COMMUNITY LEAGUE NEWS SOUTH

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



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Strathcona's first year of Renewal construction

With summer over, the first of three years of construction for Strathcona's neighbourhood renewal is winding up. This work has included removal and replacement of sidewalks, road surfaces, street lighting, and new traffic safety items like raised crosswalks, curb extensions and bike infrastructure along 87 Avenue and 86 Avenue (east of Gateway Boulevard).

This year's work took place between 107 and 101 Streets, from Whyte Avenue to Saskatchewan Drive. Depending on weather, all of the expected year-one work should be completed on schedule before winter.

A later addition to the plan, the shared-use pathway along the streetcar tracks will be completed in 2020. Also planned in 2020 is full road, sidewalk and street light renewal between 101 Street and Mill Creek Ravine, from Whyte Avenue to 87 Avenue.

The final year of work in 2021 will include everything north of 87 Avenue and Saskatchewan Drive.

To see maps of the planned construction, results of public engagement and more, visit the City of Edmonton's dedicated page to the project at edmonton. ca/buildingstrathcona.

If you have any questions about neighbourhood renewal, including specific issues of accessibility or construction work that appears to be damaged or installed incorrectly, please contact the construction project manager, the Building Great Neighbourhoods department or 311.

Strathcona construction project manager: Aladdin Benayad

Phone: 780-496-4057

Email: aladdin.benayad@edmonton.ca

Building Great Neighbourhoods: buildinggreat-neighbourhoods@edmonton.ca

Ritchie celebrates Halloween early

Sunday afternoon, Oct. 27, Ritchie Hall is the place to be...spooked! Visit the haunted house, carve a pumpkin, sip some cocoa and collect some treats! Each child must be supervised by an accompanying adult.

Come make a mess (but please help us clean up). Free to attend. Sunday, Oct. 27 1-3 p.m. The haunted house is hosted by the Friday Night Fun Crew, Ritchie's new youth group for students in Grade 6 - 9.

Strathcona Annual Meeting and Board Meetings

The Annual General Meeting of Strathcona Community League will be held at the league hall, 10139 87 Avenue, on Monday, November 4, 2019 at 8:00 pm. The AGM is open to all members, volunteers and neighbours. League business will include a review of our 2018-2019 financials, committee reports and board elections. The following positions are open for election for two-year terms: Vice-President, Treasurer, Communication Committee Chair, Social Committee Chair, Building and Grounds Committee Chair, Community Garden Committee Chair, Hall Use Committee Chair, and Community & Neighbourhood Liaison Committee Chair. Job descrip-

tions can be viewed at the league webpage about the Executive Directors and Committee Chairs. https://strathconacommunity.ca/league/officers-committees/ For those interested in serving on the Board, please contact Maureen Duguay, President, at president@strathconacommunity.ca

The board of Strathcona Centre Community League typically meets every second Monday of the month. The next two board meetings have been changed to the following dates:

Monday, October 21, 2019, 7:00 pm

Monday, November 4, 2019, 6:30 pm (prior to the



Ritchie concerned about access to school

Kindergarten students in Escuela Mill Creek's brand new building on 80 Avenue are the lucky ones this fall! Demand for the Spanish bilingual program was so high enrolment was determined

by random selection, even for neighbourhood kids..something the Ritchie Community League questions. If you have thoughts on this issue, contact Cecilia president@ritchie-league.com

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Edmonton, Alberta T6C 0Y9

Strathcona Centre News

Address: 10139 - 87 Avenue Edmonton Alberta T6F 2P3

website: www.strathconacommunity.ca

STRATHCONA COMMUNITY EXECUTIVE

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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

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communication@strathconacommunity.ca

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programs@strathconacommunity.ca

Social Chair Melissa Conlon-Fitzpatrick

social@strathconacommunity.ca

Soccer Co-Chairs Cheryl West-Hicks

Jenn Costigan

soccer@strathconacommunity.ca

Civics Chair Derek Kaplan

civics2@strathconacommunity.ca

Occupational & Safety Officer Yixi Song

safety@strathconacommunity.ca

Building and Grounds Brian Moffat

grounds@strathconacommunity.ca

Green Initiatives Vahid Ayan

green@strathconacommunity.ca

Community Garden Co-Chairs Barbara Sander

garden@strathconacommunity.ca

Daniel Auger

garden_co@StrathconaCommunity.ca

Hall Use Committee Jeanie McDonnell

hall@strathconacommunity.ca

Community & Neighbourhood

Liaison Kirsten Goa

lia is on @strath con a community. 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 email at info@strathconacommunity.ca

The Strathcona Centre Community League is on Facebook. Follow us on Twitter @StrathconaCL. The copy deadline for the December 2019-January 2020 issue of Community League News South is July November 29, 2019. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca

Annual Fall BBQ

Despite the damp weather, the spirit of the Strathcona Community League was in full force at this year's Fall BBQ. We had a great time with our trio of entertaining events. Art trading cards, balloon sculpture and fabulous painted face creations. Special thanks to the superb volunteers who always make these events such an outstanding success.

