COMMUNITY LEAGUE NEWS SOUTH

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

April/May 2020

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

Supporting seniors means more than just staying away

COVID-19 threatens seniors more than most, but the physical distancing can leave some more isolated than ever and that is a health risk of its own. As we stay apart to stop the spread and spare our elders from the worst of this disease, we also need to reach out to be sure they still know their worth.

Existing organizations are great ways to help accomplish this, especially in collaboration with each other and with individuals. Here are some:

SCONA SENIORS 780-433-5377

SCONA Seniors activities at Ritchie Hall are cancelled for now, but it continues to serve its 500 members by phone and, in emergencies only, face-to-face. Below is a list of services still available.

- Over-the-phone crisis support
- Elder abuse support
- Connect seniors to community food security resources and delivery options.
- Connection to SCONA Seniors over-the-phone Peer Support Program, in order to break social isolation.
- Help with government forms and navigating the systems
- Support exploring housing options
- Telephone emotional support
- Advocacy
- Information and referral to appropriate community resources
- Connection to financial supports
- Help in finding safe, affordable transportation
- Referrals to health supports, including mental health supports.
- Connect seniors to on-line fun things to do and to other community resources that are available to break social isolation.

SENIORS RESOURCE COUNCIL CALL 780-423-5635

For an extensive list of resources to help get through this period of physical distancing, contact the Seniors Resource Council: 780-423-5635 or online at https://www.seniorscouncil.net/covid-19

The Council can help you find out what seniors' organizations are closed and which are open, but operating with service restrictions. There are also lists of delivery services for groceries, meals and medicines, as well as stores with shopping hours dedicated to seniors. There are even lists of things you can do while at home to keep your mind active and entertained, and how to get mental health support if you need it.

2-1-1 OPTION 2

Seniors can contact 2-1-1 if they need help finding resources in their community. 2-1-1 is a comprehensive referral system accessible to all Albertans. Call or text 2-1-1 and press Option 2, or visit ab.211.ca.

CONNECTING EDMONTON SENIORS

Visit https://www.connectingedmontonseniors.ca for resources such as Conversation Starters and the Get Connected Guide. Follow Connecting Edmonton Seniors on Facebook and on Twitter to receive updates on this campaign, and share their posts with your friends. The more awareness is raised about social isolation, the easier it becomes to solve.

A Message from EFCL

By Laura Cunningham-Shpeley, executive director (and former Ritchie CL president)

The community league movement is a jewel. With 160 leagues and several more working to join, powered by thousands of dedicated Edmontonians, the movement is a remarkable base neighbourhood organization. It truly is the foundation of our city.

Leagues have existed in Edmonton for more than 100 years and have endured incredible world events and city changes during this time. As organizations that were formed primarily to rally for basic sanitation services and other development issues, over the years they have evolved to be the core organizations for sports and recreation in neighbourhoods, for providing opportunities to gather to share food and fun, for building public amenities for the whole community to use, and for continuing to advocate for the type of neighbourhood we want to live and grow in.

What we've seen over the last couple of weeks is truly unprecedented. Leagues have closed all 126 community halls across the city, along with skating rinks and more. Their AGMs have gone online or have been postponed. Their boards of directors are getting used to online ways of meeting and engaging with neighbours.

Leagues have responded to these massive changes in dynamic, creative and engaging ways. We have heard stories of window art walks, sidewalk chalk messaging, mail drops, food delivery, apps and online platforms created to engage and connect, video yoga classes, and virtual pub and game nights!

Community leagues are probably more important now than ever before. As people recognize the significance of their relationships with those that live close by -- thosebest positioned to help us during our times of need -- leagues are incredibly well positioned to help to build those relationships. Leagues can and are creating systems to reach out to those most isolated and to lead the way through these times on a neighbourhood level.

This time of physical distancing will come to a close for us, and as we look to China and other nations that are coming through the other side of this pandemic, we know that leagues will continue to be integral to supporting neighbours as they eagerly come into the public space again and continue working together to make their neighbourhoods and city thrive.

Take care.

Help those most at risk

Not all our neighbours have a home to shelter in, safe from the risk of COVID-19.

The Neighbour Centre in West Ritchie provides a day-time drop-in facility for the impoverished population in the Whyte Avenue area, many of whom are homeless. It is a critical point of contact for getting information about the disease out to this highly vulnerable group.

According to the Mustard Seed charity which runs the Centre, at least 40 per cent of its clients have pre-existing health conditions which, when combined with already compromised immune systems, limited medical care and poor nutrition, put them at great risk of COVID-19's most severe effects.

A donation to the Mustard Seed will help it and the Neighbour Center in Ritchie provide this vulnerable group with hygiene items and cleaning supplies.

Financial support will also help the charity increase staffing as social distancing is mandated.

While the City and government of Alberta have helped expand shelter services, not all costs are covered. A donation of $35 provides our homeless neighbours with a mat, clean bedding, breakfast, and a sense of security during these uncertain times. The Mustard Seed provides 220 beds nightly at the Kinsmen Recreation Centre.

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Strathcona Centre News

Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3 website: www.strathconacommunity.ca

STRATHCONA CENTRE COMMUNITY LEAGUE EXECUTIVE & COMMITTEE CHAIRS

President	Maureen Duguay president@strathconacommunity.ca
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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
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Community Garden Chair	Daniel Auger garden_co@StrathconaCommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Community & Neighbourhood Liaison	Kirsten Goa liaison@strathconacommunity.ca
Community Hall	Scott Wright rentals@strathconacommunity.ca 780-439-1501
Website Manager	Karen Rowswell webmaster@strathconacommunity.ca
Information	info@strathconacommunity.ca

Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3
Community League website: www.strathconacommunity.ca
EFCL website: www.efcl.org
Community Leagues…where neighbours meet and great things happen!
Board meetings are held on the second Monday of each month, September to June, at 7:00 p.m. All community league members are welcome to attend. For more information phone 780-439-1501 or e-mail at info@strathconacommunity.ca
The Strathcona Centre Community League is on Facebook. Follow us on Twitter @StrathconaCL
The copy deadline for the June-July 2020 issue of Community League News South is May 25, 2020. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca

President's Message

Strathcona Community League
By Maureen Duguay
March 29, 2020

A public health emergency was declared by the Province on March 17, 2020. Strathcona Community League hall is now closed to the public and all programs and activities in our facility have been cancelled, until further notice.

