

COMMUNITY LEAGUE NEWS SOUTH

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



October/November 2021

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Hazeldean CL Annual General Meeting

Join our AGM virtually!

Oct 5, 2021 7:00 PM

Join Zoom Meeting

<https://us06web.zoom.us/j/82166491740?pwd=WjV2TVJHdVZkV1gzeK5XZ3F3Z214dz09>

Meeting ID: 821 6649 1740

Passcode: FtKZ4s

For voting purposes, you'll need a valid community league membership. If you've already got one, please hold it up to your camera when you join the meeting so we can jot down the number to register you! If you're in need of a membership, they can be bought at the Hazeldean Drug Mart or our neighbourhood Dairy Queen.

Edmonton 2021 Municipal Election

Council candidates: in their own words
11 candidates for mayor.

6 candidates for Edmonton Public School trustee for Ward 6.

1 candidate for Edmonton Catholic school trustee for Ward 75.

7 candidates to represent Ward Papastew (pronounced pah-pah-STAY-oh) on city council.

That's a lot of rhetoric and promises to parse through before the municipal election October 18. Ritchie Community League had planned an in-person election forum until COVID forced us to cancel. But we did ask the council candidates why they are running and collected their answers on video. You can view them on YouTube: <https://www.youtube.com/watch?v=YVrXyp66Yr0>. Here's a brief synopsis:

We were not able to connect with candidate James Cameron.

HARUUN ALI: People are tired of the same old politicians getting in, keeping the same old systems running that have failed them whether that's policing, transit, housing or dealing with the opioid crisis. We need someone young, with vision and willing to try new things. We need municipal action (and federal and provincial action) on climate change, because every thing we move forward on as a city council will affect climate change.

SUSAN FIELD: To listen to communities bet-

ter and build business in the city at the same time as moving toward a greener future.

KIRSTEN GOA: To do politics differently by working across different interests, not just within polarized politics, and the city is where we do that collaboration. To address the biggest challenges facing us: climate crisis, economic transition and the gap between those who have and have not.

MICHAEL JANZ: To bring animated resistance in standing up for Edmonton and get a fair deal for our neighbours on transit, the river valley and public services.

TARCY SCHINDELKA: I have watched my services drop while my taxes continue to go up. There has been a lot of prioritizing that isn't actually effective for residents.

BYRON VASS: We need to act right now on the climate emergency. The divisions in party politics are counterproductive; municipal politics is actually the way to get things going. It's a global issue but the city can do a lot that, while not solving the climate crisis, can establish us as a leader, and there are economic benefits to that as well.

For complete lists of candidates for each race and to find out where your polling station is and when advance polls will be held, go to the Edmonton Elections website: https://www.edmonton.ca/city_government/edmonton-elections

Edmonton Elections

The next 2021 Edmonton Election will be held on Monday October 18, 2021, when voters will elect:

1 Mayor

1 Councillor for each of the 12 City of Edmonton wards

1 Edmonton Catholic Schools Trustee for each of the 7 wards or 1 Edmonton Public Schools Trustee for each of the 9 wards

Advance Voting will take place from October 4 to 13 including Thanksgiving Monday (October 11). For more information, visit https://www.edmonton.ca/city_government/edmonton-elections

To learn more about wards and boundary changes, visit https://www.edmonton.ca/city_government/municipal_elections/civic-election-maps

Argyll Neighbourhood Improvements

A lot of work has been undertaken this spring and summer to move forward on three improvements to the neighbourhood which were voted upon in 2017 and approved by the Community League membership.

The first is continuing work on a Community Garden. This project has been prepared by a team of volunteers since 2019 and was put on hold when the City reduced staff. This spring work resumed on fundraising for the project as well as continuing negotiations with the City regarding its location. The design and layout for the space is ongoing while the City works to re-purpose the park space we are requesting. This repurposing stage will also include future public consultations.

The second is a Basketball Court. As with our Garden plan this work is continuing in dis-

cussions with the City about ensuring it is in the right place and harmonizing it with all the other recreational activities in our neighbourhood. Some public outreach is also planned, along with fundraising opportunities, land allocation, and collaborative design with the City to ensure they can maintain the court. Our community partners will take a significant role in making this installation a success.

Thank you to everyone who responded to our survey regarding the design and installation of new street signs throughout the neighbourhood. The City's traffic and street people are going to comment on our request. The successful selection process, with considerable input from more than 100 residences, was presented at our AGM in September.

SCCL | Restrictions Exemptions Program

The Strathcona Centre Community League (SCCL), located at 10139 – 87 Ave., Edmonton AB, as an in-scope facility, is voluntarily entering into the Province of Alberta's Restrictions Exemption Program (REP). Under the program, anyone entering the facility must provide proof of vaccination or proof of medical exemption. Negative COVID test results will not be accepted. Further, and

in addition to the provincial requirements anyone entering the facility must complete a waiver. Rentals for Social events will not be entertained until the cessation of the REP. To visit the Province's webpage detailing the terms of the program (updated September 24, 2021), visit <https://open.alberta.ca/publications/covid-19-information-requirements-for-restrictions-exemption-program>

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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	Delianne Meenhorst president@strathconacommunity.ca
Past President	Maureen Duguay pastpresident@strathconacommunity.ca
Vice-President	Nathan Carroll vicepresident@strathconacommunity.ca
Treasurer	John de Haan treasurer@strathconacommunity.ca
Secretary	Jennifer Dube secretary@strathconacommunity.ca
Membership Co-Chairs	Sally Hammell Bernie Roessler membership@strathconacommunity.ca
Communication Chair	Jenn Costigan communication@strathconacommunity.ca
Programs Chair	Donna Fong programs@strathconacommunity.ca
Social Chair	Nathan Carroll social@strathconacommunity.ca
Soccer Co-Chairs	Jenn Costigan Cheryl West-Hicks soccer@strathconacommunity.ca
Civics Chair	Derek Kaplan civics2@strathconacommunity.ca
Building and Grounds	Brian Moffat grounds@strathconacommunity.ca
Green Initiatives	Kasia Kaputa green@strathconacommunity.ca
Community Garden Chair	Daniel Auger garden_co@strathconacommunity.ca
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 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 <https://www.facebook.com/StrathconaCL/>. Follow on Twitter @StrathconaCL Instagram @strathconaleague

The copy deadline for the December 2021-January 2022 issue of Community League News South is November 22, 2021. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca

Social Gatherings

Due to the current status of COVID-19, the Strathcona Community League will not be holding any pub nights and drop-in play-groups this fall season. Forthcoming dates will be announced when it is possible to socialize indoors safely.