League Programs and Activities

ADULTS

-NEW! POUND & ZUMBA FITNESS COMBO

CLASS with Melanie Kidder

Wednesdays

November 6-December 18, 2019

7 weeks

6:30-8:00 pm

Full Program: \$126.00 (\$18.00/class) PLUS 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.

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 fees will be collected at the first class. Please come 15-30 minutes early. You can pay by cash or cheque (cheques made out to the Strathcona Centre Community League). Community League Memberships will also be sold at the first class.

-POUND FITNESS with Melanie Kidder Fall Session 1

Mondays

Continues until October 28, 2019

No class on October 14th (Thanksgiving Day)

7:30-8:30 pm

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

Drop-in: \$14.00 per class

Equipment cost: One-time fee to buy RipStix \$25.00 Use the ramp to come up to the main hall.

Fall Session 2

Mondays

November 4-December 16, 2019

6 weeks

No class November 11 (Remembrance Day)

7:30-8:30 pm

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

Registration Fee: \$72.00 (\$12.00/class) PLUS a one-time fee of \$25.00 to purchase RipStix.

Drop-in: \$14.00 per class

Use the ramp to come up to the main hall except on

November 4th (class in the lounge).

Fall Session 2

NEW day/time added

Wednesdays

November 6-December 18, 2019

7 weeks 7:15-8:00 pm

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

Registration Fee: \$84.00 (\$12.00/class) PLUS a one-time fee of \$25.00 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.

-YOGA - Monday Evenings with Corinne Mc-Nally

Fall Session 1

Continues to October 28, 2019

No class October 14 (Thanksgiving Day)

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

Fall Session 2

November 4-December 16, 2019

6 weeks

No class November 11 (Remembrance Day)

6:00-7:15 pm New time

Registration fee: \$72.00 (\$12/class)

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

Classes in the main hall except November 4th (in the lounge).

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

Fall Session 1

Tuesdays/Thursdays

Continues to October 24, 2019

9:30-10:45 am

Drop-in: \$14.00 (please bring exact change cheque) Fall Session 2

Tuesdays/Thursdays

November 5-December 17, 2019

7 weeks Tuesday

9:30-10:45 am

Thursday

8:30-10:45 am

Registration fee: \$84.00 for once per week, \$154.00 for twice per week

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

Requirement: Community League membership required (any league).

For more info, contact: Kyla Fischer at fischerk@telus.net or 780-430-0229.

Description:

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

-SUNDAY MORNING YOGA with **Dawn Lamothe**

Fall 2019 Session 1

Sundays

Continues to October 27, 2019

9:30-10:45 am

No class October 13

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

Fall 2019 Session 2

Sundays

November 3, 17, 24

No class November 10

December 1, 8 and 15

6 classes 9:30-10:45 am

Registration fee: \$72.00

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

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

Fall 2019 Session

Fridays

Continues to December 13, 2019

9:15-10:30 am

Drop-in: Not available.

To express interest in movement therapy classes with Kim Novotny (Move with Ease and Joy OR Soma Pilates Movement), 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. For more information and to register, contact Kim Novotny at kim@novotny.ca

-ZUMBA - Wednesdays with Melanie

Kidder

Wednesdays

Continues until October 30, 2019

6:30-7:30 pm

Drop-in fee: \$14.00 per class

Teens aged 16+ are welcome to attend with an adult.

Requirements: Community League membership required (any league). Wear comfortable shoes that do not have a sticky grip. You can pay by cash or cheque (cheques made out to the Strathcona Centre Community League). Community League Memberships will also be sold at the first class.

Description:

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

-URBAN POLE WALKING

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

Cost: Free

Requirement: Community League membership required (any league).

Description:

Stay active and meet some new friends! Join the Strathcona Pole Walking Group. Meet one of the walk leaders, Melanie Kidder (Wednesday) and Delianne Meenhorst (Thursday) inside the league hall and then head out for an energizing pole walk through our friendly neighborhood.

All fitness levels are welcome. We will be on sidewalks and river valley paths. Walks are between 45-60 minutes. Several sets of poles are available for use or bring your own.

If you have questions, call or text the walk leaders: Melanie, 780-722-7558 (call or text) or email melstrand_5@hotmail.com

Delianne, 587-986-7832

KIDS

-ARTAGOGO Art at the Hall

Saturdays

Drawing, Painting, and More

Continues to December 14, 2019

No class dates: October 12, 26, November 9 and November 30

10-11:30 am (Age 6 and up)

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

Drop in fee - \$20

Description:

Art classes for children and teens with a focus on skill development through creative exploration and risk taking. The objective is to provide the students with the skills and confidence they need to 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.

ay/time: Every Monday and Wednesday, 10am to noon, starting September 9th

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.

