

# COMMUNITY LEAGUE NEWS SOUTH

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



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## Strathcona November 2024 HGRC Update



The Strathcona Community League is excited to announce that the rink move portion of the Hall and Grounds Renewal Committee (HGRC) Project is complete!

In March 2022, the first meeting was held about Hall and Grounds Renewal at Strathcona Community League. The committee and the board have worked through many designs, budgets and approvals to get to this point and we would like to thank the committee, the board, City of Edmonton representatives, our architects and contractors, the community volunteers and the hall employees for their tireless work. This fall, we resurfaced the old

tennis courts and relocated our wooden rink. We now have a four-season space for skating in the winter and tennis/pickleball in the summer. We also have the open space on the South Lawn where further development will be proposed.

The next phase of Renewal is the renovation of the Hall building's ground floor. The committee continues to work through the design, budget and approval processes for the next portion of the project.

Thank you again to everyone who has supported this community-led project.

Stay tuned for updates as we move into the next phases.

## Ritchie Workshops and Presentations Schedule

We've been working hard behind the scenes to bring you a variety of workshops and presentations this year and are excited to start revealing our 2025 schedule! You may have joined us this year to learn some tips about waste reduction, downsizing, or preparing for extreme heat. We also learned how to mend clothes, make a zine, and pickle our garden harvest, all thanks to Ritchie community members like you!

In January we're hosting a do-over of our popular collage workshop. Last year it sold out, so get your tickets soon! Later, Paths for People will give you the run-down on recent civic projects in Ritchie, with a focus on active transportation.

In February we're focusing on the future! Ritchie neighbours will lead a workshop

called "Neighbouring for Climate: Ritchie Connectors." The City of Edmonton has created a toolkit to inspire climate action on a neighbourhood scale, and we need your help to launch it! We also have an emergency preparedness instructor ready to teach you how to build a 72-hour emergency kit.

The events calendar for January and February is online now. Watch for those registration links, and don't wait to sign up! These events are open to everyone—Ritchie residents or not. Spread the word.

If you have an idea for an upcoming workshop or presentation or know an inspiring expert who would be a great fit, please get in touch! You can email [secretary@ritchie-league.com](mailto:secretary@ritchie-league.com) with your idea or fill out the proposal form on our website.

## ARGYLL Sidewalk Parking

Argyll had many more improvements to our sidewalks five years ago when the streets, lighting, and sidewalks were upgraded. There are many new locations where a wheelchair "dip" to the curb has been installed. Residents may not be aware of a restriction regarding these curb access points. There is a fine for parking within 5 meters of a sidewalk dip or ramp. Most of the locations for these ramps are at corners and crosswalks where a limited distance is already familiar to us. But it was not clear

to some residents there was a restriction on how close a vehicle can be to these ramps. Clearly it is so people using the ramp have visibility for oncoming traffic.

For those who have one in front of their home, be sure to tell your visitors to keep 5 meters from them or you may find a ticket on their windshield. Homeowners with a dip on their boulevard are asked to shovel the ramp as well as your sidewalk (just as you are asked to mow the boulevard grass) as part of your normal activities for public safety.



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## Executive & Committee Chairs

President	Gord Lacey president@strathconacommunity.ca
Past President	Nathan Carroll pastpresident@strathconacommunity.ca
Vice-President	Sally Hammell vicepresident@strathconacommunity.ca
Treasurer	John de Haan treasurer@strathconacommunity.ca
Secretary	Katie Krause secretary@strathconacommunity.ca
Membership	Matthew Hethcoat membership@strathconacommunity.ca
Communication (Acting) Programs	Sally Hammell communication@strathconacommunity.ca
	Donna Fong programs@strathconacommunity.ca
Social	Emily Graca social@strathconacommunity.ca
Sport and Fitness Co-directors	Connie Mar Selena Matthews sport@strathconacommunity.ca
Civics/Planning	Sabine Roche civics2@strathconacommunity.ca
Building/Grounds	Roger Tassie grounds@strathconacommunity.ca
Green Initiatives	Jason Unger green@strathconacommunity.ca
Community Garden	Jacquie Devlin garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Diversity/Inclusion Co-directors	Amy Gainer Lauren Lutic-Muusse diversity@strathconacommunity.ca
Community Wellness Safety (Acting) Community Hall	Gord Lacey safety@strathconacommunity.ca Scott Wright rentals@strathconacommunity.ca 780-439-1501
Information	info@strathconacommunity.ca

**Address:** 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3  
**Community League website:** [www.strathconacommunity.ca](http://www.strathconacommunity.ca)  
**EFCL website:** [www.efcl.org](http://www.efcl.org)  
 Community Leagues, where neighbours meet and great things happen!  
 Board meetings are usually 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,  
 e-mail [president@strathconacommunity.ca](mailto:president@strathconacommunity.ca)  
 The Strathcona Centre Community League is on  
**Facebook** <https://www.facebook.com/StrathconaCL/>.  
**Follow on X** @StrathconaCL Instagram @strathconaleague  
**The copy deadline for the February-March 2025 issue of Community League News South is January 18, 2025.**  
 Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at [donna.fong@shaw.ca](mailto:donna.fong@shaw.ca).

## President's Message

*By Gord Lacey*

As we begin another exciting chapter, I am honored to serve as your President and look forward to continuing the excellent work of the previous board.

A heartfelt thank you to our outgoing President, Nathan Carroll, for his outstanding leadership and dedication to our community. Nathan's efforts have left a lasting impact, and we deeply appreciate his service. Also "retiring" from the board are Maureen Duguay and Bernie Roessler; thank you for your years of service to the league.