The Annual Community League Day Fall BBQ

was a successful outdoor event on Sunday, September 19. It was great to see community members gather safely for socializing, free food and beverages, and outdoor activities including pickleball. Thanks to the volunteer league servers and to TELUS for the cotton candy, duck plush, and sunglass giveaways.

Strathcona CL Annual General Meeting

The Annual General Meeting of Strathcona Community League will be held online on Monday, November 8, 2021, starting at 7:30 pm-9:00 pm. The AGM is open to league members and community residents. Meeting business will include approval of minutes of the AGM of 2020, review of the 2020-2021 financials, director and committee reports, board elections, and 2021-2022 operating budget. For those interested in serving on the board of directors, please contact Delianne Meenhorst, President, at president@strathconacommunity.ca

The league is seeking nominations for the following positions to serve two-year terms unless otherwise noted:

- Building & Grounds
- Communications
- Green
- President (1-year)
- Social

We will also be looking for the non-board role:

- Grant writer

Please refer to the website <https://strathconacommunity.ca/> for any updates.

Soccer News

The Strathcona Community League had a total of 87 players on seven teams for the 2021 outdoor season. Our U11 girls team was amalgamated with a Mill Woods team due to a low number of players in the south east.

We had incredible volunteer coaches again this year. Many thanks to the following volunteers for their time and dedication to our kids:

Emma Banfield, Leslie Caffaro, Russell Cobb, Blair Dickout, Regan Cyr, Jackie Elyas, Chris Engelman, Jesse Enns-Power, Chris Hodge, James McKee, Dwayne Nelson, Lauren Razeau, Mike Phillips, Bernie Roessler, John Storey-Bishoff, Diane Strickland

The 2021-2022 indoor soccer season will



proceed after the Edmonton Minor Soccer Association (EMSA) and Edmonton soccer facilities confirm the process for the Restrictions Exemption Program. Link to EMSA COVID guidelines as of September 20, 2021:

<https://emsasoutheast.com/wp-content/uploads/2021/09/EMSA-COVID-GUIDE-LINE-2021-2022-Indoor-Season-September-20-2021-1.pdf>



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Fall League Programs

The Strathcona Community League is pleased to offer the following indoor fitness programs this fall subject to the requirements of the Province of Alberta’s Restrictions Exemption Program. While the payment for registration fees by eTransfer is preferred, it is acceptable to bring a cheque payable to “Strathcona Community League” or cash to the start of the class. Updates and any new programs will be announced on the league website, social media, and members social list.

Flexibility, Mobility & Strength with Essentrics®

Fall Session I continuing
Mondays, October 4, 18, 25, November 1, 8
No class on Thanksgiving Monday, October 11
11:00 am - 12 noon
Drop-in: \$14.00 per class

Essentrics®

Mondays, November 15-December 20
6 weeks
11:00 am - 12 noon
Registration: \$72.00
Drop-in: \$14.00 per class
Description: Essentrics is a fully body workout that rapidly tones and shapes your muscles through a dynamic combination of stretching and strengthening. The technique develops lean, strong and flexible muscles with immediate improvements to your posture and range of motion. Perfect for men and women of all fitness levels, this program rebalances the body, prevents and treats injuries and unlocks tight joints. With enjoyable music, this no impact, equipment free workout leaves you feeling energized, youthful and healthy.

Christine Prokop is a Certified Essentrics level 3 Instructor. She has taught fitness classes in Edmonton for the past several decades and fell in love with Essentrics a few years ago. “Fitness is a must do - We have to keep moving and challenging ourselves in order to keep doing the things we want to do.” Requirement: Valid Community League membership (any league).

To register, contact instructor Christine Prokop at cprokop@telus.net or phone 780-818-

9158 and copy programs@strathconacomunity.ca.

Fee: Send payment by e-Transfer to payments@strathconacommunity.ca

Gentle Yoga

Fall Session I continuing
Mondays, October 4, 18, 25
No class on Thanksgiving Monday, October 11
6:00 - 7:15 pm
2nd floor hall
Drop-in: \$14 per class
Fall Session II
Mondays, November 1 - December 13
6:00 - 7:15 pm
7 weeks
2nd floor hall
Registration fee: \$84.00
Drop-in: 14 per class

Hatha Flow Yoga

Fall Session I continuing
Thursdays, Oct 7, 14, 21, 28
9:30 am - 10:45 am
\$14 - Drop-In
Fall Session II
Thursdays, November 4 - December 16
9:30 am – 10:45 am
7 weeks
2nd floor hall
Registration fee: \$84
Requirement: Community League membership required (any league). Bring your own yoga mat and props.

Description: Yoga is a holistic practice that can open and strengthen your body, revitalize your energy, and bring peace to your mind. Gentle Yoga and Hatha Flow 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. Corinne lives in Old Strathcona and has been teaching yoga for over 16 years.

To register, contact instructor Corinne McNally at corinne@lotusmoonyoga.ca, phone 780-239-6164, and copy programs@strathconacommunity.ca.

Website: www.lotusmoonyoga.ca

Fee: Send payment by e-Transfer to payments@strathconacommunity.ca

Pound Fitness

Fall session I continuing
Mondays, October 4, 18, 25
No class on Thanksgiving Monday, October 11
7:45 - 8:45 pm
2nd floor hall
Drop-in: \$14 per class

Pound Fitness

Fall Session II
Mondays, November 1-December 13
7 weeks
7:45 - 8:45 pm
2nd floor hall
\$84.00
Drop-in: \$14 per class
Requirement: Valid Community League membership (any league). Please bring two yoga mats if possible.

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 with the RipStix.

