

COMMUNITY LEAGUE NEWS SOUTH

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



April/May 2021

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Sprint to the finish

Well Ritchie, we got beat.

Exact totals were still being tallied when this went to print, but all signs pointed to Hazeldean claiming the title of Most Active League in the Move for Mental Health Challenge.

We knew it was a possibility when we threw down our snow mitts (aka gauntlet) in January.

"We did awesome but we were outdone by the 'deaners. Kris Skinner did an absolutely amazing job on this challenge. He single-handedly lit a fire under Hazeldean," says Dallas Bartel, Ritchie's director of communications. Ritchie was logging more than 3,000 km each week in

the final month--running, biking, walking--but we couldn't overtake our friendly foe, which went into the final week with a 4,572 km lead. The three-month challenge ended March 31 with final results posted to social media April 3. A total of 18 leagues participated, collectively releasing a lot of mood enhancing endorphins into the city! In a parallel challenge for Ritchie residents only, money was raised for i-Human Youth Society, Momentum Walk-In Counselling and The Mustard Seed (southside temporary shelter).

Take a breather, but stay fit. The bike challenge returns in June!

The Mustard Seed Moravian Shelter to the Community

On January 14th, the Mustard Seed opened a shelter space for the community, operating out of the Edmonton Moravian Church. This space was designed with a few things in mind; to provide 24/7 services specifically for women, to provide a smaller space with 20 beds separated by cubicles, and to ensure connections to housing was a main focus.

As of March 21st, the Mustard Seed has provided shelter at this location a total of 842 times. Wellness advocates, and housing outreach workers, are on site regularly, and 87% of the women using the space have expressed interest in being connected to housing supports, many going on to more permanent housing options. Along with advocates and housing workers, we have had a number of other programming including access to dental services, tax support, cultural supports, chaplaincy and lots of fun activities including games, and movies.

The cubicles have been very well received and the women have expressed appreciation for the increased privacy. Each cubicle has its own TV table, and chair which allows for their own space to read do activities, and generally just relax.

With this set up they are able to eat their meals with increased social distancing, and separation which has contributed greatly to pandemic safety measures.

Additionally, the guests have been used this space to post important information like calendars with appointment times, and use dry erase markers to write positive affirmations and goals. The cubicles safety, and comfort have offered the guests a chance to take a pause from living in the crisis state of homelessness.

As the demand for shelter in the city continues, we have been asked to extend our services at this location through the spring and summer. We continue to be grateful to the Government of Alberta who have funded this space. We know that many Edmontonians want to help their vulnerable neighbors, and we will continue to publish our needs on our website.

For any questions or concerns regarding the Moravian Shelter please contact:

Executive Director: Dean Kurpuweit – DeanKurpuweit@theseed.ca

Director of Programs: Kris Knutson – KrisKnutson@theseed.ca

Spring market sprouts on lawns

Ritchie and Hazeldean are having a Spring Market May 1 - 2 when you can set up shop outside your house.

You can offer haircuts, seeds to swap, crafts, even the song in your heart...whatever good, service or talent you want to showcase, for sale or for free.

This is being organized by the private Facebook group Ritchie & Hazeldean Buy, Sell, Trade, Swap, Free, Rent & Upcycle! If you want to be part of it, Facebook message Monica Grove Chattaway with: 1) your business name(s); 2) what you will do/sell at the market; and 3) the address where you'll have a presence. There will be a map made for the rest of to find you.



Leagues team up for pedestrians

By Allan Bolstad

Ritchie, Strathcona and Queen Alexandra community leagues met together with Pathways for People in March to discuss ways to ensure Whyte Avenue remains a vibrant area for pedestrians.

The informal coalition, along with Garneau, is planning to survey area residents to gauge



how they're feeling about what is happening on their streets.

All things infill

Learn all about infill at a free webinar April 17 presented by the Residential Infill Working Group. See what positive infill looks like at all phases of a project; learn how to recognize non-compliance and report it; find out what are the construction laws that builders must comply with and that the City must enforce; and see what the future holds for infill in the City Plan and proposed zoning bylaws. Register for the April 17, 10 a.m. session on eventbrite: RIWG Webinar: Achieving Positive Infill Construction for Everyone.



