ENW will provide free training to the volunteer. For more information, please visit enwatch.ca or call the ENW office at 780-433-7458.

Learn to Skate

Feb 3, 10, 17

City of Edmonton staff are running a 6 week version of the CAN-Skate curriculum at Bonnie Doon Community League outdoor rink. Classes are free drop-in style and run January 7- February 17, 2019, on Sundays from 2:30 - 5:30 pm. The goal is

fun, fitness, and participation. The program is designed for beginner skater of all ages, children or adults, as well as for those wishing to improve their basic skills. Skates and CSA approved helmet are required. During the classes, pucks and hockey sticks are not permitted. Details at bonniedoon.ca

Neighbouring, A How To Guide

February 10

Learn about the Abundant Community Initiative and simple steps you can take to help create a vibrant neighbourhood. The person who kicked off Edmonton's neighbouring program (ACE), Howard Lawrence, will share stories of how communities all over

our city have learned to be better connected.

Drop in any time from 2pm to 4pm, Sunday, February 10, at Bonnie Doon Hall, 9240 93 Street. Enjoy refreshments with friendly neighbours! Or take a break from Learn To Skate classes and warm up in the hall with your neighbours.

Outdoor Soccer Registration

Feb 11, 13

Bonnie Doon Community League is once again partnering with Edmonton Minor Soccer Association (EMSA) to bring outdoor soccer to kids in Bonnie Doon for the 2019 season. For those new to our program, here's Bonnie Doon's outdoor soccer program in a nutshell:

Runs roughly from the first week of May to the last week of June

Culminates in the fun, zone-wide Paul Johnston Tournament at the end of June

Is based on age groupings (Under 5, 7, 9, etc.); boys and girls play together until U9

Has two games per week, on either Mon-Wed or Tue-Thur

Has games involving teams from the same and adjacent neighbourhoods.

Relies on parents and other community volunteers for coaches and managers

Soccer Registration Process:

1. Create an account and register online (emsasoccerportal.com). Online payment option available and recommended.

2. Attend an in person registration session to complete the process. Bring 2 copies of registration printout, uniform deposit cheque (U9 and up), volunteer deposit (1 per family), proof of age, proof of community league membership.

In Person Soccer Registration Sessions

Bonnie Doon Rink Shack: Feb 11 and 13, 6:00pm - 7:30pm

Bonnie Doon Shopping Centre: March 6, 6:00pm - 9:00pm

Calling all Referees:

When attending the in person session, please identify yourselves to the registration staff and leave your contact information, or email sports@bonniedoon.ca

Paint A Masterpiece

Feb 24 /Mar 24

Receive full instruction on how to paint your very own masterpiece on canvas. Different sessions run on February 24 and March 24, 1 p.m. - 4 p.m. at Bonnie Doon Hall. \$30/

person, which includes all supplies and you will get to take home your masterpiece at the end of the session. Open to anyone age 12+. For more information, please visit bonniedoon.ca or email hallrental@bonniedoon.ca

Neighbourhood Potluck

March 3

Get to know your neighbours while enjoying delicious food! Please join us for our next potluck supper at Bonnie Doon Hall on Sunday, March 3, 2019, from 5:00pm - 7:00pm. (We'll eat at about 5:30 p.m.) Bring a dish to share plus plates & cutlery. An

oven and microwave are available if you need them, or dig out the slow cooker. A few people are needed to set up tables at 4:30 p.m. For more information contact Carol at chtravels@gmail.com. Location: Bonnie Doon Community Hall, 9240 - 93 Street, Edmonton.

Easter Egg Hunt

April - We are looking for a couple of volunteers to organise the Easter Egg Hunt this year. If you'd like to be involved, please email social@bonniedoon.ca

Sand Box

A green wooden box containing free sand is located at the north end of the hall, 9240-93 Street. Bring a pail and scoop. If you notice it is empty, please notify the City at 311.