Melanie Kidder is a certified Group Fitness Instructor and is inspired by students and followers in her Let’s Get Active Cimmunity,

To register, contact instructor Melanie Kidder at melstrand_5@hotmail.com, phone 780-722-7558, and copy programs@strathconacommunity.ca

Fee: Send payment by e-Transfer to payments@strathconacommunity.ca

Zumba Fitness

Fall Session I continuing
Wednesdays. October 6, 13, 20, 27
6:30 - 7:30 pm
2nd floor hall
Drop-in: \$14 per class
Zumba Fitness
Fall Session II
Wednesdays, November 3-December 15
6:30 - 7:30 pm
2nd floor hall
Registration: \$84.00
Drop-in: \$14 per class
Requirements: Valid Community League

membership (any league).

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 over eight years. She is licensed to teach many Zumba formats from Zumba Kids to Zumba Gold and everything in between.

To register, contact instructor Melanie Kidder at melstrand_5@hotmail.com, phone 780-722-7558, and copy programs@strathconacommunity.ca

Fee: Send payment by e-Transfer to payments@strathconacommunity.ca

Community-based Restorative Yoga/Meditation Tuesdays

Continuing until December 14
9:30-10:45 am
2nd floor, Strathcona Community Hall
\$15 Drop-in Fee

Requirements: Community league membership (any league). Bring your own yoga mat.

Description: With a fusion of gentle restorative yoga, joyful exploration, and calming-mindfulness meditation we will share a morning each week in a safe space. Give yourself a renewing shot of peace, clarity and body-release that will follow you throughout your week.

Certified Yoga Instructor Laura Harvey has been teaching restorative, reflective and insightful yoga since 2002. In addition, Laura owns Insightful Connection (Mental Health Practitioner/Meditation Facilitator) and Inspired Mental Performance (working with athletes to discover their true potential).

www.insightfulconnection.com

www.inspiredmentalperformance.com

To register, please email instructor, Laura Harvey at lauraharvey@insightfulconnection.com with a copy to programs@strathconacommunity.ca

Fee: Send registration fee and community league membership fee (if applicable) by eTransfer to payments@strathconacommunity.ca

Community Engagement Liaison Report

By Cheryl West-Hicks

A parent and student came to King Edward Elementary Parent Advisory Council (KEEPAC) with a suggestion to pursue whether our school would benefit from a name change. There was discussion at a parent council meeting, an article in the Edmonton Journal and even a town hall with [EPSB Trustee] Michael Janz about “renaming the royals”. At this town hall meeting, parents and teachers from Prince Charles school expressed interest in changing their own name and this has since been taken to the trustees and had a unanimous vote in its favour. That community will now be included in the choice of the new name. There has also been a committee formed to help guide renaming in the future which will likely mean that our name will be considered whether we get involved or not. KEEPAC will be encouraging discussion in our

community about this initiative.

The “Wind and Thunder” project went very well. Our student Aiyana McIntosh did a wonderful job and offered volunteer time to Park Adventures through the summer to finish this project and work on a couple other things.

The summer was a slow month for organizing Abundant Communities Edmonton so we are still looking for block connectors. If you know anyone, please let one of us know!

In partnership with KEEPAC we are hosting events that encourage inclusion/diversity and anti-racism. Ideas include:

A Blanket exercise. We will be contacting a few people to see if they have developed a distanced version or if that is possible.

Possible street mural between the schools.

Walk through the Indigenous Arts Park with one of the artists.

Community League Wellness Program

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

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

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

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

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

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

* Applies to new purchases only.

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

Current Land acknowledgement

Strathcona Community League is located in Amiskwaciwâskahikan (Edmonton) on Treaty 6 territory.

We honour the diverse Indigenous peoples whose ancestors' footsteps have marked this land for centuries such as the Nâiyawak, Pâpaschase First Nation, Dene, Tsuut'ina, Anishnaabe, the Nakota Sioux, the Niitsitapi, as well as Mâs and Inuit and now settlers from around the world. We extend our appreciation

Community Gardening Report

By Daniel Auger, Chair

We had good gardening season this year with lots of sunshine. There was a significant amount of produce given to Youth Empowerment and Support Services (YESS) from individual gardeners and the plot dedicated to this organization.

The water sub-committee was really busy this season because of the drought we experienced. Tanks had to be filled twice a week at some point. We purchased 160 cubic meters of water from Epcor to date. The Epcor

equipment will be returned to them later this month.

A group of people from the Prince Rupert neighbourhood is working at creating a community garden. They visited our garden and have asked information on the operation of the garden to help them to plan their own. It is nice to be a "model garden" for others.

Five newsletters were sent to gardeners this season.

The fall meeting closing the season is scheduled for October 24.

Courts Open to League Members

The Strathcona Community League's tennis/pickleball and ball hockey courts are available for casual use this fall. While the future of the court area is still under review as part of our needs assessment project, the courts in the meantime have been improved so you can practice tennis, try out pickleball, or play some ball hockey. Note that the surface still has some bumps, so users must use the courts at their own risk. One of the tennis courts has a net, and has had pickleball lines added. The ball hockey court has been resurfaced and pickleball lines added. There is no pickleball net on that court so you need to bring your own (except during supported pickleball time slots). Ball hockey nets are

provided.

Supported pickleball time slots: Tuesday mornings from 10:00 am to 11:30 am, and Thursday evenings from 7:00 pm to 8:30 pm. A pickleball net will be provided on the ball hockey court. If you're new to pickleball we'll provide a couple of paddles and a volunteer or two to provide basic instruction. Come by on your own or with 2, 3 or 4 players.

You need to bring your own racquet/paddle/hockey sticks and balls. A community league membership is required - please check our website <https://strathconacommunity.ca/league/membership/> for ways to purchase your membership. Please contact hall@strathconacommunity.ca if you have questions.

Recreation Centres and Pools

The City of Edmonton is adopting the Government of Alberta's Restriction Exemption Program. Beginning September 20, 2021, everyone age 12 and over visiting a City recreation centre, arena or attraction will be required to provide proof of COVID-19 vac-

cination or recent negative test result. More information is available at [Edmonton.ca/COVID-19](https://edmonton.ca/COVID-19).

Masks and face coverings are also required indoors at all City facilities. More information is available at [Edmonton.ca/masks](https://edmonton.ca/masks).

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 <https://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 questions while entering your report, please call the online reporting help line at 780-391-6001. Please note that this number is only available from 6 a.m. to 7 p.m.

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.