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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

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Past President	Maureen Duguay pastpresident@strathconacommunity.ca
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Civics Chair	Derek Kaplan civics2@strathconacommunity.ca
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Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Community & Neighbourhood Liaison	Cheryl West-Hicks 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 (virtual until further notice) 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 president@strathconacommunity.ca

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

The copy deadline for the June-July 2021 issue of Community League News South is May 24, 2021. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donna.fong@shaw.ca

Coldest Night of the Year

The Strathcona Community League team (captain Cheryl West-Hicks) participated in a virtual walk to fundraise for the Mustard Seed Coldest Night of the Year (CNOY) on February 20, 2021.

CNOY donations support the Mustard Seed's pandemic relief efforts in south Edmonton including their shelters, Dinner2D-

oor programs and supports for individuals and families experiencing homelessness or poverty. The league's virtual walk raised a total of \$2,330 including registration fees (\$345) from the participants in the Essentials® virtual demo classes held in February. Thanks to all walk and class participants for your contributions!

Battle of the Leagues Trivial Nights

The Rosenthal Community League invites 14 community leagues including Strathcona Community League to trivial nights this spring.

Family April Trivia - Battle of the Leagues (Virtual)

Saturday, April 17, 2021 from 6:30 pm to 7:15 pm

Join your fellow neighbours for family friendly, virtual trivia! Prizes included.

This virtual trivia event is best suited for children between the ages of 5 and 12 years old, and questions have been designed with them in mind - let them take the lead in answering! There will be two rounds of 15 questions each. No more than 45 minutes to play!

Register here: <http://bit.ly/FamilyTriviaYEG>

Battle of the Leagues - May Trivia (Virtual)

Saturday, May 15, 2021 from 7:30 pm to 8:30 pm

Join your fellow neighbours for virtual trivia! Prizes included.

Soccer Registration

Despite the uncertainties of what soccer will look like this spring, registration for the 2021 outdoor soccer season commenced on March 15th. The tentative start date for the season is May 15th. To must register, go to the Soccer Portal <https://emsasoccerportal.com/ui/> We need soccer coaches! If you're interested in coaching your kids for the outdoor season, please let us know! Contact Jenn or Cheryl at soccer@strathconacommunity.ca if you have any questions.

For more information, visit the Edmonton South East Soccer Association (ESEA) website <https://emsasoutheast.com/coachref/outdoor-season-information/>

Civics and Planning Report

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. To learn more about issues and proposed development projects, please contact Derek at civics2@strathconacommunity.ca

The league publicized the City of Edmonton's Notice of Public Hearing (April 7, 2021) on the website and email list on March 19, 2021 to con-

sider the proposed Bylaw 19599 & Charter Bylaw 19600 for the Bateman Lands, 8904 99 Street. The proposed DC2 Provision would allow for a mixed use mid-rise building with the following characteristics:

A maximum height of 34.0 m (approximately 8 - 10 storeys);

A maximum floor area ratio of 6.0;

Between 400 and 650 square metres of commercial space at ground level; and

Up to 190 residential dwellings, with at least 25% having two bedrooms and 8 having three bedrooms. The Strathcona Area Redevelopment Plan is proposed to be amended to update the building description in the already existing policy exemptions for this site.

Register here: <http://bit.ly/FamilyTriviaYEG>

Please keep in mind that the ESEA is continuing to follow the direction of the Edmonton Minor Soccer Association (EMSA) and Alberta Soccer under the guidance of Alberta Health Services, and plans are subject to change.