This includes all private hall rentals. Individuals who have booked the hall have been contacted by the League to refund any advance rental payments made. No additional bookings will be accepted at this time.

At this moment, we don't have a date set to re-open. We will update this information as soon as any new directives are received from the Provincial Medical Officer of Health, the City and the EFCL. During this period, we are working to ensure our hall undergoes a thorough cleaning to ensure the safety of the facility for when we reopen.

This is a challenging experience for all of us. The League would like to look at ways to help neighbours keep in touch during this trying time. Let us know if there is something you would like to try or if you have ideas to share with the community through our e-newsletter and Facebook Page. Contact us at info@strathconacommunity.ca There also is an app being launched in Edmonton neighbourhoods to help keep us connected. It is called Nextdoor. It is not administered by the League. Like Facebook it is a Social Media app and as such you should take measures to protect your privacy. The best practice as with all social media apps is to do your research first before joining to fully understand how your data is being used.

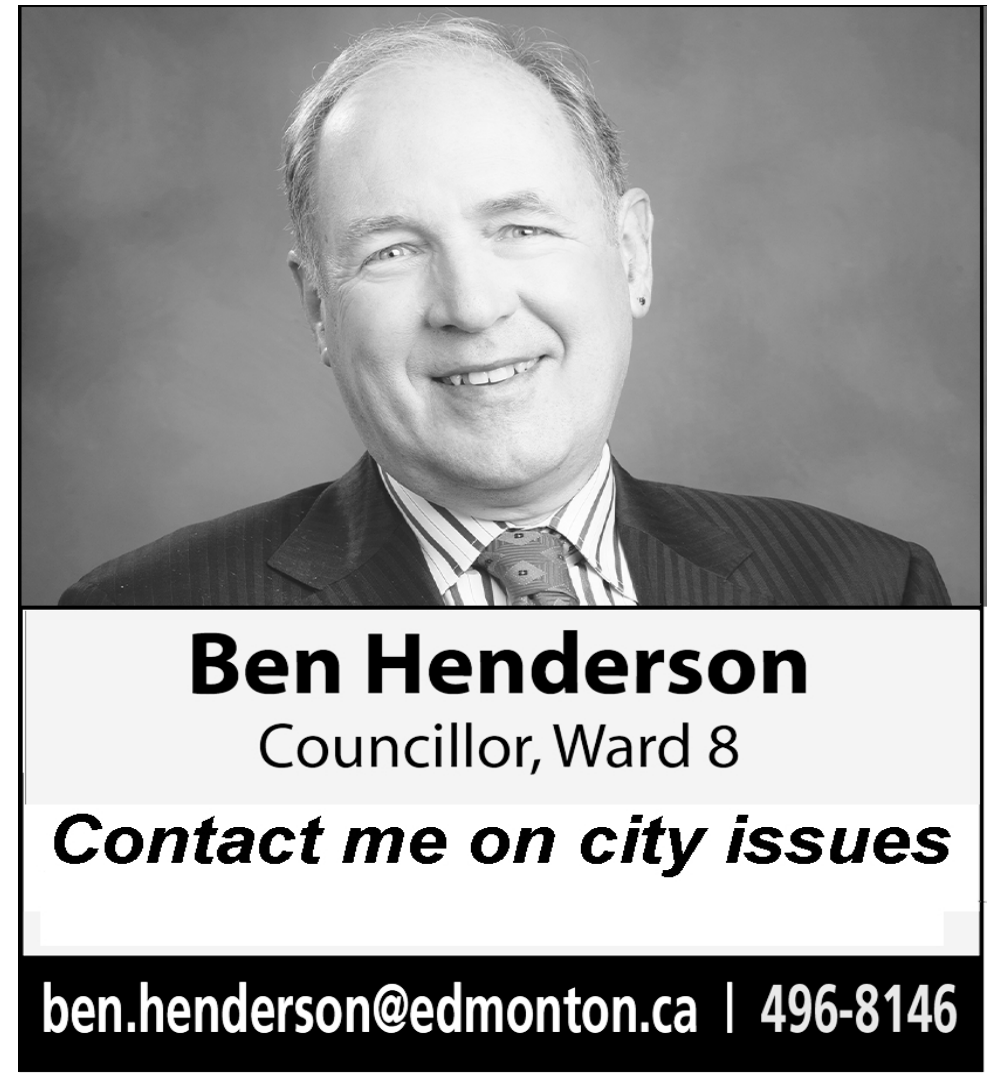
Thank you kindly for your attention. Let's stay connected and help each other as we go through this challenging time.

"Your one random act of kindness may not change the world but it might make a difference in the life of someone today"- Maria Koszler