Centennial Celebrations

In 2019 Bonnie Doon will be celebrating 100 years! Bonnie Fest will celebrate 10 years and we'll also celebrate the launch of Bonnie Doon's History book. We are looking for community members to be part of a

team to plan how to celebrate our centennial. Would you like to be involved? And how would you like to celebrate this big year? Please email president@bonniedoon.ca to be on the team.

Memories of Bonnie Doon Book Update

The book committee is pleased to report that our 100th anniversary history book will soon be printed. Watch for announcements in early March. Individuals who ordered advance copies will be notified as soon as they arrive. Thanks to the seniors who contributed stories and to all the volunteers who helped make this project a success. Advance sales continue at a discount until the book is printed. Soft cover books are \$25 and hardcover books are \$40. Local pickup is available. Shipping costs are extra for books that are to be mailed. Orders can be made online at bonniedoon.ca or by



cheque. Please contact Marie-Danielle for more information on placing orders: 587-520-9758

Community Hero – Margaret Russell

A big thank you to Margaret Russell for her tireless volunteer work in our neighbourhood of Bonnie Doon. A former BDCL board member and current Seniors Chair, Margaret currently organizes the monthly National Film Board film and lunch events for seniors and the annual History Tea events. Margaret has also been

the driving force behind Memories of Bonnie Doon, a book celebrating the 100th anniversary of Bonnie Doon. The book will be published this spring. Our neighbourhood would not be the same without Margaret's support and dedication. To nominate a community hero, please email communications@bonniedoon.ca

Neighbourhood News

A Taste Of Syria - February 9

Join the Bonnie Doon Community Refugee Sponsorship Group for A Taste of Syria, a fundraiser in support of the Marees, a refugee family from Syria now living in our neighbourhood. The event will be held on Saturday, February 9, 2019 at Bonnie Doon Hall.

It will feature a silent auction, Syrian food and live music. Tickets are \$40 per person and are available to purchase on Eventbrite. Visit bonniedoon.ca for the link. Volunteer drivers are also needed to take the Marees to appointments. Please contact Carol at chtravels@gmail.com if you can assist.

For The Love Of Rutherford

March 3

Rutherford School is hosting For the Love of Rutherford, a night of entertainment for parents and members of the community. The fundraiser will take place at La Cité Francophone on Sunday, March 3 and includes music and a silent and live auction. This year's line-up features the talents of Celeigh Cardinal (Edmonton Female Artist of the Year

and Indigenous Artist of the Year), Bridget Ryan and Jennifer McMillan, and Mèi Mèi (Sable and Sarah Chan, First Lady of Edmonton). The event will be MC'd by Bridget Ryan. Proceeds raised will go towards enriching student programming at Rutherford School. Tickets will be available on Eventbrite. For more information call the school office: 780-466-2891.

1950's Bonnie Doon Map

Due to the popularity of our printed map of 1950's Bonnie Doon, we have now provided a copy online at bonniedoon.ca

Bonnie Fest

June 1

Save the date! Bonnie Fest will return for a 10th year, bigger and better.

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- Mixed-Age classes with flexible schedule
- Enroll throughout the year - (some exceptions)
- 2.5 hour sessions (morning or afternoon)

Children are not required to be potty-trained

**Open House
1 Day Only**

**February 27, 2019
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

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9110-88 Ave (Located 3 blocks north of Whyte Ave. on 91 St.)