2019-2020 Community League Membership

The new membership year started September 1st. Thanks to the volunteers who went door-to-door to sell the 2019-2020 memberships in our neighbourhood (wherever possible). Memberships are also available:

online through the EFCL at https://efcl.org/ membership (the EFCL charges a \$5 admin

at any Servus Credit Union

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

at League events such as Pub Night and the Fall BBQ

Cost: \$20/family, \$15/single, \$5/senior Benefits of a membership:

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

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

Soccer programs for kids

Skating and hockey – rink time and lessons



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

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

Pub Nights

Pub nights are typically 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, October 18, 8:00 pm Scotch Tasting

Friday, November 15, 8:00 pm sharp

Doors open at 7:30 pm. The pub trivia night will be held in the Main Hall instead of the Lounge.

Friday, December 20, 8:00 pm Christmas

Kids are welcome (except on Trivia night, as we don't have room). Pub nights are for community league members and guests. Memberships available on site. Subscribe to the League email list (scroll to the bottom of our website) or follow us on Facebook (Strathcona Community League) to get reminders! Contact social@strathconacommunity.ca with any questions.

Community Garden Wins Golden Wheelbarrow

We are happy to announce that the Strathcona Rail Community Garden has been awarded the Sustainable Food Edmonton Golden Wheelbarrow for Favourite Community Garden. The Strathcona Centre Community League (SCCL) congratulates all gardeners on this wonderful achievement. We also like to Daniel Auger and Barbara Sander as the SCCL board members for the Strathcona Rail Community Garden. This was the second year Sustainable Food Edmonton organised these awards. During the afternoon of September 21, 2019, the following winners received an award:

- (1) Favourite Environmentally Conscious Small Business: Earth's General Store
- (2) Favourite "Locavore" Restaurant: RGE
- (3) Favourite Community Garden: Strathcona Rail Community Garden \(4)Favourite YEG Agriculture Business:
- Riverbend Gardens
- (5) Sustainability Citizen of the Year: Jocelyn Crocker

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 Scott Wright, Hall Manager, at 780-439-1501 or email rentals@strathconacommunity.ca.

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

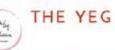
If your event is public, we can help you advertise. Contact the hall committee chair to have your event posted to our website.

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 committee members and then decide whether or not to take action. To learning more about issues and development projects, please contact Derek at civics2@strathconacommunity.ca





THE YEG ARTISAN BOUTIQUE MARKET IS HOSTING





THE WINTER WONDERLAND MARKET

COME JOIN US FOR A NIGHT OF LOCAL SHOPPING, FOOD, MUSIC & FUN NOVEMBER 22, 2019.

9240 93 STREET, EDMONTON | 3PM TO 10PM



FREE PARKING. FREE ADMISSION.
SUPPORTING OUR LOCAL FURRY FRIENDS THANKS TO
SECOND CHANCE ANIMAL RESUCE SOCIETY



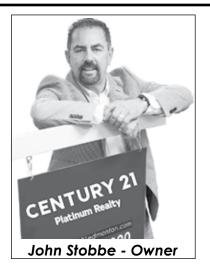
Development Permit Compliance

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.



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Argyll News

Progressive Supper version 7.0

SIGN UP

Join us for our Seventh annual Progressive Supper event.

Sign up on our web site to become a part of this activity.

Saturday, October 19, 4:00 PM — 8:00 PM This event is for RESIDENTS OF AR-GYLL only. Its purpose is to foster community, get to know your neighbours better, and to have some fun! Participating families will be grouped into teams of 3-5 households; each household will be assigned to host one of the courses. Everyone on the team will start out at the first house for course #1, then everyone will go to the second house for course #2, and so on until all the courses are completed. Courses will include: Appetizers, Soup*, Salad*, Main Course, Dessert. (Items with a * may be skipped depending on group size). We cater to special dietary needs as well.

You must confirm your participation by October 15. Teams will be formed after October 16 and everyone will be notified regarding team and course assignment.

Parent & Tot Playgroup

Our Parent and Tots program operates in the lounge area of the community centre the last Friday of each month from 10:00 AM -12:00 Noon. This volunteer run program is for parents/caregivers and their young children (ages 0-5) to drop by and make friends with other families in Argyll; as well as have fun together. This is a free program for community residents with no snacks & beverages. Grandparents are most welcome to join in. If you would like to help out contact: Erin Raudebaugh by e-mail at: < mack_329@yahoo.com >

Argyll YOGA



Drop in visitors are welcome.

Monday evenings at Argyll Hall 7:30 -9:00 PM. This is Hatha Yoga with a focus on alignment, core stability and awareness of body and breath. Our instructor is Renee Giammarioli who is a Yoga Association of Alberta certified yoga instructor and is also a physiotherapist.

To inquire, call Renee at (780) 431-1916.

Argyll Online

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

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









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
- Subsidy available

Telephone: 780.757.1123 La Cité Francophone centre.lacolombe2@gmail.com

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

Healthy ideas for school snacks

Your children are now in school and you need healthy ideas for lunches and snacks. Remember that some schools don't allow nuts or peanuts because of allergies.