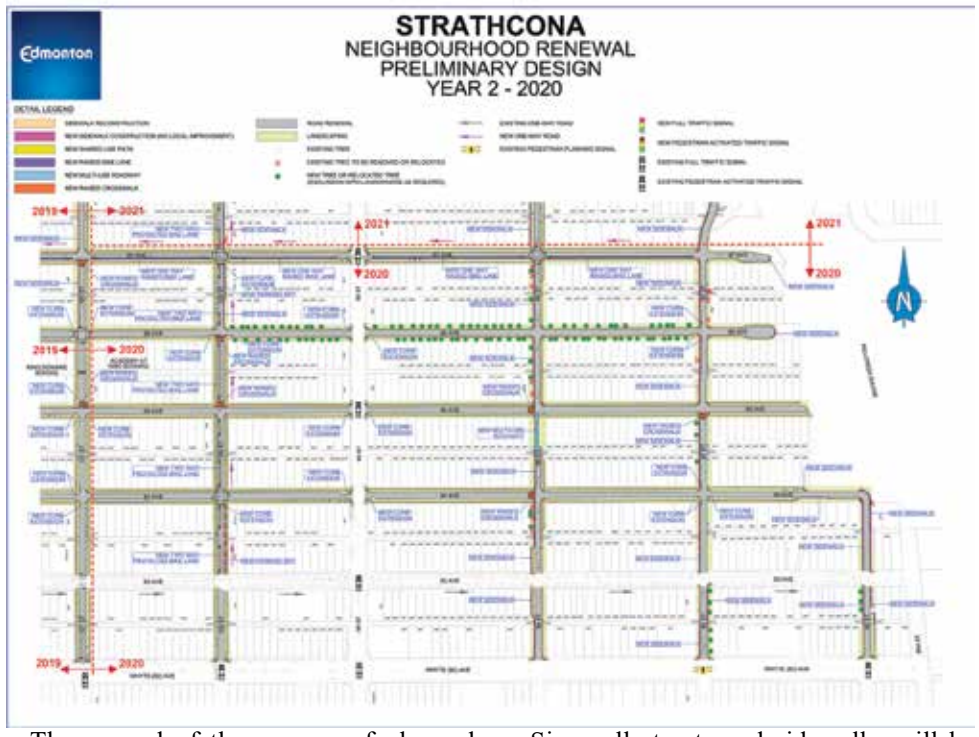
Pub Nights

Our Family Skate & Hot Dogs Pub Night on February 21st was a success! We had around 50 people attend - most of whom were families with young children and who were gone by 8 p.m. Many of these families had never been to pub night and really enjoyed themselves.

Due to the temporary closure of the hall, monthly pub nights are cancelled until further notice.



2020 Neighbourhood Renewal Construction



The second of three years of planned construction for Strathcona's neighbourhood renewal is slated to begin this spring.

Work this year is to take place in central and east Strathcona. All roads, sidewalks and street lights will be replaced between 101 Street and Mill Creek Ravine, from 82 Avenue to 87 Avenue. If you live in this area, expect to receive a construction update from the City of Edmonton in the mail. A new multi-use path along the streetcar line will also be completed this year, as will renewal of the alley south of the farmer's market between 83 and 82 Avenues.

Due to the COVID-19 public health emergency, plans may be subject to change, so please watch the community league's website - strathconacommunity.ca - sign up for the e-newsletter or check the City of Edmonton's project page - edmonton.ca/buildingstrathcona - for the latest on the plans for summer 2020. Residents in the construction area should receive updates from the City of Edmonton by mail, although this may not be as predictable due to the state of emergency.

Since all streets and sidewalks will be replaced, anyone living in this area will lose access to their home from the front street at some point this year. Construction crews are planning on storing their large equipment and other items on a site east of Tubby Bateman Park during the work. If you have any questions, or you have any specific issues of accessibility that need to be addressed, please contact the construction project manager, the Building Great Neighbourhoods department or phone 311.

Strathcona construction project manager: Aladdin Benayad

Phone: 780-496-4057

Email: aladdin.benayad@edmonton.ca

Building Great Neighbourhoods: buildinggreatneighbourhoods@edmonton.ca

If you'd like to see what construction will look like near your home and throughout Strathcona, you can find plan details, and project history, at the dedicated page for our neighbourhood renewal at the City of Edmonton's website, edmonton.ca/buildingstrathcona.

Social Report

Strathcona Winterfest - Many Thanks!

Approximately 200 people enjoyed the Strathcona Community League's annual Winterfest and warm weather (2° C) on February 9. Our event featured sleigh rides, ice skating, snow sculpture painting for kids, chili cook-off, City of Edmonton fire pits, Orangetheory Fitness booth, kids carnival (indoors), warm drinks, and a free BBQ. The amazing event was organized by Nathan Carroll (Social Chair), the team of coordinators (below) and all of our wonderful neighbourhood volunteers – thank you!

Jessica Nelson - Food

Jeanie McDonnell - Chili Cook-Off

Bernie Rosselier - Outdoor Environments

Berna Ponich - Kids Carnival

A hugh shout-out to Bryan & Alison's No Frills for donating all of the burgers, hot dogs, and buns for the BBQ. We are grateful for their tremendous support. The hall had a steady line-up for almost three hours.

Congratulations to the top three winners of the Chili Cook-off:

1st Emma Radford

2nd Heidi Carroll

3rd Dilshad Unwala and Sally Hammell (tie)

Many thanks to the City of Edmonton and local businesses and City of Edmonton for donating fabulous prizes for the Chili Cook-off:

City of Edmonton – recreation passes

Big Rock Brewery – openers, hats

Blue Chair Café – gift certificate

Boulangerie Bonjour – gift certificate

Mill Creek Animal Hospital – cat/dog exam

Rosso's Pizzeria – gift certificates

Safeway – gift certificate

Information about COVID-19

The COVID-19 situation is changing rapidly. Stay up to date on current information from reliable web pages.

Alberta Health Services

https://www.albertahealthservices.ca/topics/Page16944.aspx

Government of Alberta

http://alberta.ca/covid19

City of Edmonton

http://edmonton.ca/covid19

Government of Canada

https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html

Community Safety

The Strathcona Centre Community League and 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.

If you have difficulties while entering your report, please call the online reporting help line at 780-391-6001.

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 Mobile App

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Download for your iOS or Android device.

Stay connected: Easy access to EPS' Facebook, Twitter, YouTube, Instagram, and Pinterest accounts.

Stay informed: Direct route to EPS' media releases, alerts, and crime files.

Stay safe: Report a crime online, locate the station nearest you, and get through the stress of a collision with our handy collision tips.

City of Edmonton Recreation Centres and Pools

The City of Edmonton has closed all recreation centres, pools and attractions effective March 14, 2020. Recognizing the impact on facility customers, the City is providing accommodations (e.g., Recreation Centre and attraction memberships, Recreation Centre pass holders and Recreation Centre Mulltl-Admission passes) and those with canceled registered programs. For more information, visit

https://www.edmonton.ca/activities_parks_recreation/customer-accomodation.aspx

Community League Membership

The annual membership is valid from September 1 to August 30. Memberships are available online through the EFCL at https://efcl.org/membership (the EFCL charges a $5 admin fee)

League Programs

All registered programs, urban poling walks, and play groups are cancelled until further notice. Thanks to several league contract instructors who reached out to their students to provide access to online classes. The Strathcona Community League will provide prorated refunds to the registered participants of yoga programs in which sessions could not completed. Thank you for your patience and understanding. If you have any questions, contact Donna Fong, Programs Chair, at programs@strathconacommunity.ca

For participants of recent programs who wish to stay connected with the instructors, please contact them directly.