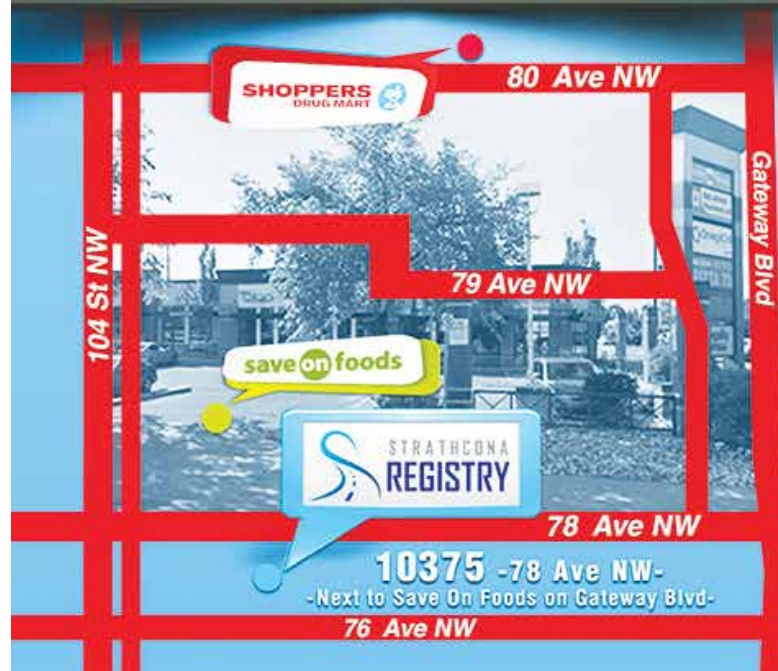
📞 780-466-2161

✉ admin@bonniedoondentist.com

🌐 www.BonnieDoonDentist.com

📍 Bonnie Doon Dental Associates, Edmonton

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✉ INFO@STRATHCONAREGISTRY.COM

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Hazeldean News

Board of Directors

President:
Deepika Mittra

Vice President:
Ryan Godfrey

Secretary:
Maria Savidov

Treasurer:
Lien Le Kavanagh

Facilities:
William Elgert

Publicity:
Kyla Firby

Memberships:
Jackie Craig

Director at Large:
Rineke Steenbergen

Director at Large:
Heather Chiponski

Soccer:
Alexis Parker

Social: VACANT

Civics: VACANT

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

Upcoming Events

JAN 27th - Movie Matinee, 2:30 pm
Free family friendly movie at the Hazeldean Community Hall

FEB 9th - Light up the Park, 6:30 pm to 8:30 pm

Bring your sweetheart and loved ones to a special evening in Hazeldean Park. There will be fire pits with s'mores, hot chocolate, sweet treats, and special activities. Let's light up the park!

FEB 23rd - Soccer Registration, 10 am to 2 pm

At the Hazeldean Community Hall

MAR 9th - Movie Night, 6:30 pm

Free family friendly movie at the Hazeldean Community Hall

MAR 21st - Community Pub Night, 7 pm to 9 pm

A Special Community League Trivia Pub Night at the Time Out Pub



Phone: 780-439-0847

Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

Facebook: www.facebook.com/HazeldeanCommunity

Twitter: @hazeldeanyeg

Every Week at the Hall

Okinawan Style Karate

Monday & Wednesday

Cell 780-439-0847 for more information

Free Pre-school Playground

Thursdays, 9am - 11am

For children 0 - 5 and their caregivers

Call 780-439-0847 for more information

Get Fit Classes by Jen

Tuesdays and Thursdays, 6pm.

Contact Jen Hamel at 780-660-9214

onthegofitness@shaw.ca

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

Free swimming at Commonwealth Sundays from 1pm to 3pm

Discounts on hall rentals

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

Stay in Touch

Phone: 780-439-0847

Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

Facebook: www.facebook.com/HazeldeanCommunity

Twitter: @hazeldeanyeg

Program Guides

The following City of Edmonton's program guides are available online at www.edmonton.ca/programguides

Winter Excitement Guide (January-March 2019) Everything cool to do this winter! Festivals, events, activities, picnic sites and more.

Winter in the City (January-March 2019) These guides showcase Arts, Culture, History and Nature at City of Edmonton attractions.

Rec Centres Winter Guide (January-March 2019) Fitness classes, swimming lessons, programs, daycamps, pool schedules, and facility information at City recreation centres.

Recreation Opportunities for People with Disabilities (2018-2019) Recreation and leisure opportunities for people with special needs at locations across the city.

Community Safety

The Edmonton Police Service (EPS) highly encourage citizens to report all suspicious activities and crimes as crime statistics will allow EPS to better allocate policing resources.