I warmly welcome our new board members. Your willingness to contribute your time and talents is invaluable, and I look forward to the fresh ideas you will bring to the board, and our community.

As we move forward, our goal remains to foster belonging and community spirit. I encourage everyone to get involved, share ideas, and participate in our activities—your engagement makes our league thrive.

Thank you for your support and enthusiasm. Here's to a fantastic year of collaboration and community pride.



## Rink Schedule

The opening of the ice rinks will depend on weather conditions and maintenance. A schedule is posted at the league website <https://strathconacommunity.ca/rink-hours/> and hall for the hours of open skating, parent/children hockey, adult hockey and special events.

### HALL HOURS:

MTWF 3:30pm to 8:00pm

Thurs 2:30pm to 8:00pm

Sat/Sun 1:00pm to 8:00pm

Note that the Hall is not always open during rink hours.

Check out the new rinks – things are looking slightly different this year – the main rink has been moved to the west of the building – same boards (and artwork), same size rink, ready for continued skating and hockey.

The small rink is where the main rink was – it, too, will be back in operation and ready for skaters.

Skaters are welcome on the ice prior to

opening times if ice maintenance is not in progress. Shoveling may be required.

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

The lights will be on from dusk to 9:00pm.

### HOLIDAY HOURS:

Hall hours on Dec 24th will be from 2:30 – 6pm and on Dec 25th from noon – 2pm.

If you want the hall opened beyond those hours, contact Ann at 780-433-0767 (phone) or 587-306-1294 (text).

New Year's Eve Party - There will be open skating on the rink from 6:30 – 9pm. Hot chocolate, treats and noise makers will be provided.

A community league membership is required for skating. Check here <https://strathconacommunity.ca/membership> for membership information. For those skaters from outside the community a \$5/month or \$20/season fee is required.

# MYTH

Estate planning is only for the super rich like Warren Buffett

# FACT

Everyone benefits from an estate plan, no matter your net worth

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## Pub Nights

Monthly pub nights are held upstairs in the hall Lounge, 10139 87 Avenue, on the second or third Friday of the month. Please use the south door. 8:00 p.m. start. Kids welcome.

Friday, December 20, 2024

Holiday Pub Night

Mulled wine, beer/wine/Scotch for sale, snacks provided. Meet some neighbours, sing a carol or two.

Friday, January 17, 2025, 8:00 p.m.

Featured cocktail - Pisco Sour

A community member is an expert maker of this Peruvian drink and is going to introduce it to the rest of us. Beer/wine/Scotch also available.

Pub nights are for Strathcona Community League members and guests. Memberships available on site, or through our website <https://strathconacommunity.ca/membership> or in person at pub night. Cash, credit and debit are accepted. Sub-

scribe to our mailing list or watch our social media for details as the dates get closer.

The Strathcona Community League will be collecting items in December for the Old Strathcona Youth Society that provides support to vulnerable youth in the Whyte Avenue area. A collection box will be set up in the lounge and the skate change area for items such as socks, underwear, leggings, sweaters, sweatpants, gloves, balaclavas, and hand warmers. For a complete list, visit <https://www.osys.ca/donate-items.html>

Many thanks to Scott Wright and Gordon Kent for hosting a fun Trivia Pub Night on November 15th. The event attracted the highest-ever number of participants (94) on 20 teams! Congrats to 3 Sheets (50 points), Quidi Vidis (48 points) and Biscotti has no nose (47 points) who received cash prizes. Thanks to the volunteer bar servers!

## 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 or renewing your membership. Please visit the website <https://strathconacommunity.ca/league/membership/>

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.

Student \$5

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, Instagram, X)

Social events like Winterfest, Mini Folk Fest, BBQs, Trivia Night, pub nights

Free skating on our rinks

Free access to Community Swim Pro-

gram at Commonwealth Community Recreation Centre

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 Mindful Movements, Yoga, Art, and more

Free one-year Membership at the Edmonton Tool Library

10% discount Pressd Sandwich Shop, 10377 78 Avenue

10% discount Global Pet Foods, 7904 104 Street

Looking for a way to show your Strathcona community support? We have toques! These olive or gold coloured merino-blend toques are a cozy and unique way to showcase your community's personality to the broader audience.

Toques are \$20 for members, and you can purchase yours online or at community events. Online purchases can be picked up at the league on Thursdays between 10 a.m. and 12 noon.

Thanks to Nathan Carroll (Past President), Matthew Hethcoat (Membership Director) and board directors Donna Fong, Sally Hammell, Gord Lacey, and Sabine Roche who volunteered to promote our league at the Old Strathcona Business Association's Winter Whyte Light Up festival on November 30th.

## League Programs

Programs are listed on the league's web (<https://strathconacommunity.ca/programs/suggest-a-program-or-service>), social media, and e-newsletter. Adult programs are held in the main hall on the 2nd floor, 10139 87 Ave.

Fees for full session and single classes are to be paid online (credit card or debit) at the league's website (Programs tab) <https://strathconacommunity.ca/>

**-Yoga Programs with Corinne McNally**  
*Gentle Yoga*

Mondays January 6-February 24, 2025  
7 classes 6:00 - 7:15 p.m.

Full session: \$90.00

Single class (or multiples): \$15.00 per class

*Hatha Flow Yoga*

Thursdays Jan 9-Feb 27, 2025

8 classes 9:30 a.m. – 10:45 a.m.