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

Choose these healthy snacks every day:

- Fresh or frozen vegetables
- Fresh or frozen fruit
- Fruit cup in fruit juice or water
- Unsweetened applesauce
- Whole grain bread
- Whole grain crackers
- Whole grain naan, roti or pita
- Whole grain tortilla or wrap
- Whole grain cereal
- Hummus
- Eggs

- Nuts or nut butters (check first to see if allowed at school)
 - Meat, chicken or fish
 - White milk
 - Cheese or cheese string
 - Fortified plain soy beverage
 - Plain yogurt

Choose these snacks some days:

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

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

- Candy or fruit gummies
- Potato chips or fried snacks

Studio72

A community-driven, shared creative workspace & ceramics studio located in Ritchie!

For more information about pottery classes or renting studio space please visit:

www.studio72.ca

9909 72 Ave NW.

info@studio72.ca

Podiatric foot care! 780-466-5290

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

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

www.greenwayspodiatric.ca

Ask Charles

I want to buy a new-build home from a builder, but I don't want to work with the builder's representative. I want to work with my own agent, is that allowed? Will it cost me more money?

Yes, you're allowed to work with your own agent. The builder's representative is representing the builder's interests, and your real estate professional will represent your interests in negotiations with the seller (builder).

RECA always recommends having your own representation when buying a property, whether it's a new build, resale, a condo, or even a commercial or rural property. While builders can't stop you from having your own representation, it is possible you'll come across one that wants to deal with you, as the buyer, directly. If that's the case, your real estate professional can offer you advice and guidance behind the scenes but they won't be dealing directly with the builder or the builder's representative.

When you hire a real estate professional to represent you, you're required to enter into a written service agreement. The written service agreement sets out the roles and responsibilities of your real estate professional, and your obligations to that individual. It also sets out how your real estate professional will be paid.

Typically, buyer's representatives are paid through a portion of the commission the seller pays. Some builders, however, do not offer



commission to buyer's agents. If this is the case, your real estate representative won't be paid in the usual manner.

Your agreement may contain a clause that states you will owe compensation to your agent if the agent does not receive a portion of commission from the seller's agent's commission. This compensation could end up being an out of pocket expense for you.

You may come across builders that have programs to pay commissions to real estate

professionals who introduce a buyer to the builder, but this is not the same as having representation from a real estate professional throughout the process. In these cases, the builder is willing to pay commission to a real estate professional who introduces you—but then the builder expects to deal directly with you as the buyer, and you may not have the benefit of advice from your real estate professional.

RECA recommends carefully reviewing the fee portion of your written service agreement before signing it.

If there is no mention of how your real estate representative will be paid in the event the seller or seller's brokerage is not offering commission to a buyer's representative, you need to talk about it with your real estate professional. If you have concerns about a possible out of pocket expense in terms of compensation for your real state representative, have a conversation with them right away.

"Ask Charles" is a question and answer column by Charles Stevenson, Registrar of the Real Estate Council of Alberta (RECA), www.reca.ca. 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 askcharles@reca.ca.

We Need... Talking Families!

Help us learn more about parent-child conversation and how it is related to school readiness!



How?

- 1. Parent 6 child will read and retell a story and talk about a recent event
- 2. Parent will answer a quick survey
- 3. Child will name some pictures, tell some stories, and play some games



Where?

Your child's preschool/daycare OR the University of Alberta OR your home



Contact us:

Dr. Trelani Chapman
Child Language 8
Literacy Lab
(780) 492-7901
cill@uaiberta.ca



UNIVERSITY OF ALBERTA

FACULTY OF REHABILITATION MEDICINE Repartment of Communication Sciences and Disorders









Halloween Safety



Alberta Health Services EMS would like to remind parents and trick-or-treaters of some Halloween safety tips as October 31st approaches. Take some time to review these simple tips and reminders to help ensure your Halloween is a fun and safe night for everyone.

Trick-or-Treaters

- Remember: all regular pedestrian rules still apply. Be sure to cross the road at marked crosswalks, or well-lit corners only. It is safest to work your way up one side of the street, and then cross once to the other side.
- Stay away from houses that are not well lit. Do not accept rides from strangers, or enter any home you feel is unsafe.
- Let your parents know where you are going to be at all times (route) and advise them if you will be late returning.

Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-ortreat within, and establish a firm time to return home.
- Advise children not to eat anything until they return home. Dispose of any items that appear to have been tampered with, or that are not properly wrapped.

Costumes

- Choose bright colored costumes that are highly visible. Adding reflective tape to costumes further increases visibility.
- Consider sending your children with a flashlight for additional safety and increased visibility.
- When purchasing, or making costumes, look for materials and accessories that are labeled flameresistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic makeup kits instead of masks that may impair breathing, or vision.
- Be sure costumes are loose enough to be worn over warm clothing, but not so long that they become a tripping hazard. Costumes should not be longer than your child's ankles.
- Ensure your child is wearing adequate foot wear that takes into consideration weather conditions and walking.