Citizens can report certain crimes online at the EPS website www.edmontonpolice.ca/reportacrimeonline

Reportable crimes include Damage/Mischief to Property, Damage/Mischief to Vehicle, Lost Property, Theft under \$5000, and Theft from Vehicle under \$5,000, and Theft under \$5000.

For other types of crimes, call 9-1-1 for an emergency or a crime in progress. For non-emergencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.

EPS has developed the Neighborhood Crime Mapping Website for the public to view crime in neighbourhoods across the city. <http://crimemapping.edmontonpolice.ca/>

By accessing this timely information on reported crime, you will be able to know what is happening in your neighbourhood. By knowing what is going on, we can work together to reduce and prevent crime.

For more information about community policing, visit www.edmontonpolice.ca/communitypolicing.aspx

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 8am-4:30pm Monday to Friday. The centre is closed on weekends and statutory holidays.



Ritchie News

Connect with Ritchie Community League

7727 98 Street | Edmonton, AB | T6E 5C9 | 780-433-7137 | inquiries@ritchie-league.com

President	Cecilia Oteiza Ayres	(president@ritchie-league.com)
Vice-president	Dallas Bartel	(vice-president@ritchie-league.com)
Treasurers	Peter Willetts & Ehab Zeidan	(treasurer@ritchie-league.com)
Secretary	Maureen O'Neil	(secretary@ritchie-league.com)
Past-President	Tammy Hay	(past-president@ritchie-league.com)
Casino & Fundraising Director	David Woo	
Civics Director	Allan Bolstad	
Communications Director	Jennifer Villeneuve	(communications@ritchie-league.com)
Community Engagement Directors	Julia Dalman & Caroline Belanger	(ACE@ritchie-league.com)
Events Director	Dan Tyrkalo	(events@ritchie-league.com)
Facilities Director	Ed Retzer	
Green Initiatives Director	Carly Steiger	
Hall Revitalization Director	Jeff Ollis	(hall-revitalization@ritchie-league.com)
Membership & Volunteer Director	Tracy Price	(volunteers@ritchie-league.com)
Programs Director	VACANT	
Soccer Director	Kane Dozorec	(soccer@ritchie-league.com)
Sports & Rink Director	Leonard Wampler	
Transportation Director	Simon Slater	
Director-at-large	Dan Munch	
Director-at-large	VACANT	
Director-at-large	Amanda Bird	

MONTHLY MEETINGS

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

Newsletter: Keri Walmsley newsletter@ritchie-league.com

Hall Managers: Dee Armstrong and Stephanie Tremblay inquiries@ritchie-league.com

Website: www.ritchie-league.com

Facebook: [facebook.com/WelcometoRitchie](https://www.facebook.com/WelcometoRitchie)

Twitter: @RitchieYeg

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

Yoga Wednesdays

A Ritchie Community League drop-in class. 7:15-8:30 p.m.

First class free.

Bring a mat. Limited number available to use.

Kristal: kristalforrest@hotmail.com

Register now for DANCEPL3Y Kids 10 - 11 A.M.

MARCH 16 - APRIL 27 (NO CLASS APRIL 20)

DANCEPL3Y Kids for six to 12-year-

olds is a high-energy physical program that "plays" with dance while promoting positive mental health through the 3 Rules of PL3Y: Be Positive; Be Fun; Be Yourself.

Ritchie's own Isabelle Rousseau will lead our DANCEPL3Y Kids program. She has been teaching theatre since 2002, movement since 2005 and dance since 2013. Ritchie-member cost: \$60. Other leagues: \$70.

Email Isabelle to register: irousseau.move-andbremoved@gmail.com



Make perogies March 16

Ritchie perogy-makers have volunteered to show us how its done on March 16. Details were still being worked out at press time. Want to get involved, either organizing the workshop or taking part?

Contact: events@ritchie.league.com.