Full session: \$102.00

Single class (or multiples): \$15.00 per class  
\$173.00 combined rate for both.

*Chair Yoga*

Wednesdays Jan 8-Feb 26, 2025

8 classes 1:00-2:00 p.m.

Full session: \$102.00

Single class (or multiples): \$15.00 per class

*Yoga for Tweens/Teens*

Wednesdays Jan 8-Feb 26, 2025

8 classes 4:45-5:45 p.m.

Full session: \$102.00

Requirements: Community League membership (any league). Bring your own yoga mat and props, please refrain from wearing scented products. Yoga programs are taught by Certified Yoga instructor Corinne McNally

**-New! Chakra Series, Mindful Movement Mondays with Kaliegh Boyce**

Jan 6-Feb 17, 2025 7:30-8:45 pm

Fee: \$76.00 for the full series

## Movie Events

Free movie events for participating community leagues are made possible through the Edmonton Federation of Community League's license with Audio CinÉfilms. Our league has renewed the annual license and plan to stream one film each month in the main hall (upstairs).

What would you like to see? <https://acffilm.com/en/infostream.php>

For more information or if you would like to volunteer, contact Emily, Social Direc-

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

Chakras are energy centers in the body that affect the physical, mental, emotional and spiritual aspects of a person. Focusing on these chakras can be an important way to consider how your energy is flowing.

Kaliegh brings her background in yoga instruction and circling to blend multiple modalities into a connective and healing practice. For more information, contact Kaliegh at [kaliegh.boyce@gmail.com](mailto:kaliegh.boyce@gmail.com).

**-Beading Workshop with Be Silly By Silly**

Sat, Dec 14, 2024 12:00-5:00 p.m.

All supplies and beading kits supplied.

Maximum: 20

Fee per workshop: \$41.00 League members and students. \$ 46.00 Non-members

Save 15% when you return with your own kit.

Ilyana of Be Silly by Silly is a mixed-Cree artist from Amiskwaciywaskahikan (Edmonton) whose passion is creating high quality, lightweight, and eye-catching pieces of beaded jewellery. To learn more about the artist and her beadwork, visit @besillybysilly on Instagram and By Silly by Silly on Facebook.

**-Saturday Art Classes**

The winter session of Saturday Art Classes for children and youth will start at the hall on January 11, 2025 (schedule TBD). Watch for online registration for art classes in early January. Class size will be limited to 10 students per class. For more information, contact Berna Ponich, at [berna@telus.net](mailto:berna@telus.net).

tor, at [social@strathconacommunity.ca](mailto:social@strathconacommunity.ca), or Donna Fong, Programs Director, at [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca).

Next film: The Grinch (2018 film)

Friday, December 13, 6:30 pm

Movie-goers are welcome to bring their own snacks. Blankets, pillows, bean bags and other cozy items are encouraged.

Watch for social media posts about movie nights in the new year on Fridays, 6:30 pm: January 3, February 7, March 7.

## Discounts on Hall Rentals

Rental deals - another benefit of membership! Did you know that members of at least 6 months are eligible for a discount on hall rentals?

And we are now providing the option to pay with a credit card. In addition, we

have implemented a special kids' birthday party rate of \$50 on Sunday afternoons. Note that renters for any event must obtain third party liability insurance. Check out our rental info on our website, or call 780-439-1501.

## Hall Rentals

Main Hall  
Capacity 105  
Seats 60 to 80 depending on table arrangement  
Amenities include hardwood floors, balcony, stage, bar, full kitchen, dishes and cutlery, tables and chairs.  
Lounge  
Capacity 60  
Seats 30-35 depending on table arrangement  
Amenities include a bar, fireplace, piano, tables and chairs.  
Concession/Small Meeting Room  
Seats 8 to 10  
Amenities include kitchen.  
To check availability and for a virtual tour, visit the website

<https://strathconacommunity.ca/hall-rentals/>

To make a booking or for more information contact Scott at [rentals@strathconacommunity.ca](mailto:rentals@strathconacommunity.ca) or 780-439-1501.

Additional charges apply for set-up or clean-up day, and kitchen use by caterer.

Discounts may be available for multiple bookings.

All renters must purchase third party liability insurance.

Kids' birthday party rate for members of at least 6 months, Sundays 1pm to 5pm: \$50

Members of at least 6 months and non-profit groups receive a 25% discount on rates

A/V equipment available to rent.

## Community Times at Commonwealth Rec Centre

The Strathcona Community League is pleased to offer free times at the Commonwealth Community Recreation Centre, 11000 Stadium Rd. Just show your current membership card (digital or printed) to the attendant at the facility for free entrance to the pools, fitness centre, and gymnasium during the community league time. Use of amenities are strictly during the two-hour period (no extensions) and subject to capacity limits in each area.

Saturdays

3:00 pm -5:00 pm

Until August 30, 2025

Sundays

1:00 pm – 3:00 pm

Until August 31, 2025

The Recreation Centre has a 4-lane fitness pool, leisure salt water pool with spray features, water slide, aquatic climbing wall, whirlpool, steam room, fitness centre and gymnasium.

Participants in the Community Swim Program should review the Use of Premises and Pool Safety Rules provided by the City of Edmonton as part of its agreement with the Strathcona Centre Community League.

Visit our webpage <https://strathconacommunity.ca/community-swim>

## Civics and Planning Report

The Civics and Planning Committee has been busy at work for most of 2024 under the leadership of Maureen Duguay. Most recently at the November 2024 AGM, Sabine Roche was elected as the new Committee chair, taking over for Maureen. A big thank you goes out from the entire Community League Board to Maureen for her steadfast representation on the Board for many years.