-Melanie Kidder, Pound Fitness and Zumba for kids, teens and adults

Online classes at Fitness Studio.

email melstrand_5@hotmail.com | phone 780-722-7558

-Kim Novotny, Move with Ease and Joy for adults

Online movement therapy classes to help people move, breathe and live with more ease.

email kim@novotny.ca

-Berna Ponich, ARTAGOGO Art Classes for ages 6 and up

Enjoy live art classes in the comfort of your home via Zoom.

Email Berna, B.Ed., at berna@telus.net

-Corinne McNally, Yoga for adults

email corinnemcnally@gmail.com | phone 780-239-6164 www.lotusmoonyoga.ca

Memberships

If you wish purchase a community league membership (benefits, communications), you can purchase it online through https://efcl.org/membership ($5 administration fee). The membership fee is remitted to the Strathcona Community League. Membership year: September 1 to August 31.

City Services & General Information

Visit www.edmonton.ca/311 or call 311 for information about City of Edmonton services. 311 agents are available 24 hours a day, every day.

Argyll News

Sunday, March 29, 2020

To my community residents.

At this strange time in human history I feel the need to acknowledge the amazing people in Argyll who were quick to organize and find a way for people to help each other with basic family needs for everyone, at every age. They recognized a need to mobilize in service of people who, for whatever reasons, may be having difficulty managing everyday life because of sheltering in place, social isolation, and even quarantine.

It makes me both grateful for living amongst such conscientious neighbours, but also proud of their concern for each other, when I see them organize and schedule services, coordinate with others, solve logistical and emotional problems, all in the spirit of shared experience as residents of this neighbourhood. They responded to the current situation by providing people a pathway to help others in a responsible way.

I want to take this opportunity to sincerely express my gratitude to them and herald their great work as they continue to handle their own family matters or work-from-home challenges.

I feel it needs saying how we are all grateful for the entire province's Healthcare system, and need to support them right down to the individual professional worker. We should also be grateful for the people who championed efforts of "readiness" for disaster response planning and for the genuinely awesome expertise on display at every public announcement from AHS.

I believe we are all being reminded of our interdependence through the shared challenges we all are facing. I hope everyone finds the patience, courage, and determination to see this through with humility and compas-

ARGYLL COMMUNITY LEAGUE

Argyll Community Hall
6750 - 88 Street
Edmonton, AB T6E 5H6
www.argyllcl.ab.ca

Argyll Online

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

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

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

Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my constituency office for assistance with:

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

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Community League Membership Wellness Benefit

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 create an exciting new program.

The Community League Wellness Program provides current community league members with admission incentives to enjoy the City's world-class sports and recreation facilities.

All current members of an Edmonton community league with a valid membership card are eligible to participate in the Community League Wellness Program.

How the Program Works

Present your valid Edmonton community league membership card at any one of the City of Edmonton's sports and fitness facilities and choose from the following Community League Wellness Products:

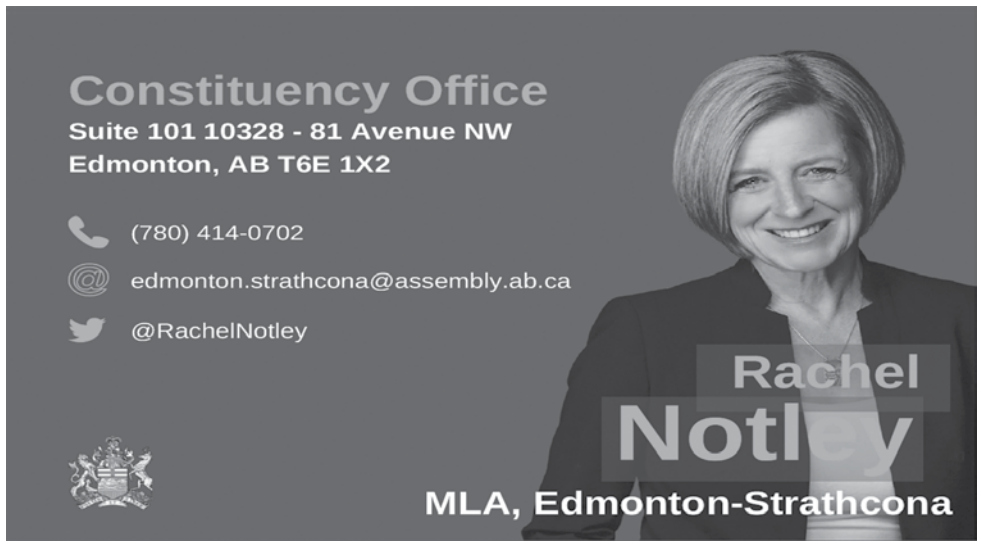
Annual Membership - 20% discount on Adult, Family, Child, and Youth/Senior Annual Memberships

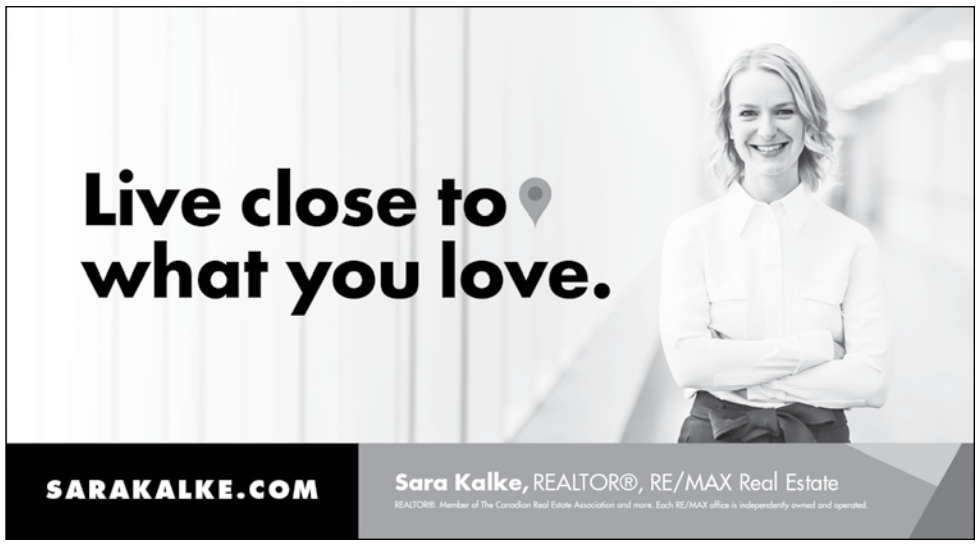
Multi Admission Pass* - 15% discount on our already discounted multi admission pass (5+ visits)

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

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

* Applies to new purchases only.