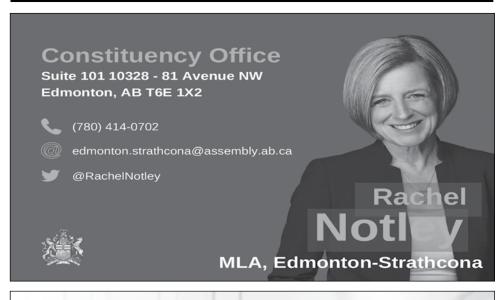


Ben Henderson

Councillor, Ward 8

Contact me on city issues

ben.henderson@edmonton.ca | 496-8146





Spend an Hour a Week Mentoring a Child in School

Even simple activities can be fascinating to kids who don't have role models in their lives. Share what makes you...you, with someone who will really appreciate it.





Boys & Girls Clubs

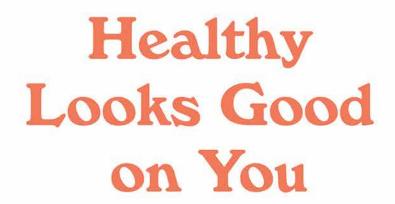


Big Brothers Big Sisters

Boys & Girls Clubs Big Brothers Big Sisters of Edmonton & Area

APPLY NOW: BGCBIGS.CA/VOLUNTEER

You're More Inspirational Than You Think



Shop our **NEW** selection of Health & Beauty products at Blush Lane on Whyte Ave!



When you spend \$50 or more at Blush Lane Organic Market

VALID AT ANY BLUSH LANE ORGANIC MARKET, YOU MUST PRESENT COUPON AT TIME OF PAYMENT. MINIMUM \$50 DIRECTASE REQUIRED. NO CASH VALUE. ONE COUPON PER PURCHASE. CANNOT BE COMBINED WITH ANY OTHER OFFER. VALID UNTIL NOVEMBER 30









The Green Party would take the bold, effective, and immediate actions necessary to address the challenges we are facing."

VOTE Michael KALMANOVITCH Edmonton Strathcona

The Green Party of Canada stands for:

- Ecological Wisdom
- Respect for Diversity
- Social Justice
- Non-Violence
- Participatory DemocracySustainability



Authorized by the Official Agent of the Michael Kalmanovitch campaign.

We rise to the Challenge!

voteMK.ca



Hazeldean News

Hazeldean Board of Directors		
President	Deepika Mittra	president@hazeldean.org
Vice President	Ryan Godfrey	
Secretary	Maggie Smith	secretary@hazeldean.org
Treasurer	Lien Le Kavanagh	
Facilities	William Elgert	
Publicity	Rachel Sinn	publicity@hazeldean.org
Memberships	Heather Chiponski	
Soccer	Alexis Parker	Hazeldean@southweastsoccer.ca
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	

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.



Edmonton Aikikai

http://www.edmontonaikikai.org/

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

Phone: 780.433.8732

Email: mckellar@telusplanet.net

Ottewell Dental Clinic

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with a New Adult Patient Checkup and Cleaning

www.ottewelldental.com (780) 465-0505

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

UPCOMING EVENTS

Saturday October 26th - Spooky Movie

Get into the Halloween spirit with a FREE family friendly movie night at the Hazeldean Hall. Doors open at 6:30pm. Snacks will be available for purchase.

November 16th & 17th – Christmas Craft

Hazeldean's annual Christmas Craft Sale will be taking place at the Hall November 16th & 17th from 10am to 4pm. Email: craft. sale@hazeldean.org for any craft sale enquires.

GET YOUR COMMUNITY MEMBERSHIP TODAY!

Benefits of Membership:

Stay informed and have a voice on community issues

Support fun community events and activi-

Up to 20% discount at City-owned rec cen-

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.

WEEKLY ACTIVITIES

Free Drop In Bhangra Dance Classes Thursdays at the Hall from 6pm to 7pm. From September 5th to December 12th. For all ages and abilities.

Yoga Classes by Aligned Love Yoga

Monday Nights (until the end of the year) 7pm to 8pm - Hatha Yoga

a slower paced class for all levels to work on building breath work and getting a good

8:30pm to 9:30pm - Yin Yoga

Poses held for 3 to 5 minuets to work on getting a deeper stretch as well as work on slowing down your mind a helping with concentration. 5 Class Pass - \$45

10 Class Pass - \$80

Drop In - \$10

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

email: info@alignedloveyoga.com

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 onthegofitness@shaw.ca

STAY IN TOUCH

Phone: 780-439-0847 Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

www.facebook.com/Ha-Facebook:

zeldeanCommunity Twitter: @hazeldeanveg





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Ritchie News

Ritchie Board Members

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

President: Cecilia Oteiza Ayres (president@ritchie-league.com) **Vice-president:** Peter Willetts (vice-president@ritchie-league.com)

Treasurers: Ehab Zeidan (treasurer@ritchie-league.com) **Secretary:** Maureen O'Neil (secretary@ritchie-league.com)

Casino & Fundraising Director: David Woo

Civics Director: Allan Bolstad

Communications Director: Keesa Elickson and Karl Jensen

(communications@ritchie-league.com)

Community Engagement Directors: Amanda Bird (ACE@ritchie-league.com)