RCL Preschool Playgroup on Wednesdays

10 a.m. to noon

Drop-in. Free.

Stephanie: couture.stephanie@hotmail.com

Help fundraise in April

APRIL 15-16, 2019: Ritchie Community League's biennial fundraiser at Casino Edmonton (7055 Argyll Rd NW). Save the date. Volunteers will be needed.

(continued from front page)

Proposed civics policy for Ritchie

Allan Bolstad, Ritchie's civics director, proposes the league adopt the following three-tiered approach to civic issues. These will be discussed at a board meeting later this year.

When the issue affects most or all of the neighbourhood, attempt to inform the entire neighbourhood and get feedback through

public meetings or surveys.

When the issue affects a significant chunk of the neighbourhood (a block or two, for example), consult the affected parties and discuss at a board meeting.

When the issue involves only a handful of neighbours, provide advice to all involved but otherwise decline to take a stance or make recommendations.

Did you know?

The community league can only speak for its members, not the neighbourhood as a whole. In Ritchie's case, approximately 400 people are members, just 10 percent of the neighbourhood's population. Add your voice to the chorus speaking up for smart development in Ritchie...get a membership!

Grindstone special ALL February

The Grindstone Comedy Theatre and Bistro is a hidden gem in Ritchie at 10019 81 Ave.

Throughout February, tickets to The 11 O'Clock Number on Fridays are specially priced for Ritchie members: \$10 (instead of \$15). Show your Ritchie membership card at the door (discount does not apply to online sales). As well, front-of-house food and drink are 15 per cent off.

For more about The 11 O'Clock Number and to see what else is on the line-up: www.grindstonetheatre.ca or 780.244.9076



CPR for parents in two hours

1 - 3 P.M. FEB. 10 at RITCHIE HALL

Ritchie has partnered with Gold Standard First Aid to offer an afternoon primer for parents on what to do if their child has a medical emergency.

The Baby & Child CPR class teaches all of the essential first aid at a fraction of the cost and time of a workplace certification.

Regular cost: \$47 per person, \$79 for two. Ritchie members save an additional 10 per cent.

Register: www.goldfirstaid.com/edmonton or 403-841-3216.

PROMO CODE: Ritchie

Fit for Life Tuesdays, Fridays

A Ritchie Community League program.

9 - 10 a.m.

Cancelled March 12, 15, 19 and 22

Lynn: lynnlindsay828@gmail.com

Call 780-996-2182

Learn ukulele Sundays

9:30 - 11 A.M.

FEB. 3 - MARCH 17 (NO CLASS FEB. 17)

Parents and kids (5+) can learn to play ukuleles together in this unique six-lesson Ritchie program. The focus is on Valentine's and sing-along songs for beginners. Bring your own instrument and music stand or borrow from a limited supply.

Ritchie-member cost: \$100 per household. Other leagues: \$120.

Pre-registration required: www.nancys-notes.ca or 780-439-8490.

Soccer registration

Feb. 16

Tired of these frigid winter temperatures? Outdoor soccer is just around the corner!

Join us at Ritchie Hall 2:30 - 6 p.m. Saturday, Feb. 16. to register and have some apple cider!

Can't attend that day? Head down to Bonnie Doon Mall 6 - 9 p.m. Wednesday, March 6 for late registration.

A league membership is required. If you're not already enjoying its benefits, you can buy one on registration day. Or pick one up before you arrive:

1) In person at Ritchie Foods (9606 76 Ave)

2) Online at EFCL.org

3) Email volunteers@ritchie-league.com to arrange for pick up.

COSTS: Single \$15; Family \$25; Senior by donation.

Community Sundays at Biera

Show your community league membership and enjoy 50 per cent off a food item at Biera (9570 76 Ave NW)...Sundays 1-5 p.m., now until June.

Karate Tuesdays, Thursdays

A Ritchie Community League program.

Tuesdays and Thursdays until June.

6:30-9 p.m.

All levels. All ages.

Families welcome.