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

Hall Rentals

The Strathcona Community League building is available to rent, subject to COVID-19 restrictions and the requirements of the Restrictions Exemption Program.

Main Hall (\$150 - \$400)

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.

Lounge (\$75 - \$260)

Capacity 60

Seats 30-35 depending on table arrangement

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

Concession/Small Meeting Room (\$20 - \$75)

Seats 8 to 10

Amenities include kitchen.

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

To make a booking or for more information contact Scott at rentals@strathconacommunity.ca or 780-439-1501.

A/V equipment available to rent. Community League members of at least 6 months receive a discount on rates.

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. The membership payment options are set to change. Please visit the website <https://strathconacommunity.ca/league/membership/>

Since the summer, memberships have been sold at Trivia Night, Taking it to the Streets Folk Fest, Big Bin event, and the annual fall BBQ. The Block Connectors who have already been recruited through Abundant Community Edmonton have been offered the opportunity to sell memberships to their blocks and neighbouring blocks.

Memberships are also available online through the EFCL at <https://efcl.org/membership/> (the EFCL charges a \$5 admin fee).

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 31, and is for those living within our boundaries. 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:

Why be a SCCL member? There are many reasons:

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, Instagram)

Social events like Winterfest, BBQs, Music Fest, Trivia Night

Free skating at our two top-notch rinks

Up to 20% discount at City of Edmonton Recreation facilities (e.g., Kinsmen Sports Centre)

Discounts on hall rental

Children's soccer and skating

Access to Programs such as Essentrics, Zumba, Yoga, Pound Fitness, and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop at Scona Market (10377 78 Ave)

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

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

Rachel Notley
MLA, Edmonton-Strathcona

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

Argyll News

Argyll Community Centre

All indoor activities at the hall continue to be in suspension.

Rebuilding a portion of the facility is moving toward completion somewhere around the middle of October. Appointments are still

preferred to speak with our facility manager but he can be contacted at 780.466.8166 – where you can leave a message.

Office hours are posted on the Argyll Web Site.

Christmas Decorating Contest

Get ready for our 2nd Annual Argyll Christmas Decorating Contest!

We will be awarding 3 PRIZES (gift cards to local businesses) to the Top 3 Overall.

To participate:

Decorate your home by December 10th.

Enter your house in the contest by pinning your home to the Argyll Christmas Contest Google Map (check the Argyll Facebook page for the link in November) or email your ad-

dress to argyllsocial@gmail.com

Hang tight between December 11th-15th while our judging panel goes around the neighbourhood and creates a “short list” for each category.

Come back to Argyll’s Facebook page between December 16-19th to vote for your favorite homes.

Check out the winner’s announced via Facebook & email on December 20th.

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 argyllsocial@gmail.com.

Construction at the Hall

Construction has been going very well. Some discoveries were uncovered when the demolition phase was over and adjustments to the project have been successful in dealing with those “wrinkles” in the plan. A full report on the rebuild was

presented at our AGM on the 29th of September. Details can be found on the web site. If you have a concern to report about the construction, contact Dave Trautman at 780.463.9310 and he’ll take it up with the contractors.

Pre-School Update

Argyll early education program potentially coming in early 2022.

One of the program’s philosophies is learning through play. This focus on play helps to develop social, emotional, cognitive, and motor skills which will set the children on a path for successful entry into kindergarten. Another benefit is Learning Through Community. An exciting component of the program is where children experience community field trips throughout the year.

This programme is for children between the ages of 2 and 4.5 years old. Morning and afternoon options are available. Inquire today to save your spots. Limited spots available.

We encourage interested parents to e-mail the teachers if you have questions about their curriculum or rates. The program requires a minimum number of children to be enrolled for it to operate. If the number of children is less than the minimum, then the program will be operated at a later date.

Send a message to: yegeeducationalprograms@gmail.com and ask them about the ARGYLL pre-school. You might also be able to reach them at 780.964.1310 and mention Argyll in your message.

Please share this information if you know of others, outside our neighbourhood, who might be interested.

Yoga Returns

Our Yoga programme suffered cancellation in the spring of 2020. Since that time we’ve been like Zen masters patiently awaiting its return. Preparations are underway for a resumption of Yoga this fall. Look for details on our Web Site, Facebook page, and through our electronic

newsletter for starting dates and fees. To date the plan is to run the program on Wednesday evenings from 5:00 to 7:00 PM. Fees should remain the same as previous years. Check in with Renee by e-mail at: reneegiammarioli@hotmail.com or send her a text to 780.903.1911.

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THE WAY
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BEEN DONE.**

**THEN
THERE'S
THE WAY
FORWARD.**



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Newborn Screening Awareness

If you are a new or expectant parent, it is important to know about newborn screening and the provincial programs available for Alberta babies.

Newborn screening is the best way to find out if your baby has a condition that you, your doctor or midwife might not know about. It's possible to have one of the screened conditions even if there is no family history.

Screening helps your baby have the best start to life possible. The tests are quick and safe, and they can be done shortly after birth.

About Alberta's newborn screening programs

AHS provides these services free of charge through our two provincial programs.

Alberta's Early Hearing Detection and Intervention (EHDI) Program: This program identifies permanent hearing loss as early as possible in a baby's life.

This is one of the most common conditions found in newborns.

Finding permanent hearing loss early gives your baby the best opportunity to develop language and learning skills and prevent possible developmental delays. It's best for your baby to be screened for permanent hearing loss by one month of age.

Alberta's Newborn Metabolic Screening



(NMS) Program: This program uses blood spot screening to find certain serious conditions soon after birth that can't be seen just by looking at your baby. Finding these conditions early ensures that treatment can begin sooner to prevent irreversible problems, improve health and maybe even save your baby's life.

It's best for your baby to have newborn blood spot screening between 24 and 72 hours after birth.

Where is screening offered?

You'll be offered to have your baby screened in hospital before discharge or given information on where to get screening done in the community.

Learn more at ahs.ca/newbornscreening.

Coping with stress

Summer and early fall are times when people get out and enjoy the nice weather and warm sun.

However, it's not that way for everyone. This time of year can be very stressful on many, especially agricultural producers who may be struggling with harsh weather conditions, including drought.

Stress can be overwhelming, but understanding what you can do to help reduce stress is important.