Currently, the Committee is continuing to consult on the Old Strathcona Public Realm Strategy, District Plans and new individual developments within the

Strathcona neighbourhood. The Committee is seeking new, enthusiastic volunteers to join the team. Please email Sabine at [civics@strathconacommunity.ca](mailto:civics@strathconacommunity.ca) if you want to get involved.

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. For the latest news on Civics and reference documents, visit the website <https://strathconacommunity.ca/ongoing-projects/>

## Community Wellness and Safety

The Director of Community Wellness and Safety is an advocate for those aspects that make our neighbourhood welcoming, secure and desirable to residents and visitors. This includes attention given to matters of crime prevention, but also extends to other aspects of neighbourhood wellness such as accessibility, safety around roadways and care for our

community's most vulnerable. The Director attends monthly meetings of the Old Strathcona Area Community Collaborative including our league, the Edmonton Public Library, Edmonton Police Service (EPS), Old Strathcona Business Association, YESS, and others. Acting Director Gord Lacey can be reached at [safety@strathconacommunity.ca](mailto:safety@strathconacommunity.ca).

## Annual General Meeting

The Annual General Meeting of the Strathcona Community League was held in person on Monday, November 4, 2024, in the hall lounge following the regular Board meeting. League business included the tabling of the 2023-2024 financial statements, director and committee reports, and board elections. To see the reports, visit <https://strathconacommunity.ca/agm-agenda-reports>

Congratulations to President Gord Lacey, new board members (see below) and the incumbents for Diversity and Inclusion (Amy Gainer and Lauren Muusse), Community Garden (Jacquie Devlin) and Programs (Donna Fong) who were re-elected for a two-year term.

**Matthew Hethcoat**

**Membership Director**

Matt moved to Strathcona with his partner and daughter in early 2020. He was born in western New York, but has wandered a great deal for work and life. Matt is a scientist with the Canadian Forest Service, specialized in using satellite imagery/data to understand changes to forests and other landscapes. He and his family quickly fell in love with the neighborhood and the spirit of the Community League mission. In the role he looks forward to connecting with more folks in the neighborhood and championing the range of benefits that come with being a member.

**Sabine Roche**

**Civics and Planning Director**

Sabine is a passionate Strathcona resident. She lives with her partner and two dogs right

off Whyte avenue and is completing an MSc in Urban and Regional Planning at the University of Alberta. Sabine loves to be involved in her community whether it be chatting with neighbours from her balcony as they walk by, frequenting festivals and gatherings or hosting big scrumptious dinner parties. In the role of Civics and Planning Director Sabine hopes to bring in new faces to uplift the Committee and its ability to represent the desires of the community.

**Connie Mar**

**Sports and Fitness Co-director**

Connie has lived in the Old Strathcona neighborhood since 2019 and is looking forward to becoming more involved as sport and fitness co-director with Selena Matthews. Connie welcomes input from the community, with suggestions for programs or events, emails can be sent to [sport@strathconacommunity.ca](mailto:sport@strathconacommunity.ca). Connie enjoys making use of the river valley and mill creek trails with her dog Moe.

**Selena Matthews**

**Sports and Fitness Co-director**

Selena grew up in Edmonton and moved back 8 years ago to settle in Strathcona with her family. She enjoys playing tennis, volleyball, trail running, and biking. Selena aims to bring her enthusiasm for activity to her new role on the board. She hopes to create opportunities for activities that are accessible to everyone in the community and looks forward to promoting sport and activity throughout the seasons.

## Diversity and Inclusion Events

The Strathcona Community League hosted the Community Learning session on December 2nd to learn about two separate and yet interlinked issues in our midst: the housing crisis and a toxic drug supply. Our neighbours and board of directors joined local experts to explore the issues and the systemic and policy context to them.

Our league is holding a fundraiser - Pictures with the Grinch (with Uncle Stretch as the Grinch) – in the hall lounge on Sunday, December 8, 1-3 p.m., to support

Sisters Dialogue and the Old Strathcona Youth Society.

Thanks to the families who participated in the Halloween Family Dance Party on October 26th, and to drag performers Jojo Mojo and Emmonia. The event was an inclusive and safe space for all people and all gender expressions!

For more information about Diversity and Inclusion initiatives, please contact co-directors Amy Gainer and Lauren Muusse at [diversity@strathconacommunity.ca](mailto:diversity@strathconacommunity.ca).

## Thursday Afternoon Playgroup

The hall at Strathcona Community League is available on Thursday afternoons, 2:00-4:00 p.m. for use by the playgroup. It is open to parents and caregivers with babies and children for unstructured play and socializing. Toys, ride-on vehicles, books, coffee maker, kettle, and tables are available to use at the hall. Bring your own peanut-free snacks and refreshments.

Come up the ramp to the 2nd floor on the north side of the hall. If the gate door is locked, contact either the hall manager at 780-439-1501 or the Strathcona Nursery School staff at 780-710-7667. If you can help to welcome families to the playgroup, please contact Donna Fong at [programs@strathconacommunity.ca](mailto:programs@strathconacommunity.ca). Cost: Free with community league membership.