Randy: rmockford@shaw.ca

Rink rules for skaters

Thanks Jeff and Andy for getting the skate shack set up in time for the January cold snaps. And an extra shout out to Andy for keeping the rink in top shape...hours and hours and hours spent shovelling, scraping and flooding!

WHEN USING THE RINK:

The rink is open 8:30 a.m. to 10 p.m. weather permitting.

Closed when temperatures drop below -20 C or rise above 0 C.

Closed when snow is accumulating and until it can be cleared.

Open to all community league members,

from Ritchie and elsewhere.

Skate tags recommended (available from Ritchie Foods).

In general, the boarded rink is for shinny hockey or other games of speed with equipment.

Leisure skating outside the boards.

Use at your own risk. Helmets recommended. Dress appropriate for the weather.

No alcohol. No smoking of any kind.

Not available for rent or exclusive use.

When clearing the snow, follow the diagram posted at the rink entrance.

30-minute Core on Mondays

6:15-6:45 p.m.

Improve your strength, balance and stability in this 30-minute Ritchie Community League drop-in class.

\$5 Ritchie Members (first class free!)

\$6 non-members

Bring a mat, indoor shoes and a water bottle.

Part of Margareta Mondays. (Pay a flat fee of \$50/month to take ALL Margareta Monday classes: Core Fit, Total Body Challenge.)

Margareta: zumbamj@outlook.com

Got chili for our cook-off?

So you say you've got the best Chili recipe eh.

Well then, put your sauces and peppers, your sweat and apron, along with your plastic spoon and bowl on the table!

We'll be counting up the beans April 20 to find out whose chili will reign supreme in Ritchie. And there can only be one true winner. So show us what you've got and enter your chili.

Email: chili-cook-off@ritchie-league.com

Spots limited (and coveted). Date and details classified.



Member discount... at Ritchie Hall

Friday evenings, Ritchie's large room (seats 149) is 25 per cent off for Ritchie Community League members. Submit a Hall Rental Request form: www.ritchie-league.com or phone 780-433-7137.

ZUMBA® on Mondays



7-8 p.m.

\$10 Ritchie Members (first class free!)

\$12 non-members

A Ritchie Community League drop-in class.

Bring indoor shoes and a water bottle. No mat required.

New punch card available. Pay for nine classes get the 10th free.

Part of Margareta Mondays. (Pay a flat fee of \$50/month to take ALL Margareta Monday classes: Core Fit, Total Body Challenge.)

Margareta: zumbamj@outlook.com

RCL Home School Playgroup Tuesdays

1 - 3 p.m. every second Tuesday.

Check online calendar: www.ritchie-league.com/availability-calendar

Drop-in.

Karen: karendwhitehead@gmail.com

Bridge on Fridays

A Ritchie Community League program.

Doors open at 11 a.m.

Games start at noon.

\$3 entry.

Call Rose-Marie 780-439-4884

Stella 780-504-3972.

Swim free on weekends

A Ritchie Community League membership provides free access to the ENTIRE Commonwealth Recreation Centre, including the pool!

Saturdays: 5-7 p.m.

Sundays: 1-3 p.m.

Clean up ravine May 5

Sure, the ravine sparkles now under winter's white blanket. But spring will reveal what a year's worth of wind and visitors leave behind. Join forces with neighbourhoods along Mill Creek to pick up the trash. Details to come.

Clear a path

Make your sidewalks passable! Shovel edge to edge and if it's slippery put down some sand. It's free for pick up at Ritchie Hall! The sandbox is filled regularly by the city. You can find it near the ice rink entrance, curbside of the parking lot.

SCONA Seniors on Thursdays

NOON to 2 P.M.

The Senior Citizen Opportunity Neighbourhood Association (SCONA) calls Ritchie Hall its second home (it's first is in a Strathcona house-converted-to-centre). Call to find out its schedule of socials held in Ritchie.

Some fees may apply.