Simple steps can make a big difference.

Here are some positive ways to help you reduce your stress:

Start by talking to someone you trust — your spouse, a family member or close friend.

Get enough sleep.

Find an exercise or activity that helps you relax.

Eat healthy foods.

Reduce consumption of alcohol and/or drugs.

Take up a hobby such as gardening or making home repairs.

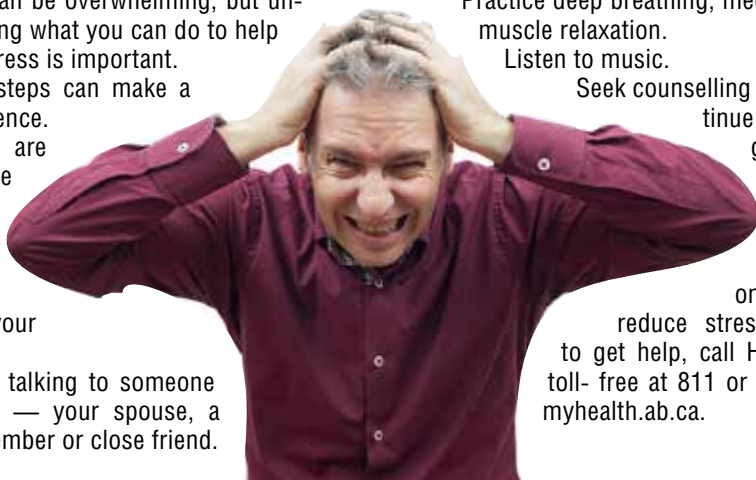
Practice deep breathing, meditation, or muscle relaxation.

Listen to music.

Seek counselling if you continue to struggle.

For more information on how to

reduce stress or how to get help, call Health Link toll-free at 811 or visit www.myhealth.ab.ca.



Run for the cure

This year marks three decades that the CIBC Run for the Cure has united and inspired people across the country to help make a difference for those affected by breast cancer.

We've made lots of progress, but we're not done yet. Every day, more than 75 people are diagnosed with breast cancer in Canada. By joining the CIBC Run for the Cure on October 3rd, 2021, you can help ensure no Canadian has to face breast cancer alone.

Once again, we've transformed Run Day into a one-of-a-kind experience with both physical and virtual components. These include a refreshed app and avatar, a live-streamed opening ceremony and a celebration kit for fundraisers who will run or walk in their own neighbourhoods.

Join us and run or walk your way on October 3. Register or donate at cibcrun-forthecure.com.

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- Infants to 6 years old
- 7 am to 6 pm
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There is no health without mental health

As the pandemic continues to impact the health of many around the world, Alberta Health Services wants to remind Albertans to take care of their physical health and their mental health as we celebrate Mental Illness Awareness Week Oct. 3 to 9 and World Mental Health Day, Oct. 10.

By the age of 40, about 50 per cent of Canadians will have or has had a mental illness.

Remember, if you are struggling you are not alone. There are supports in place to help you.

Many things can help improve a person's mental health.

Building a healthy routine, limiting social media use, and learning to manage worries as well as mindfulness and other coping skills

all can have a positive impact.

Create a healthy routine that can include physical activities such as a walk around the neighbourhood and a regular sleep schedule, as well as self-care strategies such as mindfulness or meditation. Connecting with others can have a positive impact on a person's mental health.

Resources and supports, such as Text4Hope and Togetherall, are available to help you or someone you know.

Go to www.albertahealthservices.ca/helpin-toughtimes.

Or call the Mental Health Helpline toll-free at 1-887-303-2642, 24 hours a day, seven days a week.

COVID-19 Vaccine and Pregnancy

Is the COVID-19 vaccine safe during pregnancy?

- The COVID-19 vaccine is safe for pregnant individuals and their babies.
- It is much safer to get the vaccine than to get COVID-19 disease.
- You can get the vaccine at any time (any trimester) during pregnancy.
- The mRNA vaccines are the safest type of COVID-19 vaccine to get during your pregnancy.
- The COVID-19 vaccine is also safe, and recommended, for those who are trying to get pregnant.
- The National Advisory Committee on Immunization and the Society of Obstetricians and Gynecologists of Canada recommend that those who are pregnant get a complete series of vaccine.

What are the benefits of getting the COVID-19 vaccine?

- The vaccine prevents illness and lowers your chance of becoming seriously ill from COVID-19.
- Vaccines also lower your chance of you having complications of severe illness, which could result in delivering your baby prematurely if you become very sick.
- Immunization can reduce the spread of the virus to others, including your baby.

Does the vaccine protect my baby from COVID-19?

- Vaccines make your immune system stronger by building antibodies to help prevent disease.
 - Vaccination allows immunity to be passed from mother to infant, helping to protect your baby for the first few months of life.
- What are the risks of being infected with COVID-19 if I'm pregnant?
- If you're pregnant and have COVID-19:
 - o You're at higher risk of being admitted to hospital and developing complications that need intensive care.
 - o You're more likely to have a premature birth and this may put your baby's health at risk.
 - Serious complications related to COVID-19 are more common if you're pregnant than if you're not pregnant (for individuals of child bearing age).

Does the vaccine cause fertility problems?

- There is no evidence that COVID-19 vaccines cause fertility problems.
- Studies evaluating male and female fertility metrics after COVID-19 vaccines have not identified any harms to reproductive health.

What's right for you?

- Different people have different feelings and concerns about COVID-19 immunization, and that's OK. But we should all have the same information and support each other to learn more.
- Review current evidence in order to make the best and most informed decision about your health and the health of your baby.
- Speak with your healthcare provider if you have questions or concerns. In consultation with them, you can determine if the benefits of immunization outweigh potential risks based on your health and circumstances.

Getting the vaccine

- Book your immunization appointment at an AHS clinic or participating pharmacy at <https://bookvaccine.alberta.ca/vaccine/s/>, at a walk-in, a doctor's office, or call Health Link at 811.
- Learn more at ahs.ca/vaccinepregnancy



Alberta Health
Services

Emergency
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Services



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.