## Edmonton Winter Events

For more info on the following events, please visit:

edmonton.ca/skating  
edmontonDowntown.com  
exploreedmonton.com/event-calendar  
edmontonconventioncentre.com/upcoming-events  
edmontonarts.ca/events  
wintercityedmonton.ca  
Source: edmonton.ca

### Winter patios

Celebrate the winter patio season and embrace Edmonton as a Winter City. Visit [WinterCityEdmonton.ca/patios](http://WinterCityEdmonton.ca/patios) for participating patios at local restaurants, cafes and bars all winter long, including those where you can take your four-legged friends.

### Downtown fun

The City of Edmonton offers family-friendly events and activities through its WinterCity Strategy ([wintercityedmonton.ca](http://wintercityedmonton.ca)) and Downtown Vibrancy Strategy.

Holiday Magic performances at City Hall

- From December 2 to 6, from 11 a.m. to 2 p.m. come to City Hall to enjoy delightful choral and handbell performances by Edmonton elementary and junior high school students. Admission is free.

### Bright Light Skate Night

- On December 14 from 4 to 8 p.m., kick off the winter season in Churchill Square, City Hall and the City Hall Plaza with skating, cultural performances, a holiday craft and more. Enjoy the magical glow of canopy lights and bask in the ambiance of new art installations. At 5 p.m., join the countdown as the lights on the Christmas tree are switched on! Admission is free.

### New Year's Eve Downtown Festival and Fireworks

- December 31, from 6 p.m. to 12:15 a.m., head to Sir Winston Churchill Square and the Arts District to usher in 2025 with two fireworks shows – an earlier show at 8 p.m. and a traditional fireworks show at midnight. Free family-friendly programming includes music, performers, holiday activities and free skate rentals. Admission is free.

### Rice Howard Way Entertainment District

- Swing by Rice Howard Way Entertainment District on New Year's Eve starting at 6 p.m. Take food and beverages from nearby businesses onto the street to enjoy DJs, family-friendly activities and other streetside entertainment.

### City attractions

Muttart Conservatory

- A Candy Cane Christmas in the Feature Pyramid, from November 23 to January 5.

- Candlelight Christmas includes two 45-minute musical performances from the McDades, December 7 to 10.

- Dome dinners in the outdoor courtyard with food provided by Caf@bloom until March.

- After Hours at Muttart: celebrate the season by taking in the holiday classics with Christine Hanson and Jamie Philip's cello and guitar performance, including food and drink and a take-home plant. December 13 at 7:30 p.m.

- Countdown to 2025: the Muttart Conservatory is celebrating 2024 and counting down to 2025 with face painting, airbrush tattoos, a hula hoop circus workshop and more! December 31 from 10 a.m. to 2 p.m.

John Janzen Nature Centre This month's drop-in program theme is Hide 'n' Seek!, featuring migration and hibernation-themed nature activities.

John Walter Museum

Candlelight Christmas Celtic concert series: limited tickets are available for December 23.

Zoominescence Festival of Light at Edmonton Valley Zoo

Zoominescence will feature artistic light installations, performers, animal talks and more from November 29 to January 1.

### River Valley fun

Enjoy free outdoor winter activities in Edmonton's River Valley!

- Skating

Victoria Oval and IceWay, Sir Wilfrid Laurier Park skating surface and Rundle Park IceWay are opening, weather-dependent. For more information about the City's outdoor skating surfaces, pavilion hours and ice conditions, visit [edmonton.ca/skating](http://edmonton.ca/skating).

- Cross-country skiing: trails are set and regularly groomed as snow conditions allow. The trails are varied to accommodate different levels of skiers. Check trail options and conditions at [edmonton.ca/skitrails](http://edmonton.ca/skitrails).

- Tobogganing: there are a number of City-managed toboggan hills in the River Valley. For current hill conditions and safety tips, visit [edmonton.ca/tobogganing](http://edmonton.ca/tobogganing).

- Outdoor recreation programs: Play Rangers and Family Adventure Club North are free weekly outdoor recreational activities. Play Rangers focuses on children and family participation. Family Adventure Club North provides outdoor programs to

families visiting the Northeast River Valley Park.

- Walking and cycling: trails are available for use year-round.

- Brunch at Victoria Golf Course: visit the river valley on Sundays from 10 a.m. to 3 p.m. starting December 1 for a cozy winter brunch by Greenhouse YEG.

### More winter festivals and events

Glowscape: walk around 124 Street to experience an illuminated art experience! This event will transform eight empty commercial spaces around 124 Street into beautiful pieces of moving art until December 1 from 4 to 8 p.m.

Winter Whyte Light Up: enjoy the beauty of winter at the Winter Whyte Light Up celebration at Dr. Wilbert McIntyre Park and Strathcona Backstreet Plaza. Hosted by the Old Strathcona Business Association, this free family-friendly event will feature hot chocolate, carolers and plenty of winter giveaways on November 30 from 4 to 7 p.m.

Luminaria: slow down and share a moment of serenity with the people you love at Luminaria. Stroll along the candlelit pathways of the Kurimoto Japanese Garden, take in the sounds of a capella singers, enjoy a warm apple cider and mark the essence of the season in a ritual of peace and beauty. Open on the weekends of December 13, 20 and 27 from 5 to 10 p.m.

Candy Cane Lane: experience a much-loved Edmonton holiday tradition from December 13, 2024, to January 3, 2025, from dusk to 11 p.m. Remember to bring a non-perishable food donation for Edmonton's Food Bank.

## Depression and the holidays

Holidays can be difficult for some people, especially if you are dealing with depression.

Spending time with friends, getting plenty of rest, and thinking about others are ways to deal with the season and may make you feel better.