SCENARIO #1 - Return to Play (modified)

Similar to last outdoor season

Cohort limit of 50 (subject to change)

U13 to U19 scheduled by EMSA Main

No tournaments or post season play

SCENARIO #2 - Return to Soccer

Similar to 2019 season

Potential tournaments and post season play U11 & up

Move for Mental Health Challenge

As of March 28th, the Strathcona Community League (61 athletes) is in third place (17,130 km) behind Hazeldean Community League (110 athletes, 36,951 km) and Ritchie Community League (198 athletes, 35,917 km) for accumulated distance (km) in the Move for Mental Health Challenge (January 1-March 31, 2021). To view weekly results, visit <https://www.ritchie-league.com/results> Kudos to the league members and neighbours of 13 community leagues who joined their clubs on the

Strava app and sharing their activities (running, cycling, walking, skiing, yoga, resistance training, fitness, etc.) and achievements! Way to go, everyone! Thanks to Ritchie Community League for the creating the challenge, raising awareness of mental health supports, and setting up the donation page on CanadaHelps for three Edmonton charities - iHuman Youth Society, Momentum Walk-in Counselling, and the Mustard Seed (Edmonton) - to support Mental Health.




Michael JANZ
For City Councillor
ward papastew

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Spring Programs

As per the EFCL update of March 19, 2021, community league halls are to remain closed until Step 3 of the Government of Alberta's The Path Forward except *except for permitted activities approved by the provincial government. The Strathcona Community League hall continue to be closed for programs and rentals to comply with public health orders and to prevent the spread of COVID-19. Outdoor fitness and soccer activities will be scheduled in the late spring to follow public health guidelines and

requirements. To keep informed about future programs, activities, and events, please subscribe to the email list on the website <https://strathconacommunity.ca/>

Further to the Needs Assessment Survey of October 2020, the board of the Strathcona Community will be involved in long-term visioning and brainstorming about memberships, programs, sports and recreation, social events/initiatives, league amenities, and civics/engagement.



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How to become a member?

The SCCL is working hard to make our community a great place to live so please help us out by purchasing your membership one of the following ways:

E-TRANSFER: send an e-Transfer to payments@strathconacommunity.ca. If we don't have your details from last year's membership, also send an email to the payments address with the name(s) of adults in the household, your address and phone number. A receipt and membership card will be e-mailed to you.

ON-LINE (credit card): buy a membership online through <http://www.efcl.org/membership> (note: the EFCL charges a \$5 surcharge)

CHEQUE: You can mail or drop off a cheque to the Community League at 10139 87 Ave NW, Edmonton, AB T6E 2P3, enclosing a note that you want a membership. Include membership type (family, single, senior), names of adults in the household, home address and if desired email address.

If you have any questions, email membership@strathconacommunity.ca, or leave a voice message at the hall at 780-439-1501.

More about a membership

A membership year starts September 1st and ends August 3. The cost is:

Family \$20 – A family is any group residing in one household, acting as a family unit, with a maximum of two votes per household.

Single \$15

Senior \$5 An individual of 65 years or older.

Benefits of a Membership:

A voice on issues in our community (transportation, zoning, housing, etc.)

A connection to news and events in the

community (e-mail list, website, newsletter, Facebook, Twitter)

Social events like Winterfest, BBQs, Music Fest, Trivia Night (virtual)

Up to 20% discount at City of Edmonton Recreation facilities

Discounts on hall rental Children's soccer and skating

Access to Programs such as Zumba, Yoga, Pound Fitness, Urban Pole Walking and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop at Sco-na Market (10377 78 Ave)

Although most of our programs are on hold due to COVID-19, keep an eye on our website and/or emails as we occasionally have outdoor or virtual events.

Be a community league member and help make our community a better place to live.

Nickerson Roberts Holinski & Mercer

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Heather McPherson

Member of Parliament
Edmonton Strathcona

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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. Download the Edmonton 311 App to report concerns about winter road/bike lane maintenance, sidewalk maintenance, traffic lights and signs, litter, vandalism, tree damage, parking enforcement, and COVID-19 general complaints.

Albertans and Alberta businesses must fol-

low the orders issued by the provincial Chief Medical Officer under the Public Health Act. For complaints on self-isolation restrictions, mass gatherings, workplaces or businesses not complying with closures, please visit the Alberta Health Services (AHS) Environmental Public Health site <https://ephisahs.microsoft-crmportals.com/create-case/> or call 1-833-415-9179.