311 Hours of Operations Change

The hours of 311 are being reduced from 24 to 12 hours a day (Effective February 2, 2020). The new hours are from 7am to 7pm, seven days a week (closed on statutory holidays).

The changes to 311 hours are an effort by Council to deal with reduced revenues and to keep tax increases down for citizens. The compressed schedule will result in a slight increase in wait times.

Support for essential public safety and urgent bylaw calls will continue to be available after hours. Examples include; down trees, manhole cover off on arterial road, sinkholes, dog attack, parking related concerns, etc.

For additional information, please visit:

https://www.edmonton.ca/programs_services/service-311-contact-centre.aspx

We Are All In This Together

The past few weeks have been, to put it mildly, a whirlwind of emotions. COVID-19 was declared a pandemic on March 11, and since then it seems there has been hardly any time to breathe. However, it remains my priority - and that of all Council - to help Edmontonians through the challenges and social isolation that lie ahead.

The City of Edmonton continues to work closely with its partners to help alleviate the burden this crisis has taken on families. We have temporarily suspended fees at EPark curbside and lot stations, as well as suspended the need for fares on all Edmonton Transit buses and LRT. In addition, we are deferring payment for property taxes until August 31 from the June 30 deadline for those who need it. However, we are still encouraging all Edmontonians who can pay to do so on time.

We are doing everything we can as a City to limit the spread of COVID-19 and flatten the curve. However, this is bigger than us, and it's going to take every single Edmontonian working together to beat this virus. Now more than ever, I implore you to stay up-to-date with recommendations from Alberta Health Services, Alberta's Chief Medical Officer of Health, and the Chief Public Health Officer of Canada. Stay home if you can. Wash your hands like you just cut up a jalapeno pepper. Cough and sneeze into your elbow. And if you feel even a little bit sick, stay home and self isolate for a minimum of 14 days.

I know it's hard to self isolate and physically distance ourselves from one another. Self isolation is a huge issue for a lot of people when there isn't a crisis, so it's more important now than ever to remember to check in with yourselves and those around you. There are several ways we can combat social isolation. We are lucky to live in a time where it's easy to connect with people via technology - have virtual coffee dates with each other. Play board games, pull out an old puzzle or learn to cook.

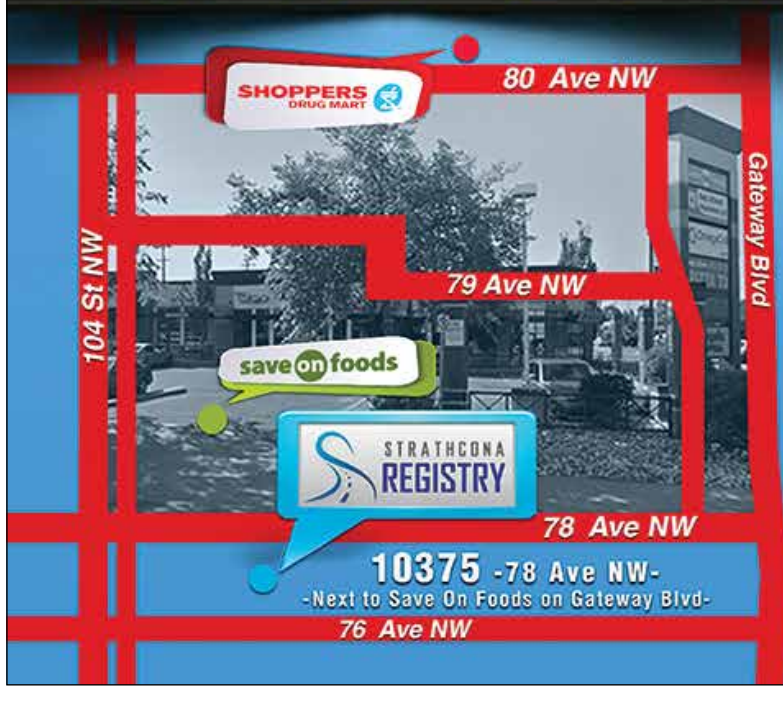
We also have more than 160 KM of trails throughout our river valley. Take this time to explore - just make sure you keep a safe distance from others. Getting outside and getting exercise does wonders for our mental and physical health, and I encourage you to do this as often and as safely as you can, while we can.

Remember, we are all in this together, and together, we can flatten the curve and get back to our normal routines as quickly as possible. For now, stay home and remember to support local businesses when you can, thank a healthcare professional and reach out if you need help.

My team and I are open for business and are always happy to hear from you - whether you want to thank a City employee for doing a great job or if you have any other civic concerns, please let me know. You can reach me via email at ben.henderson@edmonton.ca.

WE HAVE MOVED

STRATHCONA REGISTRY



HOURS OF OPERATION

MONDAY TO FRIDAY 8:30am to 7:00pm

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SUNDAY 12:00pm to 4:00pm

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15,000 HAPPY CUSTOMERS!

Hazeldean News

Hazeldean Board of Directors		
Interim President	Ryan Godfrey	president@hazeldean.org
Secretary	Maggie Smith	secretary@hazeldean.org
Treasurer	Lien Le Kavanagh	
Facilities	William Elgert	
Publicity	Rachel Sinn	communication@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	civics@hazeldean.org

Upcoming Events

We hope to have some fun summer events for the community once it is safe to do so!

Check out www.hazeldean.org for the latest updates on upcoming community events.

Support Local!

In these difficult times, please remember to support our local businesses if you are able. They really appreciate it!