### Learning about depression

Depression is a mental health condition that causes you to feel sad, lose interest in activities that you used to enjoy, withdraw from others, and have little energy. Depression can also cause people to feel hopeless about the future and to even think about suicide. It is not a character flaw, and it does not mean that you are a bad or weak person.

Depression is very common and affects people of all ages. If you think you may be depressed, tell your doctor. Treatment can help

you enjoy life again.

What causes depression? When you have depression, there may be problems with activity levels in certain parts of your brain. Chemicals in your brain called neurotransmitters may be out of balance. Most experts believe that a combination of family history (your genes) and stressful life events may cause depression.

What are the symptoms? One of the most common symptoms of depression is feeling sad, hopeless, or tearful. The other is losing interest in daily activities you used to enjoy. If you have had these symptoms nearly every day for at least 2 weeks, you might have depression.

How is it diagnosed? If your doctor thinks you are depressed, he or she will ask you

questions about your health and feelings. Your doctor also may do a physical exam and tests to make sure your depression isn't caused by another disease.

**How is depression treated?** Doctors usually treat depression with counselling or medicines. Often a combination of the two works best. Many people don't get help because they think that they'll get over the depression on their own. But some people do not get better without treatment. In many cases, counselling can work as well as medicines to treat mild to moderate depression. Counselling is done by licensed mental health providers, such as psychologists and social workers. This kind of treatment deals with how you think about things and how you act each day.

Antidepressant medicines can improve

the symptoms of depression in one to three weeks. But it can take six to eight weeks to see improvement. You'll probably have to keep taking these medicines for at least six months.

Remember these important points during the holiday season

Be realistic. Try not to build up the holiday too much in your mind.

Say no sometimes. People will understand if you don't do things. Wearing yourself out will make you feel worse.

It's okay to be sad or lonely. You don't have to be happy because it's the holiday season.

Seek out family or friends for support. Community or church groups can help too. If things get bad, talk with your doctor or counsellor

## Preventing slips, trips, and falls during the winter months



The winter months can be a great time to get outdoors and be active. But the cold, snow, and ice can present challenging conditions that put individuals at higher risk of experiencing a fall.

Melting snow can freeze overnight, forming a thin layer of ice that is hard to see. The ground can then become very slippery in the morning when the ice starts to melt. In months where the ground is frozen, ground frost and ice can make it slippery for walking. No matter how well the snow is removed from parking lots or sidewalks, there will still be slippery places.

It's important to keep your safety in mind to avoid slips, trips, and falls.

Tips to prevent falls and other injuries

A fall can happen to anyone, anywhere – outdoors, in your home, in the community, or in a hospital. They can be serious and cause bruises, sprains, or more severe injuries like broken bones or concussions. About 180 children ages four and under and 11,000 adults ages 65 and older were hospitalized due to falls in Alberta in 2022.

To lower the risk of you, your child, or someone else getting hurt when you're outside this winter, remember the following:

For children:

- Use sturdy, wall-mounted gates at the top of all stairs and a wall-mounted or pressure-mounted gate at the bottom.
- Install safety devices on windows, such as window guards or child-proof locks higher than ground level. Safety devices should be installed so they may be opened by an adult or older child without the use of any tools or special knowledge
- Move furniture away from windows and balcony rails to prevent children from climbing.
- Secure furniture, such as dressers and bookcases, to the wall.
- Use the playground checklist for chil-



dren to reduce the risk of injury.

- Always have your child wear a certified helmet while skiing, snowboarding, sledging, tobogganing or skating to lower the risk of head injuries.

For adults:

- Move your body. Regular physical activity builds balance, strength, and flexibility. Talk to your healthcare provider before beginning a new physical activity, and discuss strategies

for staying active if you have limited mobility.

- Choose footwear that has low heels, fits well and has good grip. Join activities with friends or family to stay safe and connect with others. Take short, slow steps on slippery surfaces.

- Check your vision. Changes to your vision might increase your risk of falling. Alberta Health covers the cost of an annual eye exam for adults ages 65 and older.

- Regularly review your medications with your doctor or pharmacist, and ask questions about side effects, such as feeling dizzy or sleepy.

- Keep floors and pathways clutter-free and turn on lights on stairs.

Do the Penguin Walk!

- Bend slightly and walk flat footed
- Point your feet out slightly like a penguin

- Keep your centre of gravity over your feet as much as possible

- Watch where you are stepping
- Take shorter, shuffle-like steps
- Keep your arms at your sides (not in your pockets!).

- Concentrate on keeping your balance • Go S-L-O-W-L-Y

If you fall or are seriously injured, get the appropriate care promptly. People with life-threatening emergencies should visit their nearest emergency department or call 911. If your condition is not life-threatening, call Health Link 811 for health advice or information.