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Argyll News

Argyll Community Centre is closed



All indoor activities at the hall continue to be in suspension. Appointments will be required to enter the building. All regular programming has been suspended until further restrictions are lifted. Our facility manager can be contact-

ed if you have any questions at 780.466.8166 – where you can leave a message.

We hope to be able to announce a resumption of programming later in the year. Until then we hope you are patient and being safe.

City of Edmonton Recreation Centres and Pools

The City of Edmonton continues to respond to the COVID-19 pandemic in a way that keeps Edmontonians as safe as possible. Changes to City services and facilities will continue to be reflected across <https://www.edmonton.ca/> including the most up-to-date information on this page.

Some indoor fitness opportunities will open for the general public to participate in low-intensity group and individual fitness activities. The following schedule of amenity openings are subject to change depending on the availability of resources or further provincial announcements:

- Kinsmen Sports Centre
- Commonwealth Community Recreation Centre
- The Meadows Community Recreation Centre
- Terwillegar Community Recreation Centre
- Clareview Community Recreation Centre

For information about activities, membership prices, and COVID19 guidelines and requirements, visit https://www.edmonton.ca/activities_parks_recreation/recreation-leisure-centres-pools.aspx

Low intensity fitness programs and ac-



tivities in facilities are open for registration or booking through <https://movelearnplay.edmonton.ca/> Low-intensity activities are defined by being able to breathe and talk easily while engaged in the exercise. These include yoga, Pilates, treadmill walking, all cardio and strength training equipment at a low intensity. Weight and cardio equipment will be available for low-intensity workouts.

The pools at Kinsmen Sports Centre are open for gentle water aquafit classes. All other aquatic facilities remain closed. Residents are required to reserve a time slot through <https://movelearnplay.edmonton.ca/> Drop-in visits are not permitted.

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.

Our 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.

EJCA Web Site

Our community partners, the Edmonton Japanese Community Association have a new web site.

You can find all sorts of useful information

about their activities, festival events, programming, and clubs by visiting their newly redesigned site. It's also mobile friendly. www.ejca.org

Information about COVID-19

Stay up to date on current information from reliable websites:

Alberta Health Services

<https://www.albertahealthservices.ca/top-ics/Page16944.aspx>

Government of Alberta

<http://alberta.ca/covid19>

City of Edmonton

<http://edmonton.ca/covid19>

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Hazeldean News

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Dear Hazeldeaners

Reporting crime:

If you come across and suspicious activity or have had your home or car broken into please report it! The more the reporting the better chance of having police presence in our area.

Speeding:

It has come to the community leagues attention that speeding has become a

major issue in the area; especially around the school and down towards argyll. The bright lime green "drive safe" trucks have been present in the area with hopes this will help people slow down.

Please slow down; with the weather getting warmer the foot traffic will increase and we need to keep everyone safe.

Thank you!



Hazeldean Spring Green Space Clean-up

Come join your fellow Hazeldeaners on Saturday, April 24th, 1-4pm for a spring clean-up!

Let's get together to pick up garbage and dog poop that's accumulated over the winter.

Meet in front of the Hazeldean Drug Mart on 66 Avenue at 1pm.

We'll start with the schoolyard and Green Belt, and see how far we get. Buckets, garbage bags, and disposable gloves will be provided. It's a dirty job, but you will be rewarded! Local businesses have donated gift cards for participants!

Let's tidy up our community green spaces for everyone to enjoy!