Social Distancing

We are lucky to have the Mill Creek Ravine right in our neighbourhood! We ask that you please practice social distancing while out walking your dog or going for a leisurely stroll. Let's keep our natural gem safe for all to use!

Stay in touch!

Phone: 780-439-0847

Email: hazeldeanleague@shaw.ca

Website: www.hazeldean.org

Facebook: www.facebook.com/Hazeldean-Community

Twitter: @hazeldeanyeg

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

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

Our weekly activities are currently postponed until further notice. Thank you for understanding!

CASINO

Our Casino for May 6 & 7, 2020 has been cancelled. It will, however, be rescheduled when it is possible to do so.

Thank you to everyone who has signed up to volunteer! Our volunteer coordinator will be in touch with you once the new dates are assigned.

Take care!

Being grateful promotes happiness, a positive outlook

What are you grateful for? Maybe you've got a new car, bought a big-screen TV, or scored a promotion you've been wanting. It feels great—but only for a little while.

It turns out that our set happiness points are 50 per cent predetermined by genetics, 10 per cent by life circumstances and 40 percent by intentional activities and practices. This means that a huge part of what makes us happy is within our power to change.

Gratitude is one easy and well-proven skill that can actually help improve our set happiness point.

Practicing gratitude can help improve our mental health and reduce stress. It can help create a more positive outlook on life, which helps keep us more emotionally balanced. It can also help us pay attention to the good things in life and savour them. It prevents us from taking things for granted, and it helps train us to see more good things in life.

Here are some ways to be grateful:

Keep a gratitude journal. Make it a habit to think about positive or good things you are grateful for daily, and write them down.

Reflect through mindfulness, meditation or relaxation. Take time to be still and calm and focus on the present moment. List those things you are grateful for—maybe a sunny day, a hot shower, your home, a good friend, or a nice cup of tea.

Thank someone. Nurture your meaningful relationships. Send a thank-you card or leave a note to someone you are grateful to have in your life.

Give back. Return the kindness that someone has extended to you.

Practice small gestures. Sometimes all it takes is a smile, handshake or wave to express your thanks.

Share kindness to boost your happiness

Kindness is defined as the quality of being friendly, generous and considerate. Every day we hear stories about people trying to make the world a better place.

Together, we can make the world a little bit kinder for all of us.

Just one act of kindness a day can help reduce stress, anxiety and depression. It can also release feel-good hormones in your body, so you and the person you helped:

- Feel calmer, healthier and happier
- More loving and loved
- More energy, with less aches and pains

Kindness helps you and others by:

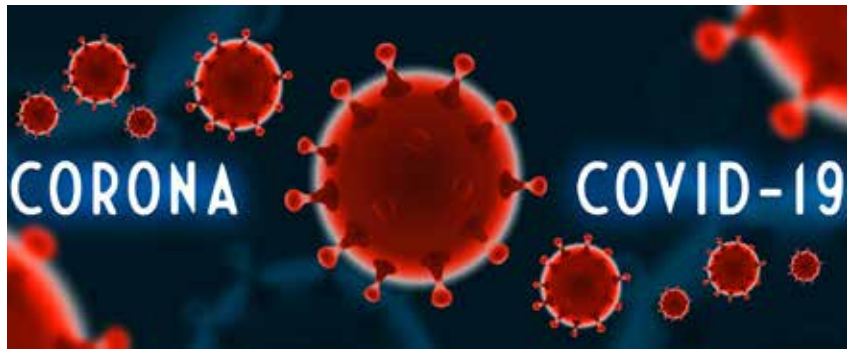
- Enhancing positivity
- Changing your perspective
- Creating a sense of community
- Helping us feel connected to others
- Reducing stress.

Simple ways to spread kindness:

- Volunteer
- Help a friend or neighbor
- Ask someone how they are feeling
- Offer support and encouragement to others
- Say good morning and smile
- Make someone laugh
- Be generous with compliments
- Leave a kind note for someone special.

Kindness is contagious. Pass it on!

New online tool to help determine need for COVID testing



CALGARY — Alberta Health Services (AHS) has developed a simple online assessment tool to help people decide whether they need to be tested for COVID-19.

Available at ahs.ca/covid, this tool asks questions about symptoms and takes users through steps to help determine whether they should call Health Link at 811 for testing.

"AHS teams have come together to ensure we are protecting each other and keeping Albertans healthy and safe. Health Link is an important tool for Albertans right now," says AHS President and CEO Dr. Verna Yiu. "Our staff are working to respond quickly to those who need to be assessed for COVID-19. This tool can help us reduce call volumes, keep the lines open for those with serious symptoms and reassure those Albertans who don't need testing right now."

If you have symptoms such as fever, cough and difficulty breathing, and have travelled outside Canada, or have been exposed to someone who has COVID-19, stay home and call Health Link at 811. If you are not seriously ill, do not go to a physician's office, a healthcare facility or a lab without consulting with Health Link first. Call 911, if you are seriously ill and need immediate medical attention and inform them you may have COVID-19. If you aren't sure, visit the online tool at ahs.ca/covid or go to alberta.ca/covid19 for more information.

"We all want to stop the spread of COVID-19. Identifying and isolating people infected with COVID-19 is a critical way to help stop the spread," says Tyler Shandro, Alberta's Minister of Health. "This tool will help you decide whether you need a swab to determine if you have COVID-19, without leaving your home, which can help us further contain the spread."

Alberta Health Services is the provincial health authority responsible for planning and delivering health supports and services for more than four million adults and children living in Alberta. Its mission is to provide a patient-focused, quality health system that is accessible and sustainable for all Albertans.

Source: Alberta Health Services (www.albertahealthservices.ca)

Ritchie News

Connect with Ritchie Community League

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

The land on which we live, work and play is Treaty 6 territory and a traditional meeting ground for many Indigenous groups. Today, it remains home to Cree, Blackfoot, Saulteaux, Métis and other Indigenous peoples. The Ritchie Community League acknowledges that we are all beneficiaries of this peace and friendship treaty.

BOARD

President: Cecilia Oteiza Ayres (president@ritchie-league.com)
Vice-president: Peter Willetts (vice-president@ritchie-league.com)
Treasurer: 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 Directors: 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
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 except in July and August. AGM and elections in May. Meetings are being held via Zoom web-based video conferencing during the COVID-19 crisis.