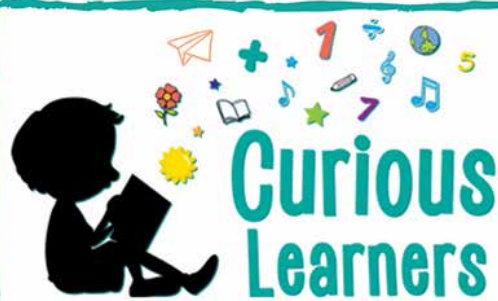
Parents

- Be certain that young trick-or-treaters are accompanied by an adult. Older children should stay in groups.
- Pre-determine boundaries to trick-or-treat 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 flame-resistant.
- All costume accessories, such as sticks, rods, or wands, should be soft and flexible, with no sharp edges.
- Consider using hypoallergenic make-up 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.

www.albertahealthservices.ca



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Hazeldean News

Hazeldean Board of Directors

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

Stay In Touch!

Phone: 780-439-0847
Email: hazeldeanleague@shaw.ca
Website: www.hazeldean.org
Facebook: www.facebook.com/HazeldeanCommunity
Twitter: @hazeldeanyeg

Community league walking program

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Why starting a walking program is beneficial:
-Improves your physical and psychological health.
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-Familiarize yourself with resources in the

community.
-Reduces crime by residents being visible on the street.
For more information contact Kim Mah at Kim.mah@efcl.org

Community League Memberships

Get your 2021/22 memberships
Available at The Hazeldean Drug Store and at the Dairy Queen on 99th street and 70 avenue
If obtained prior to October 1, 2021 you will not only get a say at our AGM you will be able to vote on various matters.
but your Community League Memberships will be at no cost to you! That is right prior to October 1, 2021 your membership is "FREE!"
After October 1, 2021 there will be a charge of \$20.00 for a family and \$10.00 for a single or senior membership

Advantages
.A great way to meet the neighbors and make new friends
.educational programs and recreational opportunities
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.have your say in facility and park development, traffic management and urban planning
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Hazeldean Indoor Playgroup

The Hazeldean Playgroup start time is 1 to 3:30 pm
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Please call 780-439-0847 for more information.

Hall Rentals

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Please call Dawn at 780-439-0847 to book a rental or email a request to hazeldeanleague@shaw.ca Make sure that you state what type of event, approximate number of persons that will be attending your event, whether or not you will be serving alcohol, are you a community league member and reside within the community.
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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.

Phone: 780-433-7137
E-mail: inquiries@ritchie-league.com
Website: www.ritchie-league.com
Facebook: [facebook.com/WelcometoRitchie](https://www.facebook.com/WelcometoRitchie)
Twitter: @RitchieYeg
Newsletter: Keri Walmsley (newsletter@ritchie-league.com)
Hall Manager: Dominique Moquin (inquiries@ritchie-league.com)

Introducing RCL 21/22 Board

Ritchie Community League elected its 2021/22 Board of Directors at its AGM August 26:

President: Avnish Nanda
Vice-president: Maureen O'Neil
Secretary: Erin Fraser
Treasurer: Nigel Greenways
Casino & Fundraising: David Woo
Civics: Seghan MacDonald
Communications: dallas Bartel
Community Engagement: Kyle Kasawski
Events: Open

Facilities: Ed Retzer
Green Initiatives: Ash Davidson New
Hall Revitalization: Jeff Ollis
Past-President: Cecilia Oteiza Ayres
Programs: Dee Godbout
Rink: Len Wampler
Soccer: Open
Volunteers & Membership: Brent Constantine **New**
Director-at-large: Peter Willetts
Director-at-large: Ian McKellar **New**
Director-at-large: Jenet Dooley **New**

RCL Book Club

Currently reading: Mexican Gothic by Silvia Moreno-Garcia
Online discussion in October. Date TBA.
E-mail host Erin at eefraser@ualberta.ca for meeting details.
Glass Bookshop is graciously offering our book

club members a 15 per cent discount when purchasing our featured book. Include the discount code BOOKCLUB15 in the instructions box with your order and the discount will be taken off after checkout. All sales are currently online and Glass Bookshop offers free home delivery.

URGENT: Two directors needed

Active Ritchie kids seek organized adult to volunteer as soccer director for the indoor season. Soccer knowledge useful but not necessary. Willingness to coordinate with the Edmonton Minor Soccer Association (Southeast) to group kids onto teams, dole out equipment and root for their success. The season gets underway Oct. 16.

Ritchie's events director stepped aside after years of organizing activity challenges, per-

ogy- and pie-making workshops, and various shows featuring local performers. "It was an awesome experience. The best part is if you have a vision, the board will help you make it happen, no matter how big or small," says former director Dan Tyrkalo. If you've got ideas and want to see them take shape, step into the currently vacant position of events director.

E-mail Inquiries@ritchie-league.com or call 780-433-7137 if you can volunteer for either role.

West Ritchie Community Gardens

By Hanna Garvey

Say "Hello" to the West Ritchie Community Garden! Over the summer, volunteers worked hard to transform an empty lot at 79 Avenue and 101 Street into a community space. Local art sits at the entrance, with bright flowers and veggies depicted. Composters sit on the left side, while 26 garden boxes line the right. Among the trees, picnic tables and garbage cans make for a perfect place for a small gathering. Finally, small plantings of blueberries, raspberries and saskatoons line the fence, raring to grow next season.

If you have any leaves after filling your green bin, feel free to dump them in our composter or spread on our garden beds (Putting leaves on top of garden soil helps keep dirt in

its place and encourages beneficial microbe growth prior to planting in spring.) Please do not abandon bags at the site as we are just a small team of volunteers.

Keep in mind that, even in winter, a community garden is a wonderful place to be. Don't hesitate to bring a treat from our neighbours at Palette Cafe or Boocho down to our picnic tables. There are very few parks in West Ritchie, so we are happy to be able to create this much-needed green space for the community.

If you are interested in keeping in touch about the garden, volunteering or are interested in a plot for next year's growing season, please follow @westritchiecg on Instagram or stay connected with the Ritchie Community League.