Our generous local business sponsors include:

Biera on 76 Ave. biera.ca

Doughnut Party on 76 Ave. doughnut-party.ca

Bone and Biscuit on Gateway Blvd. boneandbiscuit.ca/location/gateway-boulevard/

Hazeldean Drug Mart on 66 Ave. hazeldeandrugmart.ca

For more information, contact Ian at vice.president@hazeldean.org



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Ritchie News

Connect with Ritchie Community League

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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: Avnish Nanda (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: dallas Bartel (communications@ritchie-league.com)
Community Engagement Directors: Seghan MacDonald (community-engagement@ritchie-league.com)
Events Director: Dan Tyrkalo (events@ritchie-league.com)
Facilities Director: Ed Retzer
Green Initiatives Director: Kyle Kasawski (environment@ritchie-league.com)
Hall Revitalization Director: Jeff Ollis (hall-revitalization@ritchie-league.com)
Membership & Volunteer Director: Erin Frazer (volunteers@ritchie-league.com)
Programs Director: Dee Godbout (programs@ritchie-league.com)

Soccer Director: VACANT

Rink Director: Leonard Wampler

Director-at-large: Dan Munch

Director-at-large: Nigel Greenways

MONTHLY MEETINGS

Board meetings are 7 p.m. on the first Thursday of every month. They will be held in-person when health restrictions allow, via Zoom otherwise.

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

Hall Manager: Kara Fenske (inquiries@ritchie-league.com)

Website: www.ritchie-league.com

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

Twitter: @RitchieYeg

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

50/50 draw May 1

Ritchie Community League is fundraising for a new multipurpose facility to provide the community with a more comfortable, accessible and efficient way to connect year round. After the limitations on fundraising and restrictions on events and in-person activities we've endured this year, we NEED new revenue. That's where this raffle comes in. Please show your support for RCL by buying tickets! The winner gets half, and all proceeds go directly towards our new Hall. Tickets are on sale online at rafflebox.ca through April. Find the link on our website and social media. Draw date is May 1.

Subscribers make up funding shortfall?

You already know Ritchie rocks! We're in an enviable location in the heart of Edmonton, and we have an active board of volunteers that, even during this difficult year, made the most of our facilities and created activities for people of all ages.

However, recent global events and provincial budgetary changes are severely restricting our ability to generate sustainable revenue, impacting both our short-term and long-term projects.

Whether it's new innovative and inclusive programs/events or the maintenance and revitalization of our facilities, we need your support.

And so, we encourage you to take out a Ritchie Crew subscription. We believe you'll find value in supporting the league with a monthly fee. With different tiers, there is an amount to suit your financial circumstances, and in return, you'll receive interesting and unique merchandise and experiences to enjoy like our latest T-shirt.

Every supporter that resides in Ritchie will receive an annual community league membership (which by itself brings many benefits) as well as an exclusive discount card, which can be used at many generous Ritchie and area local businesses.

We believe our subscription model is a creative and affordable way to grow and support all that the league does, while spreading a little Ritchie pride. If you agree, become a Ritchie Crew subscriber on our website.

Together, we can make sure Ritchie continues to rock.

Outdoor soccer registration open

By Kane Dozorec

Planning for the outdoor soccer season is underway in anticipation of health restrictions being eased as soon as conditions allow. You can still register! Go online at www.emsa-southeast.com. Don't forget your 2020-2021 league membership (available with all Ritchie Crew subscriptions). If you have a soccer question, e-mail: soccer@ritchie-league.com. GOOOOAAALLLLL!

Hall opens...only to Kids Danse

Alberta Health began allowing youth group fitness back in February, but Ritchie is taking a cautious approach to welcoming its programs back. The league didn't open its hall until April 6 and then only for kids dance classes. Attendance is capped at nine students. Masks are required throughout the activity and parents will be asked to drop their children off to

further limit people mixing. There are Sunday classes for 4-5 year olds (\$50 for six 45-minute classes) and 6-9 year olds (\$60 for six one-hour classes), and weekday classes for homeschooled. For more information (and to see if there is still room in a class), e-mail the instructor, Isabelle: irousseau.moveandbe-moved@gmail.com

RCL Youth Group online

The RCL Youth Group meets Mondays and is open to youth 10 - 15 who live in Ritchie. Join us to play games over Zoom.

E-mail Contact Emilea: ebartelritchie@gmail.com or ask to join our private Facebook group.