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

Residential speeds slowing down but remain faster than leagues wanted

By Alan Bolstad, Civics Director

On March 11, city council voted to reduce the speed limit to 40 km/h from 50 km/h on all residential roads in Edmonton. Council's decision followed the recommendation of both its administration and Edmonton Police Service.

Collector roads, like 76 Avenue and 96 Street in Ritchie, were excluded and will remain at 50 km/h.

Ritchie Community League, along with the Edmonton Federation of Community Leagues, had asked the city to reduce the speed limit to 30 km/h on residential roads and to 40 km/h on minor, two-lane collector roads like 96 Street and 76 Avenue.

Council didn't attempt to deal with minor collector roads. However, a proposal to drop the residential road speed limit to 30 km/h was put forward by Councillor Andrew Knack and supported by Mayor Don Iveson and Councillors Scott McKeen, Ben Henderson and Aaron Paquette. City administration and Edmonton Police Service opposed this change saying lt would lead to more complaints than they were prepared to handle. Consequently, this proposal failed on a vote of 8-5.

Councillors Bev Esslinger, Michael Walters and Sarah Hamilton opposed the move to 30 km/h but supported the change to 40 km/h, leading to a vote of 8-5 in favor. The other councillors, including Councillor Mike Nickel, who represents Ritchie, voted against all changes to the existing speed limits.

The new traffic speed is scheduled to take effect this summer.

A Ritchie solution supports local businesses

Overnight, businesses have been forced to close or move their commerce online. Those still operating have laid off staff as customers stay home to stop the spread of COVID-19.

liftinteractive, based in West Ritchie, felt the ripples. Its 32-person team designs web portals and online marketing for other businesses. As its clients' funds for self-promotion evaporated in mid-March, liftinteractive had to decide if it could keep its own people busy.

An emergency brainstorming session led one week later to thingsthatareopen.com, a website cataloguing small businesses that are adapting to doing business under increasing public health restrictions. They are listed by category and highlight service options: Online, Pickup, Delivery.

"Many of our clients were still open, but they weren't able to get the word out. We aggregated their information and built the site, repurposing some code we had from other projects," said Thorren Koopman, strategy director. "This way they don't have to spend money, but they still get traffic."

Within five days of launch, 600 Edmonton businesses had signed on and 7,000 visitors were checking it out each day. More cities were to be added in early April, including St. Albert, Calgary and Vancouver. Tweaks to make the site more searchable and more efficiently updated will follow.

Lifeinteractive is doing what it does best: making a business-focussed website and launching it with a full marketing plan to reach beyond its own client-base and attract customers to all business that sign up. Companies interested in being listed can apply on the site. There is no cost to be listed. Those costs are borne by the site's sponsors, liftinteractive as well as the Jim Pattison Broadcasting Group, Barricades and Signs, along with the City of Edmonton and local radio stations.

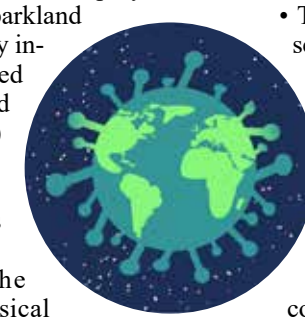
We can do our part too. Now, more than ever, it's important to spend our dollars locally. Doing so is another way to directly support our neighbours through a difficult time.

Among the Ritchie businesses still open at press time (some listed on thingsthatareopen.com and some not):

- Kind Ice Cream (pickup and delivery)
- Ritchie Pharmacy (limited hours and medication delivery)
- Farrows (pickup)
- Dawat Indian (pickup fresh-to-freezer meals for a week)
- City Fit Shop (online classes)
- Earth's General Store (curbside pickup)
- Derk's Formals and Uniforms (delivery)

Stay connected through this crisis

Ritchie Community League, like leagues throughout the city, closed its hall and rink and cancelled all programs and activities as the COVID-19 crisis escalated in mid-March. Since then, the city has closed the playground. Use of the adjacent parkland was permitted at press time by individuals not otherwise required to self-isolate at home provided they stay two metres (six feet) from each other.



Strange times indeed for an organization whose purpose is to bring people together.

From the beginning, the league determined that physical distancing, while critically necessary, would not break the community connections that make Ritchie such a great place to live. Here's how we're responding to the ever-changing situation:

- A Facebook group dedicated to connecting neighbours within Ritchie-- those who need help and those able to provide it--is live with 70+ members; search for Ritchie Community Assistance.
- Anyone not on Facebook or online can call Stephanie, one of our hardworking hall managers, to request assistance and she'll put you in touch with a volunteer who can help. Call 780-433-7137. (Helpers can volunteer by calling the same number or emailing: inquiries@ritchie-league.com)
- A COVID-19 Hub on the league's website is updated regularly with links to resources to help navigate the pandemic.
- Hall renters and program participants are issued refunds.
- Family ukulele lessons moved online.
- Dance classes were likewise making the transition to online instruction at press time.
- The next A Ritcher Speaker presentation: Adventures on Trail may also go ahead online. Updates will be posted to the league's website and electronic media channels.
- Solo Parents Edmonton continue to support one another on their Facebook group. Contact soloparentsyeg@gmail.com for how to join.
- The board is examining new spending guidelines for casino funds should this money be needed during the crisis.
- Taking advantage of the hall closure, the managers are giving it a good scrub and taking inventory. All tables, chairs, walls, inside cupboards, etc. are getting the royal treatment. It's going to sparkle when it reopens!
- May's AGM is postponed until further notice.

Let us know if there is something you would like to do or share with the community during this time. If you have an idea for an online workshop or presentation or if you would like to be involved connect with us!

We encourage you to follow the guidelines provided by various federal and provincial health agencies and all levels of government. Together, we can flatten the curve. Together, we will get through this.

Spike in break-ins

Break-ins in Ritchie have been in the double digits for four of the past five months.

February had the most with 20, according to the Edmonton Police Service Neighbourhood Crime Map at the end of March. Ten were reported in November, 16 in December and 19 in March. Only January broke the trend with eight, although that alone was above the yearly average for 2018 (six) and 2019 (five).