Call 780-433-5377

Emeralds to return for Oktoberfest

It's confirmed! Oct. 12 is Ritchie's Oktoberfest and the Emeralds will be back. Last year was a sell out, so mark your calendars now. (And, YES, it is Thanksgiving weekend!)

Tai Chi on Mondays, Tuesdays

A Ritchie Community League drop-in class.

Mondays: 4 - 5:30 p.m.

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

All levels welcome. Free.

Doug: dgauld@shaw.ca

Total Body Challenge Mondays

9-10 a.m.

A full-body strength workout using your body weight and portable equipment. This Ritchie Community League drop-in class is stroller friendly but children must remain in the stroller at all times.

\$10 Ritchie Members (first class free!)

\$12 non-members

Bring a mat, indoor shoes and a water bottle.

Part of Margareta Mondays. (Pay a flat fee of \$50/month to take ALL Margareta Monday classes: Core Fit, Total Body Challenge.)

Margareta: zumbamj@outlook.com

Crib Club on Wednesdays



A Ritchie Community League program.

Meets biweekly.

Check calendar: www.ritchie-league.com/availability-calendar

Doors open at 12:30 p.m. Games begin at 1 p.m.

Cost \$5. Coffee and light luncheon served. Charlotte 780-465-6222

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www.highleveldiner.com

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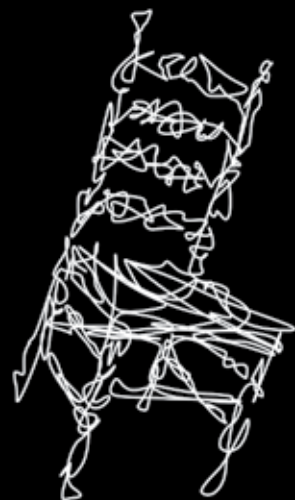
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**Rachel
Notley**

MLA, Edmonton-Strathcona



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STORM SOCCER CLUB



2019 OUTDOOR SOCCER TRYOUTS

Online registration must be completed **BEFORE** attending Storm Tryouts

Register online at www.emsasoccerportal.com

STORM TRYOUTS APRIL 2-4					
TTC Turf Training Centre					
5820-59 Ave (3 blocks east of Soccer South)					
	FIELD B		FIELD A		
Tuesday April 2nd	6 - 7pm	U9-11G	7:30 - 8:15pm	U9B	
	7 - 8pm	U13G	8:15 - 9:00pm	U11B	
	8 - 9pm	U15G			
	9 - 10pm	U15B			
Wednesday April 3rd	6 - 7pm	U11B	7:30 - 8:15pm	U13G	
	7 - 8pm	U13B	8:15 - 9:00pm	U15G	
	8 - 9pm	U17B			
	9 - 10pm	U17G			
Thursday April 4th	6 - 7pm	U9B	7:30 - 8:15pm	U9-11G	
	7 - 8pm	U13B	8:15 - 9:00pm	U17G	
	8 - 9pm	U15B			
	9 - 10pm	U17B			

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

IF YOUR CHILD IS SELECTED TO A STORM TEAM:

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

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

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

Visit our website for details: www.emsasoutheast.com

La Colombe

Centre d'Apprentissage de la Petite Enfance



- ♦ Accepting children 12 months to 5 years with English parents who want to give their children a chance to learn a second language.
- ♦ Our Learning Through Play program is offered exclusively in French
- ♦ Fully accredited, multicultural daycare in the heart of the French community
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Telephone : 780.757.1123

La Cité Francophone

centre.lacolombe2@gmail.com

120- 8627- 91 Street NW Edmonton, AB, T6C 3N1

DKK is a non-profit preschool for
3-5 year olds taught in both English
& German. NO parent duty days &
NO knowledge of German needed.

OPEN HOUSES

FEB.7, 6:30-8pm

Rio Terrace School
7608-154 St.

FEB.26, 6-7:30pm

German Club
8310 Roper Rd.

MAR.20, 5-7pm

Forest Heights School
10304-81 St.