Station lands under scrutiny

A proposal to add a seven-storey, 125-unit residential building south of the historic CP Rail Station on Gateway Boulevard (now MKT Market) and a three-storey sea-can market to the north will go to a public hearing before city council May 18.

Beljan Development, which owns the land, including the station building, also wants to lease the adjacent city park on the corner of Gateway and Whyte Avenue. But to do so, city council will have to remove the park's municipal reserve designation (which prevents it from being leased). The public hearing will be for a rezoning application (for the residential building) and to change the park land's designation. The historic station will remain a protected historic resource. Plans for the area are fully detailed online at <https://engaged.edmonton.ca/stationflats>

The city is concurrently proposing changes to the roadway at this location. (https://www.edmonton.ca/projects_plans/roads/gateway-boulevard-reconstruction-and-rehabilitation.aspx)

RCL provided the following feedback after city planners and Beljan presented their plans at the league board meeting in March:

RCL is concerned that if the parkland is even temporarily reclassified, it may leave west Ritchie very short of green space;



RCL would like thought be given to how pedestrians can walk through the site north/south, as well as east/west south of the historic station via a through route connecting Ritchie and Queen Alexander neighbourhoods;

RCL is concerned with how the changes at this corner mesh with the city's future plans for LRT down Whyte Avenue;

RCL wonders if traffic congestion management has been anticipated by the influx of visitors and residents, service vehicles needing access to the site, and right-turning traffic at Gateway Boulevard onto Whyte Avenue if the intersection is redesigned.

RCL is concerned that the spring-blossoming trees now in the park will be removed to make changes to the park and adjacent roadway.

Public hearing for 12-storey tower expected

Expect a public hearing this spring into a rezoning request for the corner of 99 Street and 80 Avenue to allow a 12-storey building. The current rules restrict buildings to four storeys.

Latitude Consulting and Casia Developments presented a concept plan at Ritchie's March board meeting for the tower which will mix residential with ground-floor commercial space.

The five-lot site would see the narrow tower extended with additional residential buildings stepping down to six-storeys with space for a small park between them, open to the public. The development would bring 200 residential units to the area, including the city-required five per cent for affordable housing, and provide



vide 160 stalls of underground parking. Latitude's Michelle Ouellette welcomes questions from the community. E-mail: michelle.ouellette@icloud.com

AGM postponed

Due to continuing public health restrictions on indoor gatherings, the RCL board voted in

March to postpone its AGM to August 26 from May.

Temporary shelter closed

The temporary homeless shelter at the Cessco building on 75 Street was expected to close by March 31 (after this went to print). Clients needing a place to sleep for the night were expected to be directed to the women's shelter (20 beds), Trinity Lutheran Church (45 beds) and Knox Evangelical Free Church (33 beds). The Neighbour Centre was to re-open to provide support services, accessible during daytime hours. Only the women's shelter and Knox church are able to provide 24/7 services like the Cessco site did.

Says Allan Bolstad, RCL's civics director, "This will be more of a patchwork response

again this summer, so we can expect to see more outdoor camps and lots of panhandling."

The Cessco shelter assisted eight of its 5,566 visitors in February find secure housing. (Updated stats will be published in April at <https://theseed.ca/southside>). Each of the newly housed will have a support worker mentor them for one year, helping them speak with their landlords and checking in to see how they are doing. It is hoped that this extra support will ensure they are able to maintain housing past the transitional year, says Meghan Shurring, the Mustard Seed's director of community development.

What's next Book Club?

Join the RCL Book Club and discuss award-winning, independent Western Canadian literature with other bibliophiles. We meet over

Zoom every two months to discuss the latest title. Join now and have a say in choosing the next title. E-mail Erin: eefraser@ualberta.ca

Help make Ritchie THE place to be

By David Woo

We're looking for ideas to help Ritchie residents get out, be active and enjoy the outdoors this summer. It could be an event (COVID-safe, of course), a project, a challenge, a recurring activity or anything to help the good folks of Ritchie get outside and engage with their neighbours and community. If you want

to help plan a great Ritchie summer, please join us May 13 at 7 p.m. for Ritchie's Healthy Communities virtual workshop. We will also have other COVID-safe, healthy, fun outdoor activities starting in April. To sign up for the May workshop, please e-mail HforH@ualberta.ca with "Ritchie's Healthy Communities Workshop" in the subject line.