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Symptoms or not: get protected, get tested for syphilis

- Alberta declared a syphilis outbreak in 2019, which has continued throughout the COVID-19 pandemic.
- Over 2,500 cases of infectious syphilis were diagnosed in 2020.
- Syphilis continues to be on the rise in Alberta.
- Syphilis can be transmitted to babies when mothers are infected and not treated during pregnancy. Congenital syphilis is a severe and life-threatening illness, with up to 40 per cent of babies of infected mothers being stillborn.
- Syphilis can be treated but requires a special antibiotic provided by your healthcare provider.
- If left untreated, syphilis can have lasting effects on your health, your sexual partner's health and your infant's health (if pregnant).
- Symptoms or not: get protected, get tested.
- Sexually transmitted infections (STIs) are a risk to anyone who is sexually active.
- Even without a symptom, always see your doctor or sexual health service and get tested if you have a new or several sexual partners.
- AHS encourages everyone who is sexually active to take responsibility for having safer sex.
 - o Limit your sexual partners, and know if your partner engages in risky sexual behaviours.
 - o Use a condom during sex. Using a condom is the best way to protect yourself from STIs.
 - STI testing is confidential and free to anyone in Alberta, and walk-in clinics are available throughout the province.
 - o Who should get tested:



- Anyone experiencing STI-related symptoms.
- Anyone with a sexual partner who has an STI
- Anyone with new, anonymous, or multiple sexual partners, should be screened every three to six months.
- All pregnant persons should be tested in the first trimester and again at the time of delivery.
 - How to get tested:
 - o Call Health Link at 811, see your healthcare provider such as your family physician / nurse practitioner, visit a walk-in medical clinic, or contact an STI or sexual health clinic.
 - Alberta Health Services, in partnership with Alberta Health and community partners, have been working together to support initiatives to address ongoing syphilis transmission.

- In addition, we encourage Albertans to assess and manage their personal risk and to take additional precautions that will serve their needs to support their health. This includes practicing safer sex.
- For more information, visit ahs.ca/syphilis.

Taking smart risks



- Risks are a part of life.
- Taking smart risks means knowing an activity's risks and then managing those risks to prevent injuries. The smart risk approach includes six steps:
- Look first
 - Think ahead and know the risks. You can only choose to take a smart risk if you know what the risks are. Prepare and plan before the activity so you can make smart choices.
 - Before you do an activity like cross the street, ski down a hill, or climb a ladder, understand the risks and know how to manage them.
 - Wear the gear
 - Use protective equipment, like helmets and elbow and knee pads. Wear the right clothing and gear such as safety glasses. Wearing the right gear lowers the risk of an injury at home, work, or play.
 - It's also important that you wear or use the right size of gear for your body. No matter what you're doing—riding a bike, using tools, or going for a walk—wear the right gear.
 - Get trained
 - Training and practice help you learn how to do an activity and get better at it. This helps to lower your risk of an injury.
 - Training includes job safety training, ski lessons, and driver education.

- Buckle up
 - Wear a seat belt (a type of safety buckle) when you're in a vehicle, no matter how short the trip is. Seat belts and child safety seats save lives and stop injuries from happening.
 - Safety buckles aren't just for using in cars. Make sure to use the safety buckle on your helmet and life jacket too. Buckle up every time.
 - Stay sober and avoid distractions
 - Staying sober means no alcohol or drugs in your body. Staying sober allows you to be in full control of your mind and body while doing an activity or driving any type of vehicle, such as a car, truck, boat, all-terrain vehicle (ATV), or snowmobile.
 - To lower the risk of an injury or accident when you drive, it's also important that you're not tired or distracted, for example, by your cell phone or other people in your vehicle).
 - Remember that children under 16 should not drive a snowmobile or any size of ATV.
- Get help
 - Find support when you or someone you know needs help or support. It can be hard to deal with issues and challenges in your life when you face them alone. It's OK to ask for help. Ask your family healthcare provider for help or call Health Link at 811 to speak with a registered nurse.

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These custom sessions are a great way to manage stress, reduce physical pain and tension & feel lighter in body and mind.

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Edmonton Election official candidate list now available



The official candidate list for the 2021 Edmonton Election was published today on edmonton.ca/forvoters. The nomination period ended on September 20 and a total of 133 candidates are running:

- 11 Mayoral candidates
- 74 City Councillor candidates
- 8 Edmonton Catholic School Board Trustee candidates (including six acclamations)
- 40 Edmonton Public School Board Trustee candidates

The following Edmonton Catholic School Board Trustee candidates have acclaimed their positions since no other candidates in their

ward filed nomination papers.

- Terence (Terry) Harris, Ward 71
- Sandra Palazzo, Ward 72
- Carla Smiley, Ward 73
- Debbie Engel, Ward 74
- Alene Mutala, Ward 75
- Lisa Turchansky, Ward 76

All eligible voters can cast their ballot for Mayor, Councillor and School Board Trustee as well as their ballot for the senate election and referendum vote during Advance Voting from October 4 to 13 or on Election Day on October 18. Voters can find their voting station for both voting opportunities at edmonton.ca/wheretovote.

K9 Marshal joins the Edmonton Fire Rescue family

Edmonton Fire Rescue Services (EFRS) welcomes its newest recruit to the Fire Investigations team, K9 Marshal.

Marshal, a 21-month-old Belgian Malinois, is a fully trained Accelerant Detection Canine who received his initial training from Alberta K9.

“Marshal is a great asset to our Fire Investigations team,” said Canine Handler Captain Ian Smith, with EFRS. “He has unique scent abilities to help us detect accelerants at structure fires and is trained to detect the presence of 12 ignitable liquids.”

Marshal and Ian became a Certified Accelerant Detection Canine Team in July. This certification is valid for one calendar year and must be renewed annually.

“To become certified, an Accelerant Detection Canine Team must complete five tests including: Pinpoint Accuracy, Open Area Search, Building Search, Clothing Search and Scent Discrimination,” said Kelsey Boettcher with Alberta K9.

K9 Marshal is EFRS’ first food reward canine and as such, must follow a strict regime during his working hours. This means that no one except his handler, Ian, can give him food or treats.

If members of the public see K9 Marshal on duty, they are encouraged not to pet or feed him; however, they can still take photos and wave.

For more information: edmonton.ca/boards



Vote - OCTOBER 18

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City Councillor
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Gūd food for Ritchie

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Available for pickup at Ritchie Hall twice a month, a Gā Box is filled to the brim with

affordable, fresh, seasonal produce. Order online. \$30 each. Pick up on Mondays. Proceeds go toward our hall revitalization fund. thegudbox.ca

RCL Bridge

COVID protocols: proof of vaccination, masks, frequent hand sanitizing. No food or drink.