### COMMUNITY CONNECTIONS AT SPIRIT OF HOPE

7909 82 Ave NW

December

<p style="color: white; font-weight: bold; font-size: 1.2em;">7</p>  <p style="color: white; font-weight: bold;">Winter Community Fun Fest</p> <p style="color: white; font-weight: bold;">2 - 7 pm</p> <p style="color: white; font-weight: bold;">5 - Potluck supper</p> <p style="color: white; font-weight: bold;">Crafts, games, gym activities, music &amp; more for all ages</p>	<p style="color: white; font-weight: bold; font-size: 1.2em;">16</p>  <p style="color: white; font-weight: bold;">Caroling &amp; Treats</p> <p style="color: white; font-weight: bold;">7 - 8:30 pm</p> <p style="color: white; font-weight: bold;">Celebrate the holiday season with family &amp; friends.</p>	<p style="color: white; font-weight: bold; font-size: 1.2em;">22</p>  <p style="color: white; font-weight: bold;">Lessons &amp; Carols</p> <p style="color: white; font-weight: bold;">10:30 am</p> <p style="color: white; font-weight: bold;">Special service of Christmas readings and music</p>	<p style="color: white; font-weight: bold; font-size: 1.2em;">24</p>  <p style="color: white; font-weight: bold;">Christmas Eve</p> <p style="color: white; font-weight: bold;">4:30 pm All Ages Service</p> <p style="color: white; font-weight: bold;">7:30 pm Candlelight Communion Service</p>
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Christmas Food Drive

Donation drop-off times:

Tues - Fri 10 am - 2 pm    Sun - 10:30 am - noon






☎ 780-468-1418

✉ officeadmin.spiritofhope@shaw.ca

🌐 spiritofhope.ca

📘 facebook.com/learnchangegrowtogether

Spirit of Hope is located on Treaty 6 Territory & the traditional homelands of the Métis. As an Affirming Ministry of the United Church of Canada, all events & services are fully inclusive of people of all sexual orientations & gender identities.



## Learning about Polycystic Ovary Syndrome (PCOS)

Polycystic Ovary Syndrome (PCOS) is a common condition that is caused by a hormonal imbalance. Hormones control the activity of different cells and organs in your body. With PCOS, the hormone imbalance can affect your period and your overall health. It causes the ovaries to produce higher levels of the hormone testosterone. With PCOS, your ovaries may also develop enlarged, fluid-filled follicles that are often referred to as cysts.

Because of the extra testosterone, people with PCOS may have:

- missed periods, irregular periods, and very light periods (including spotting)
- extra hair on the face or body
- thinning hair on the head
- severe acne
- difficulty managing weight
- difficulty getting pregnant
- darkening of skin on the neck, armpits, or groin area

If you notice sudden, unusual hair growth on your face or body or new wide purple stretch marks on your body, contact your healthcare provider right away.

## Argyll Community Garden

Hello Argyll community, you may have noticed on your walk that breaking ground has happened for the garden and we will be able to plant in the spring. We will be also adding raised beds in spring and a few more features. As mentioned in the community e-mail keep us in mind if you have some garden tools you're not using any more and would like to donate for community use. It would be much appreciated.

If you're interested in becoming a gardener and helping on some projects



please email [garden.group@argyllcl.ab.ca](mailto:garden.group@argyllcl.ab.ca) attn: Joanne N.

## Argyll Walk Club

The second Tuesday morning of each month — 9:00 AM - 10:00 AM

The last Wednesday evening of each month — 6:30 PM - 7:30 PM

Weather permitting these walk opportunities are being offered to any residents of Argyll who like walking with others.

Many folks love walking our neighbourhood & ravine. If you'd like some company, or to try some new trails, join them. Meet in front of the hall & enjoy a leisurely stroll with a few neighbours. Strollers & all ages welcome. (Watch our Facebook page for reminders and cancellations)

## Neighbourhood Watch

Argyll "need" to recruit some neighbours to be part of our neighbourhood "walk your block" program. (<https://en-watch.ca/walk-your-block/>) This means they keep an eye out around our neighbourhood for odd things, graffiti and or break-ins. There is a need for people who might normally walk their dog, or family, around their corner of the neighbourhood to put their name into our program for observation of our corner of the City.

There will soon be a door-to-door "event" where they will be asking people in Argyll about getting signage in the neighbourhood saying it's a neighbourhood watch area. 25 signatures are needed before the city will agree to post them in our neighbourhood. People who are concerned about security may want to have a door sticker where they confirm they'll look out for their neighbours and surroundings. You can email to [ENW.ARGYLL.REP@gmail.com](mailto:ENW.ARGYLL.REP@gmail.com) for more info.



If you are interested and prepared to give some of your time each week then get in touch with Andy and Juliana Dykstra.

The Edmonton Neighbourhood Watch program is supported by volunteers and this neighbourhood watch initiative has the endorsement of Argyll Community League.

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*Confidence in the advice you receive*  
*Comfort in the process*

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## Sign up for upcoming Events

Be on the lookout for a skating rink in December. There may be another Games Night. Casino Volunteers (and families) appreciation Dinner.

Sign up for our e-mail newsletter to get details on these, or any other, upcoming events from Argyll Social at [argyll.social@gmail.com](mailto:argyll.social@gmail.com).

## Argyll Online

Check-in weekly to see what's changed on our web site. Send us things you think the community would be interested in through our Contact page. Look for it the next time you visit our site.

Our web site address is: [www.argyllcl.ab.ca](http://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](mailto:argyll.social@gmail.com).

Look for current events on our FaceBook page as well.



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Wishing all my past & future clients Season's Greetings and a very Happy New Year 2025!



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## A Worldwide Invitation to Light the World This Christmas Season

The Light the World initiative is a celebration of Jesus Christ's birth

When angels announced the birth of Jesus Christ 2,000 years ago, their message was one of goodness and joy (see Luke 2:10). Wherever you are this Christmas season, The Church of Jesus Christ of Latter-day Saints encourages everyone to echo that message by bringing light and hope to those in need.

The invitation to Light the World began December 1, with a special video now available on social media. It was filmed in London, New York City, Tokyo and Sydney, among other global locations. Participants from around the world collaborated on this project.

Below are several ways you can spread the joy of Christ.

Choose from service ideas at [LightTheWorld.org](http://LightTheWorld.org).