Birds, bees, bats...oh my

Friends of Ritchie flocked online this spring to learn how to be good stewards of our urban environment. There were four sessions: one each on birds, bees, bats and amphibians. Organized by the community league, the seminars were presented by biologists Steve Ku-

lak, co-owner of The Wildbird General Store, Meghan Jacklin with the Edmonton and Area Land Trust, Erin Low with the Alberta Community Bat Program, and Kris Kendell with Alberta Conservation Association. Thank you to our presenters and all who joined them.

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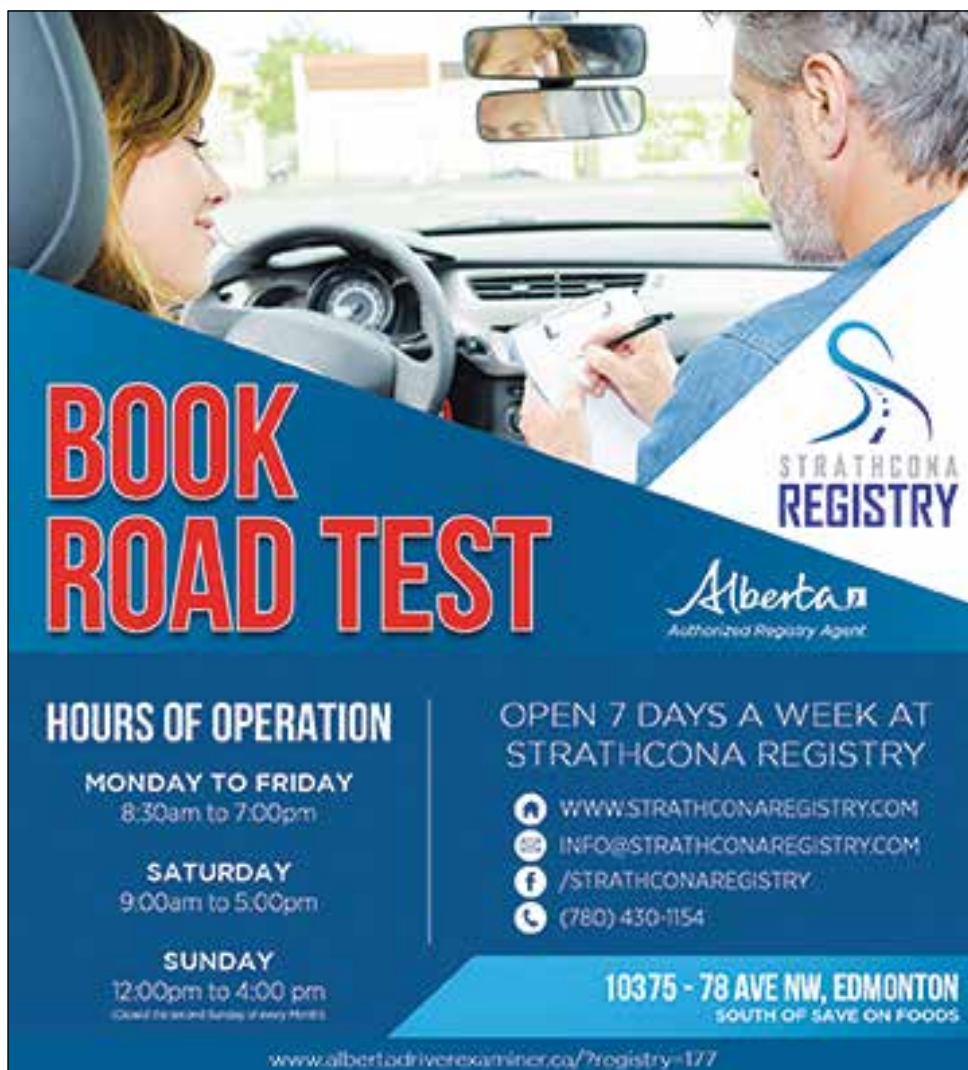
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Help for a common skin disease

April is Rosacea Awareness Month. Rosacea (say "roh-ZAY-shuh") is a common skin disease that affects people over the age of 30. It causes redness on your nose, cheeks, chin, and forehead. Some people get little bumps and pimples on the red parts of their faces. Rosacea can also cause burning and soreness in your eyes.