Events Director: Dan Tyrkalo (events@ritchie-league.com)

Facilities Director: Ed Retzer and Len Wampler

Green Initiatives Director: Carly Steiger (environment@ritchie-league.com) Hall Revitalization Director: Jeff Ollis (hall-revitalization@ritchie-league.com) Membership & Volunteer Director: Avnish Nanda (volunteers@ritchie-league.com)

Programs Director: Tracy Price (programs@ritchie-league.com) **Soccer Director:** Kane Dozorec (soccer@ritchie-league.com)

Rink Director: Leonard Wampler **Transportation Director:** Simon Slater 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. 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

Twitter: @RitchieYeg Instagram: ritchie_league

NEW! Song Circles

Monthly on Fridays, 5 to 6 p.m. Oct. 25, Nov. 22

Song Circle is an opportunity for adults to discover their voices in a most unique way. Begin by singing a simple melody along with a recorded track. Then learn the harmony. Break into groups and sing together. There's also vocal experimentation, as an individual and together as an improvising choir.

\$5 for Ritchie Community League members, \$7 for non-members. Register online at http://www.ritchie-league.com

Preschool Dance

Saturdays 9:30 - 10 a.m. Session begins Oct. 26 For ages 3 -5 Cost: \$60.

Pre-registration required via www.ritchieleague.com

DANC3Play Kids Resuming Oct. 26

Saturdays 10:10 - 11:10 a.m. For ages 6 - 12 Cost: \$80.

Pre-registration required via www.ritchieleague.com

ENCORE! Teen Shakespeare



Thursdays, Oct. 17 - Jan. 23 4 - 6 p.m. (11 - 17 years)

Working with local theatre professionals over four months, teens will mount a production of The Tempest. Games and storytelling develop teens' acting chops in a fun and social atmosphere. Ritchie members: \$190; Community league members from elsewhere: \$225. Pre-registration required. Contact Calla: callawright@gmail.com

Fit for Life

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

Safer communities start with you, getting to know your neighbours

Four Neighbourhood Watch signs have been installed this summer in Ritchie to let residents know about the program which encourages everyone to look out for each other and report suspicious activities to police.

Their addition to our streets is the result of door-to-door outreach by Ritchie residents Phil Bisaillon and Dan Munch who sought signatures in support of the signs and delivered

Neighbourhood Watch door stickers.

The signs were installed at three locations along 99 Street and in the Four-Corners commercial hub at 96 Street and 76 Avenue.

Edmonton's Neighbourhood (ENW) has worked for years with community leagues and city police to make people feel safe in their communities by encouraging neighbours to interact with one another, spreading important information about crime prevention and developing crime prevention

Among them is the Walk Your Block Program premised on ENW research that finds individuals out randomly walking are more effective than scheduled citizen patrols. You don't need to be an ENW member to take part although you are asked to register and log your walks so statistics can be gathered on how effective community involvement is in reducing crime.

If you see a crime happening, don't try to stop it...but absolutely do report it!

Call 9-1-1 for crimes in progress.

Other suspicious activity, call 780-423-4567 or use the EPS Mobile app.

If you come across graffiti or broken street lights, vandalism or messy properties, either



public or private, call 3-1-1 and report the address. Or take a picture and post using the 311 Mobile app.

ENW says the key to building a safer community is in getting to know your neighbours and your community, so say hello when you are out walking. Neighbours who know one another look out for one another. And when you know your neighbours, you know who and what belongs in the area.

More information about the Walk Your Block Program can be found online at https:// enwatch.ca/walk-your-block/

RETURNING! Winter... and a clothing drive

Sunday, Nov. 10, 1 - 4 p.m.

Ritchie Community League is again collecting warm clothing for all genders. Coats, toques and mitts, of course, but donations of sweats, hoodies, leggings and long-sleeved shirts will also be gratefully accepted. You are encouraged to provide new socks and underwear and feminine hygiene products too. Bring your contributions to the hall Sunday afternoon, Nov 10, and enjoy a hot chocolate on us. All this in support of the Neighbours Centre.

REPRISE! A Very Ritchie Xmas concert

A Very Ritchie Xmas is returning Dec. 13 and if it's anything like this month's Oktoberfestt, it'll be a sell out. So mark your calendars. Dec. 13 Ritchie will host six local musicians for a festive evening of music. If you know of artists who would like to participate, contact Dan: events@ritchie-league.com. And watch our social media and hall sign for when tickets are available.

BACK AGAIN! Board game night



Friday, Nov. 15. 6 p.m. start.

Winter's coming and with it, board game gatherings! Bring your love of a good game to Ritchie hall to share with other fans. Come to play or offer to lead, teaching others your favourites. Bring your own snacks and nonalcoholic drinks. The league will have some available for \$1. There is no fee to attend this event but a league membership is encouraged!



Underwater Hockey!