Every Friday

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

Cost: \$3.

Contact Rose-Marie 780-439-4884

Stella 780-504-3972.

RCL Dance

KIDS DANSE (3 - 5 years)

Discover dance through dance activities and playful dances.

Sundays until December 12, 9:45 - 10:30 a.m.

KIDS DANSE (6 - 8 years)

Build potential through the love of dance and movement using fun choreography and music from around the world.

Sundays until December 12, 10:45 - 11:30 a.m.

KIDS DANSE (9 - 12 years)

Get down to core movement skills and refine the ability to build a dance language and vocabulary by expressing imagination with the whole body.

Sundays until December 12, 11:45 p.m. - 12:30 a.m.

HOMESCHOOLERS

Foster the love of dance and creativity in a nurturing and interdisciplinary environment.

Wednesdays until December 15: 9:30 - 10:30 a.m.

PARENT CHILD DANCE

Strengthen the relationship with your child through dance while nurturing their development. For children ages 0 - 5 years.

Wednesdays until December 15: 10:45 a.m. - 11:30 a.m.

Two ways to play:

dance card (\$80 for 6 classes)

drop-in \$15 per class

Classes are in person and indoors at Ritchie Hall (outdoors if weather allows).

Classes run online if instructor needs to self isolate or public health restrictions change.

Kids Danse will include a Halloween dance video and Christmas show (video or in person).

All programs aim to build community through dance and movement activities while fostering diverse and inclusive environments.

Payments are cash, cheque or e-transfer.

Register directly with instructor: irousseau.moveandbemoved@gmail.com

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Mural Massive tags Ritchie

Ritchie Hall underwent a transformation as part of the Mural Massive block party hosted by The Grindstone Comedy Theatre and Bistro in September. Muralists Shelby Willis and Meghan MacMillan painted the hall's north-facing wall. RCL is a proud sponsor of Mural Massive 2021.



Community swim

Ritchie Community League (RCL) members again have free access to the Commonwealth Recreation Centre, including the pool on Saturdays 3 - 5 p.m. and Sundays 1 - 3 p.m.

(League memberships expired Aug. 31. If you want to enjoy this exclusive benefit renew your membership for 2021-2022, available at Ritchie Foods, 9606 76 Avenue)

RCL Pickleball

Drop-in games Tuesdays and Thursdays. E-mail Tara for the times (they keep a changin'): tara.roy@shaw.ca.

Beginners are welcome; kids too. Someone is always on hand with a few spare rackets and tips to get you started.

RCL Fit for Life

Fit for Life, an exercise program for older adults, is back at Ritchie Hall.

Meeting Mondays 10 - 11 a.m.
E-mail Barb for more information.

COVID adjustments...again

As case numbers, hospitalizations and ICU admissions continue to rise, RCL has had to adjust. First the August AGM was moved outdoors. Then the September board meeting was moved online, and the election forum we'd organized for you to hear in-person from city council candidates was cancelled. The

much-anticipated return of Oktoberfest has also been postponed indefinitely. There's one way to get off this roller coaster of COVID crises: get vaccinated and encourage everyone you know to get their jabs too.

Some programs ARE continuing, in full compliance with the latest public health measures.

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What you need to know about edible cannabis

Edible cannabis products (edibles for short) are products containing cannabinoids that you eat or drink. Cannabinoids are chemical compounds found in cannabis that can affect your mind and body when consumed.

Safe storage

Edibles are deceiving as they may appear to look like everyday food items such as baked goods or candy. It is important to keep edible cannabis out of reach from children, animals, and anyone who should not have access to the products. Ensure that your edibles are:

- Properly labelled.
- Stored in child-resistant containers and re-sealed after use.
- Stored out of sight and reach of children and pets.

Read the label

All edibles are not made the same. It is important to read the label and ingredients. Make sure you:

- Read the instructions for use.
- Understand the amount of THC and CBD that each edible contains.
- Check the expiry dates.
- Check the ingredients to prevent allergic reactions.
- Be patient. Wait to feel the effects before taking more.

Understand the differences between inhaling and ingesting cannabis

If you consume cannabis, you will notice it affects you differently than smoking or vaping

cannabis products. It is important to understand that:

- Your body requires a longer amount of time to absorb the THC from edibles compared to inhaling cannabis.

- The effects of cannabis last longer when ingesting edibles and may last 12 to 24 hours after consuming.

- Edibles can be more intense than smoking or vaping cannabis.

- The effects of consuming cannabis do not kick in immediately. Usually, the effects begin after 30 minutes to two hours after consumption and peak around four hours. When vaping or smoking cannabis, the effects usually kick in within a few seconds or minutes and will peak around 30 minutes.

- Avoid using cannabis daily and consume products with lower levels of THC as overconsumption can affect your physical and mental health.

- Do not drive or operate heavy equipment after using cannabis.

Do not mix alcohol or other substances with cannabis

- Choose between alcohol or cannabis, but not both.

- Do not mix other substances with cannabis such as nicotine or other drugs.

If you are concerned about your own or someone else's use of cannabis, alcohol, or another drug, call Health Link toll-free at 811 or the Addiction Helpline at 1-866-332-2322.

Look both ways before crossing LRT tracks



It's Rail Safety Week in Edmonton! The City reminds people about the importance of always being safe around trains, tracks and rail crossings.

This year's campaign focuses on using designated rail crossings only, and looking both ways before safely crossing LRT tracks at designated rail crossings. LRT trains operate on two sets of tracks, so it's important to look both ways before crossing each one. Warning bells and lights are there to warn you, not protect you. Until they turn off, the safest place to be is behind crossing arms and gates. Just because a train clears one set of tracks, it does

not mean a second train isn't coming from the other direction on the other set of tracks.

The campaign also encourages transit riders to always walk their bike, scooter, skateboard, etc. on LRT platforms out of consideration for others when a train is approaching or stopped at a station.

Crossing and trespassing incidents are preventable. With increased LRT frequency this fall, another train is just minutes away. If you need to make a connection, consider giving yourself more time by leaving a little sooner.

For more information:
edmonton.ca/SafeRide

contact
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