If your rosacea bothers you or has gotten worse, talk to your doctor. Getting treatment can help your skin look and feel better. And it may keep your rosacea from getting worse.

What causes rosacea?

Experts are not sure what causes rosacea. They know that something ir-

ritates the skin and affects the skin's immune response. It tends to affect people who have fair skin or blush easily, and it seems to run in families.

The pattern of redness on a person's face makes it easy for a doctor to diagnose rosacea. Most of the time medical tests are not needed or used.

Rosacea often flares when something causes the blood vessels in the face to expand, which causes redness. Common triggers are exercise, sun and wind exposure, hot weather, stress, spicy foods, alcohol, and hot baths. Swings in temperature from hot to cold or cold to hot can also cause a flare-up. Rosacea is not caused by heavy alcohol use, as people thought in the past. But in people who have rosacea, drinking alcohol may cause symptoms to get worse.

What are the symptoms?

People with rosacea may have:

- A flushed, red face with sensitive, dry skin that may burn or sting.
- Small bumps and pimples or acne-like breakouts.
- Skin that gets coarser and thicker, with a bumpy texture.
- Dry, red, irritated eyes.
- In rare cases, untreated rosacea may cause permanent thickening of the skin on your face or loss of vision. Most cases don't progress this far.

How is it treated?

There is no cure, but with treatment, most people can control their symptoms and keep the disease from getting worse.

Learn what triggers your flare-ups.

It can help to keep a diary of what you were eating, drinking, and doing on days that the rosacea appeared. Take the diary to your next doctor visit, and discuss what you can do to help control the disease.

Your family doctor or a dermatologist can also prescribe treatments to reduce redness and breakouts.

Redness and breakouts can be treated with:

- Pills, such as low-dose antibiotics like doxycycline.
- Skin creams that contain medicine, such as azelaic acid or metronidazole.

Redness from tiny blood vessels can be treated with lasers and another light treatment called intense pulsed light (IPL).

Dry, sensitive skin can be protected with products for sensitive skin, such as moisturizers and sunscreen. Stay out of the sun between 10 a.m. and 4 p.m. When you are outdoors, protect your face by wearing a wide-brimmed hat or visor. Use a sunscreen that is rated SPF 30 or higher every day. If your skin is dry, find a moisturizer with sunscreen.

Dry, red, and irritated eyes can be treated with artificial tears or prescription eyedrops that contain a medicine such as cyclosporine.



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!

Are you looking for ways to improve your communication and leadership skills?

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email: yclubtoastmasters@gmail.com

Facebook: **The Y Club Toastmasters**

Website: <https://2478.toastmastersclubs.org/>



Ben Henderson

Councillor, Ward 8

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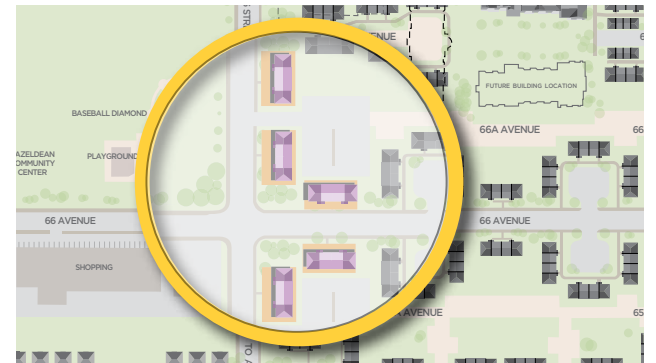

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