If you like swimming and would like to try a different sport, then come and try Underwater Hockey

Children and Teens: Hardisty Pool 10535-65 Street Saturdays, 4:30-5:30pm

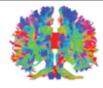


Adult (Beginners Welcome)
Kinsmen Sports Centre Pool
9100 Walterdale Hill



For more information, contact: info@edmuwh.club

Wednesdays, 8:00-9:00pm



Interested in having your **brain** scanned for research?

We are looking for **healthy kids** (ages **5-17**) to undergo an **MRI of their brain** for research

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

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



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

Try these party ideas

- Decorate using themes or colours.
- Make crafts or play party games.
- Have a theme-based scavenger hunt.
- Sing special songs or read books about your theme.On birthdays, have the birthday child
- On birthdays, have the birthday child be your "special helper" for the day.

Serve fun and healthy foods

- Serve a vegetable or fruit tray with yogurt dip. Arrange the fruit and vegetables in fun shapes or colour-themed trays.
- Plan a "build your own" party. Let each child build their own sandwich, pizza, taco, salad or yogurt parfait from a variety of healthy ingredients.



Enjoy a meatless meal

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

Six simple ways to update some popular recipes:

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

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







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

Voted Edmonton's Best Breakfast & Brunch

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

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- ★ Vegetarian & celiac friendly
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- Frime Rib Sunday Dinner
 - **city View**

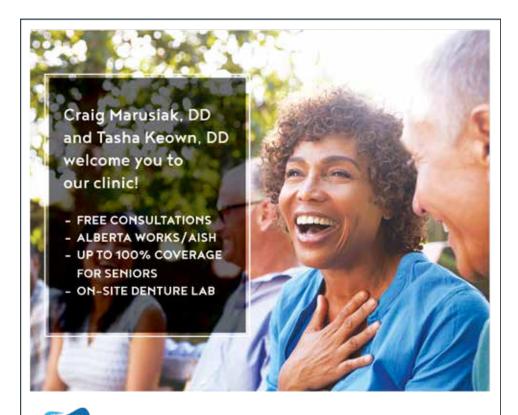
Community Safety

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/reportac-rimeonline

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-emer gencies, please visit a police station, enter #377 from a mobile device or call 780-423-4567 from a landline.



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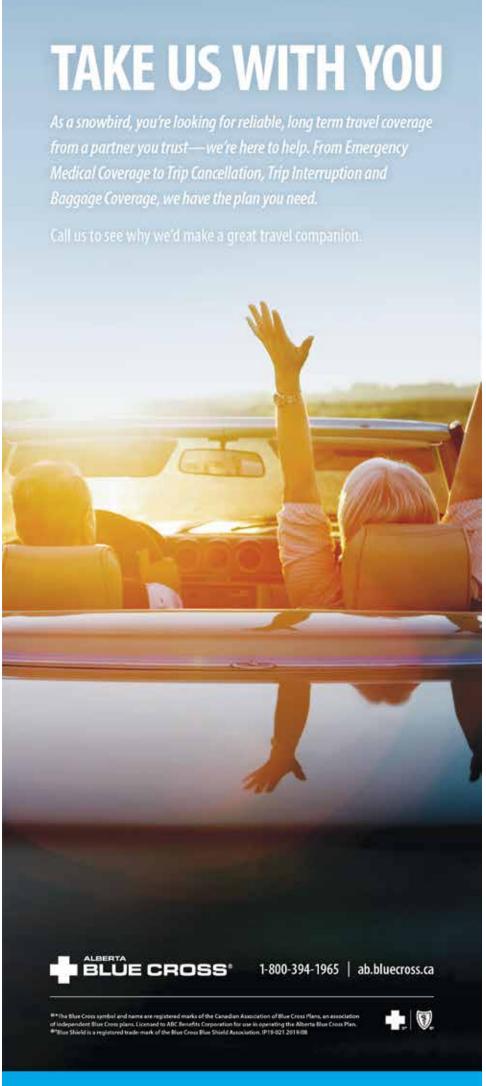
Contact me to find out more about my campaign, to volunteer, or to order a campaign sign:

- 587-520-7803
- heather@edmontonstrathcona.ca
- HeatherMacNow
- HeatherMcPhersonNDP
- @HeatherMNow

Campaign office: 10015 Whyte Ave T6E1Z2

www.HeatherMcPherson.ca





Play a part! Give back to Ritchie

Ritchie is a happening place, thanks to volunteers on the board. They are folks just like you, with jobs and families. Plus, they know how to have fun! If you've ever enjoyed a Ritchie event or program or rented the hall, consider giving up a bit of your time to help these leaders make the magic happen for other neighbours. Here are some ways you can get involved in coming months:

Winter Makers Market

This is a sequel to the successful craft sale staged this spring. The template has been tested. The contacts made. The groundwork laid. We just need someone to run with it to make it happen. Contact Tracy: programs@ ritchie-league.com.

Fitness instructor

\$10 or five for \$40.

First class free.

of other leagues.

Final class Nov. 25

Bring a mat.

Zumba

\$12 for non-members.

Wednesdays 7:15 - 8:30 p.m.