When Edmonton Police data analysts spot these trends, one of two things happen, says Const. Corinne Kline. Either the Crime Suppression Team will move in to root out the source of the problem or her own team of volunteers will go door-to-door to alert us of the heightened risk, sharing tips to keep our property secure.

Tips like The 9 PM Routine: Any time you park your vehicle, before you leave your house and before you go to bed check these things:

• Garage: Is it closed? Is it locked?

• Vehicle(s): Are the windows closed? Are there any valuables within sight? Are all of the doors locked?

• Home: Are all of the accessible windows closed? Are all of the doors locked? Are there any valuables within sight from the exterior?

The final tip: Report. Report. Report.

The more suspicious activity we notice and report, the easier it is for analysts to spot the trends and EPS to respond. Here's how:

• Crimes in progress: 9-1-1

• Suspicious activity: 780-423-4567

• Online (B&E, theft under $5000, vandalism): https://www.edmontonpolice.ca/ContactEPS/OnlinePropertyCrime

• Use EPS Mobile app (available on Google Play or the App Store)

• Call #377 on your mobile device.

• Phone Crimestoppers: 1-800-222-8477

• Text CRIMES (274637) with the message "TIP250" and details of your anonymous tip

• Crimestoppers Online: tipsubmit.com

Alberta Health Services

Emergency Medical Services

Bicycle Helmet Safety

Head injuries are the leading cause of serious injury and death to kids on wheels*. Most injuries occur when a cyclist suffers a fall, strikes a stationary object, or collides with another cyclist/pedestrian. Remember – it's the law in Alberta that cyclists under the age of 18 must wear a helmet (and highly recommended for all ages). Helmets should be CSA approved and worn during recreational activities such as skateboarding, in-line skating, and cycling.

Getting informed

- Wearing a helmet while cycling can prevent a serious injury, or even save a life;
- Brain injuries can cause permanent disability or death;
- Reduce your risk by always wearing your helmet;
- Replace any helmet that has been involved in a crash, even if it appears undamaged.

Getting started

- Allow children to assist when buying their helmet. Cyclists who choose their own helmet are more likely to wear them;
- Start the habit early. Young children learning to ride tricycles need to wear helmets;
- Parents must lead by example – always wear a helmet when cycling.

Getting the right fit

- Take the time to properly fit and adjust your helmet to ensure maximum protection in case of a crash;
- When worn properly, helmets should fit level, not tilted up, or down over the forehead;
- Helmets should feel snug, but not too tight. To test the fit, the helmet should not fall off when you shake your head from side-to-side while the straps are unfastened;
- Adjust the chin straps to form a "Y" below and slightly forward from the ears;
- Only one finger should be able to fit under the chin strap when it is fastened;
- Do not forget to use the sizing pads included with the helmet. They will help improve the overall fit, comfort and safety.

*Parachute Canada
http://www.parachutecanada.org/injury-topics/item/wheeled-activities1

www.albertahealthservices.ca

Neighbours helping neighbours call 780-433-7137

Dorothy has lived in Ritchie for 50 years. She was born in Nigeria. Trained as a nurse in England and worked at the University of Alberta Hospital for many years. Active in side projects while working, she stayed busy in the community after retiring, walking over to Ritchie Hall to take fitness classes or have fun with SCONA Seniors.

For the past two years though, she hasn't been going to the hall as often because walking is getting much more difficult. And now anxious times are sweeping the world.

As a former nurse, she's acutely aware of what our front-line workers are facing:

"I know what it is like and I know what the nurses are feeling and how frightened they will be even though they have to help."

Soon after the crisis began in mid-March, she telephoned the league for help. She has neighbours and a son on the city's northside who pitch in too. But the league was able to put her in touch with a volunteer to get her some groceries when she needed them.

She has a message for us in Ritchie: "Hang in there.

Pray for one another and leave things in God's hands. We should take care of each other, love each other. We should be united in this crisis."

This match-making service is available to anyone who needs it. Stephanie, the hall manager, is coordinating requests for help with willing volunteers. If you need assistance or would like to help, call the hall: 780-433-7137 Or email Stephanie at inquiries@ritchie-league.com.

A private Facebook group where you can ask for or offer help is also available for those online: Ritchie Community Assistance.

Can I still sell my house during the COVID-19 pandemic?

Many aspects of real estate transactions like meetings, property viewings, and open houses require interacting with numerous people. As we are facing a global health issue, knowing your risks and options is essential.

Real estate related services have been deemed essential by the Government of Alberta, so there is a chance that your real estate professional will still be hard at work.

Visit the COVID-19 page on the Government of Alberta website for daily updates and the most current information to help you assess your personal risk. Then, discuss your concerns with your real estate professionals, so you can work cooperatively on any precautions or adjustments needed to keep yourself and others healthy.

With physical distancing, it is important to minimize visits to your home in order to minimize the risk of infection for you and others. Options for you and your real estate professional to consider:

- using video to create a virtual viewing opportunity in lieu of having an open house, or to limit viewings to serious buyers
- screening potential buyers before scheduling viewings—ask about their health and recent status to determine the risk they pose to you
- placing conditions on viewings, such as the need wear masks and gloves.
- creating a plan for disinfecting your home after each viewing

If the risk to you and your family is significant, you may consider suspending or ending your listing agreement, or postponing it to a time when there is less health risk. If you choose to pull your property from the market, make sure all amendments, including agreements to relist at a later date, are put in writing.

Remember real estate transactions involve interacting with multiple regulated professionals. It is important to discuss any concerns, options, and preventative safety measures with every professional.

Make sure any waivers or contract clauses related to COVID-19 are reviewed by your real estate lawyer before agreeing to them and signing off.

RECA's COVID-19 consumer portal—COVID-19 for Real Estate Consumers—provides detailed information, including information for real estate buyers. This information will continue to be updated as the COVID-19 situation in Alberta evolves.

You've got questions. He's got answers.

Charles Stevenson is the Registrar at the Real Estate Council of Alberta. Charles knows that buying and selling a home can be confusing, but it doesn't have to be. "Ask Charles" is a question and answer column for consumers about buying and selling property in Alberta.

If you have a new question for Charles, please email askcharles@reca.ca.