DKKplayschool.org [DieKleineKinderschule](https://www.facebook.com/DieKleineKinderschule)



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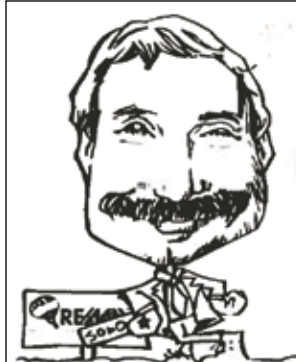
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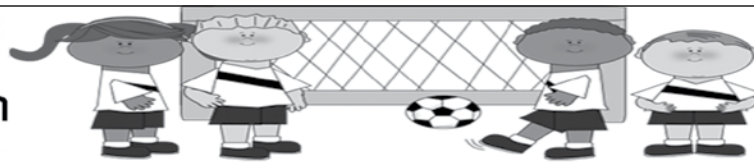
Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146



south east



FEBRUARY IS OUTDOOR SOCCER REGISTRATION MONTH

FOR ALL COMMUNITIES IN THE SOUTHEAST ZONE

Register Online February 1 at emsasoccerportal.com & Attend one of the following Registration Sessions:

COMMUNITY & SOUTHEAST REGISTRATION DATES

COMMUNITY	DATE	TIME	LOCATION	ADDRESS
Avonmore	February 21	6:30 – 9:30	Avonmore Hall	7902 – 73 Ave
Bonnie Doon	February 11 & 13	6:00 – 7:30	Bonnie Doon Rink Shack	9240 – 93 St
FT Heights	February 12	6:00 – 8:00	FT Heights Community Hall	10150 – 80 St
Capilano, Fulton Place, Gold Bar	February 9	10:00 – 1:00	Fulton Hall	6115 Fulton Rd
Capilano, Fulton Place, Gold Bar	February 20	6:30 – 8:30	Capilano Hall	10810 – 54 St
Holyrood	February 21	6:00 – 9:00	Holyrood Rink Shack	9411 Holyrood Rd
Ottewell	February 19	6:00 – 8:30	Ottewell Hall	5920 – 93A Ave
Ritchie	February 16	2:30 – 6:00	Ritchie Community Hall	7727 – 98 St
Riverdale	February 16 & 17	12:00 – 2:00	Riverdale Rink Shack	9928 – 92 St
Strathcona	February 12	6:00 – 8:00	Strathcona Community League Hall	10139 – 87 Ave
Hazeldean, Strathearn, Storm and all Southeast Zone Communities	March 6	6:00 – 9:00	Bonnie Doon Mall (Tony Roma's Entrance)	8330 82 Ave
Late Registration – All Southeast Zone Communities	March 20	5:00 – 8:00	South Soccer Center (ESEA Office)	6520 Roper Road

YOU MUST COMPLETE THE ONLINE REGISTRATION & ATTEND THE REGISTRATION SESSION WITH PAYMENT & DEPOSIT CHEQUES TO HAVE YOUR CHILD PLACED ON A TEAM.
VISIT OUR WEBSITE FOR DETAILS www.emsasoutheast.com



Premier Soccer – Storm FC Soccer Club Tryouts
April 2 – 4
Turf Training Center: 5820 – 59 Avenue
Visit our website for STORM FC tryout times:
www.emsasoutheast.com/play/storm-01

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Edmonton Lifelong Learners Association (ELLA), in partnership with the University of Alberta have scheduled **over 50 expert-led courses** plus a variety of noon-hour presentations during the **2019 Spring Session of April 29 to May 17**. All of them are located at the University of Alberta.

Registration begins **March 12, 2019** and you can participate in the learning and fun for the low-cost of only **\$275***. There are no prerequisites, homework or marks and **everyone is welcome**.

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Centre for Spiritual Living (7621-101 Avenue)

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Eleven Eleven, Sherwood Park (a quick 10 minutes from Capilano mall!)



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Full details at yoginikyra.ca



FamilyDay
AT THE LEGISLATURE

Monday, February 18
11 a.m. to 4 p.m.

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