Yoga

In November, Ritchie's long-time fitness

First class free for Ritchie members. Then

Contact Kristal: Yoga@ritchie-league.com

\$10 for Ritchie members. \$12 for members

Contact Margareta: zumbamj@outlook.

Mondays 7 - 8 p.m. Except holidays.

tmail.com

Prep our

federal election pre-empted our date. So, get out and vote Oct. 21! Then watch our social media and hall sign board for the new date for this Keep Ritchie Green event. Additional Keep Ritchie Green sessions will return in the spring.

instructor Margareta will wrap up her last class with us. Thanks for all the Zumba memories! And though we'll be sad to see her go, it leaves the hall open for something new. Are you a fitness instructor? Do you know one who's looking to serve an active community? Contact Tracy: programs@ritchie-league.

Hall maintenance

com. This is a paid position.

Could you help Ritchie out with hall maintenance? Are you handy with a hammer, screwdriver or stepladder? Or are you better with a spreadsheet and applying for grants? Can you offer a couple of hours a month or maybe a one-off block of time? Any way you can help and any thing you can offer would be gratefully accepted. Contact Peter: vicepresident@ritchie-league.com

Preschool Playgroup

Drop-in. Free.

Contact Stephanie: couture.stephanie@ho-

Wednesdays 10 a.m. to noon

homes for winter A community learn and share session about winterizing your home is in the works, but the

Bridge

Every Friday.

Stella 780-504-3972.

Yoshinkan Karate

Cost: \$3.

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

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

Home School Playgroup 1 - 3 p.m. every second Tuesday.

Contact Karen: karendwhitehead@gmail.

Contact Rose-Marie 780-439-4884



Tuesday mornings: 11 a.m. - 12:30 p.m. Free. Contact Doug to confirm before attending:

Chi-Gong, Meditation

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

Cost \$5.

Coffee and light luncheon served. Contact Charlotte 780-465-6222

Quick action reclaims park

When garbage, including needles, began accumulating near Ritchie's playground this summer, all the right people noticed! In short order, league board members cleaned up the site before neighbours stopped sending their kids out to play. Like leaving grafitti in place, letting debris linger would have sent a message that residents don't care. Clearly that's not the case in Ritchie!

Counsellor Mike Nickel invited the public to meet with Police Chief Dale McFee Sept. 30 to discuss these and other ways to address crime in Ward 11, of which Ritchie is part. Check Ritchie's website for news coming out of that meeting of the minds.

ENGAG DMONTO

Join us at convenient locations to share your thoughts on three major projects that are transforming our City:

- The City Plan
- Change for Climate
- Bike Plan

To learn more visit: edmonton.ca/engage2019 Saturday, October 19, 2–5 pm Londonderry East Court

Tuesday, October 22, 4–7 pm The Meadows

Wednesday, October 23, 5-8 pmSouthgate Centre Court

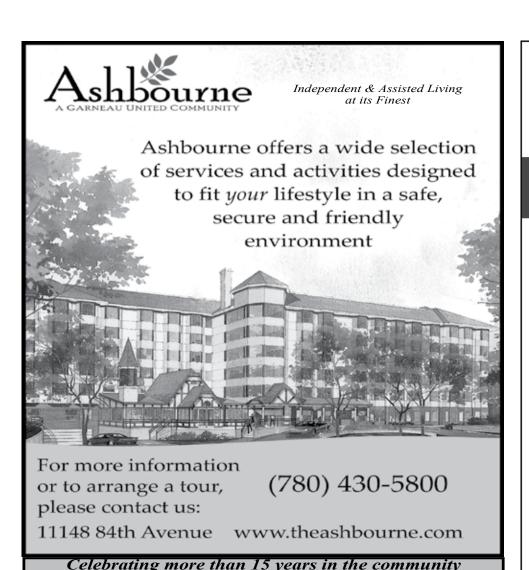
All are welcome at these drop-in events. Activities for children will be available.

Thursday, October 24, 2–5 pm West Edmonton Mall Centre Stage (Level 1, Stage 1)

Friday, October 25, 12–3 pm **Edmonton Tower**

> **SHARE** YOUR VOICE **SHAPE OUR CITY**









LOOKING FOR A NEW FAMILY DOCTOR?

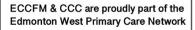
Edmonton Comprehensive Care & Family Medicine and Canadian Cancer Care are accepting new patients for:

- · general family medicine
- cancer follow-up care

The new, multidisciplinary clinic is conveniently located in south central Edmonton and is easily accessible with plenty of free parking. Visit our website for more information, or call to schedule your appointment.

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Visit Our Show Homes, 1-5pm daily 9433 - 67A Avenue NW, Edmonton, AB; or phone Lynne 780-975-2509



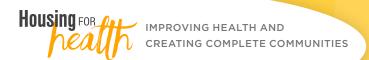
- 2 + 3 Bedroom Family Townhomes
- Ask about Internet & cable TV incentives
- In-suite washer and dryer
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Visit Our Rental Office, 1–5pm daily 6621 – 96 Street NW, Edmonton, AB; or phone Diane 780-432-3222

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