Donate to local and global charities at a Giving Machine in more than 100 locations in 13 countries on five continents. For the first time, machines are in Africa and Asia. **You can also find other ways to donate at [GivingMachine.org](http://GivingMachine.org).**

Text "light" to 71234 for ideas to serve others as Jesus did.

Receive service ideas through WhatsApp.


Celebrate Christ's birth with free music from The Tabernacle Choir at Temple Square.

Join us for a Christmas worship service on December 22, 2024.

For more information go to

<https://newsroom.churchofjesuschrist.org/article/light-the-world-2024>

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- Saturday:  
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9611-66 Ave



## Where to get Your Hazeldean Community League Membership

Hazeldean Community League memberships may be purchased at:

**ONLINE** - The Edmonton Federation of Community League (EFCL) website: <https://hazeldean.getcommunal.com/memberships>

**IN PERSON** - Hazeldean Drug Mart: 9611 – 66 Avenue (Monday to Friday from 9 a.m. to 6 p.m., Saturday from 9:30 a.m. to 5:30 p.m.)

**IN PERSON:** At any of our Hazeldean Community League events.

### Why Become a Community League Member?

#### SUPPORT YOUR COMMUNITY LEAGUE

Fees collected from membership sales provide much-needed funds for Community Leagues to accomplish their mandate of bringing community residents together and improving the community and the quality of life for all residents.

Leagues accomplish this through organizing various recreational, educational and sports programming, hosting community events, developing amenities such as water parks and community halls and by being the voice of the community when it comes to civic engagement with the City of Edmonton.

#### WHAT YOU GET IN RETURN

Your purchase of a membership provides you with reduced rates to city recreational facilities through the Community League Wellness Program\*, gives you the opportunity to know your neighbours through organized sports participation and community events, plus gives you a voice in the shaping of your community.

Many Leagues also arrange further benefits with local non-city amenities and businesses. In many cases, members get reduced rates on their community hall rental, so make sure to check with your League to see what else they offer.

## Follow Us Online

Looking for the optimal way to get your Hazeldean Community League fix? There are a number of ways you can follow us online and stay up-to-date on everything going on at the League:

Website: [www.hazeldean.org](http://www.hazeldean.org)  
Facebook: [www.facebook.com/HazeldeanCommunityLeague/](https://www.facebook.com/HazeldeanCommunityLeague/)  
Instagram: [hazeldean\\_community\\_](https://www.instagram.com/hazeldean_community_)

Periodically, special events happen within Edmonton and the organizers offer reduced ticket rates to Community Leagues members. Here's where you can view details, rates and facilities included in the City of Edmonton Community Wellness Program.

#### MEMBERSHIP BENEFITS

Holding a Hazeldean Community Membership provides you with:

Voting privileges at meetings. The annual general meeting occurs in the month of October. In order for you to vote at this meeting, you must reside in Hazeldean with a current membership.

A voice on local government issues such as development permit variances, re-zoning applications, and traffic issues.

Free skating on Edmonton's League Outdoor rinks. The Avonmore Community League (four minutes drive away) has a hockey rink and a large public skating rink, as does Ritchie. Please remember to bring your membership card for entry into these facilities. Hazeldean no longer has an outdoor rink, but does have a smaller snowbank rink beside the playground.

Free public skating at indoor city arenas. Please check the City of Edmonton website for the schedule to public skating times. The closest arena to our community is Donnan.

Free swimming at designated pools. Our current free swim time is at Bonnie Doon Pool Sundays 4:15pm - 5:45pm.

Your family can join up for programs offered by the Hazeldean Community League like hockey, soccer, and playgroup.

Free or discounted access to Hazeldean Community League events which have a ticket or entrance fee.

Additional city-wide savings and benefits, as listed on the EFCL website.

league

Twitter/X: @HazeldeanYEG

Please note, there is also a Hazeldean Community Facebook group, which is fantastic, but not run by, managed, or moderated by the Hazeldean Community League. Give it a follow, as well, to learn more about your neighbours are sharing and talking about.

Hazeldean Community Hall

## READY FOR RENT

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[www.hazeldean.org](http://www.hazeldean.org)

## Hazeldean Halloween Howler a Spooky Success!

What a Spooktacular time we all had at the ol' Hazeldean Hall on Saturday, October 26th!

Thank you to everyone who came on out to the Hazeldean Halloween Howler Family Dance. It was awesome to see so many families hitting the dance floor and crushing back frightening amounts of candy!

On behalf of the Hazeldean Community League, ya'll rocked it! We already can't wait for next year!



## President's Desk: Year-End HCL Membership Drive

Hello, Hazeldean residents!

My name is Kristopher Skinner, and I am honored to serve as the newly elected President of the Hazeldean Community League.

As we approach the 2024-2025 membership year, I want to take a moment to encourage you to renew your membership. Your support is vital to our community, and as Hazeldean is a close-knit neighborhood, every membership truly makes a difference.

With your Individual or Family membership, you help us provide a variety of free

and low-cost programs that benefit both our members and the broader community. Together, we can continue to foster a vibrant and engaging environment for everyone.

Thank you in advance for your continued support of the Hazeldean Community League. I look forward to welcoming you back as a valued member for the upcoming year!

*Warm regards,  
Kristopher Skinner*

President, Hazeldean Community League

## Ready For Rent!

Looking for the Perfect Venue for Your Next Event or Business Gathering?

The Hazeldean Community Hall offers versatile indoor and outdoor spaces, ideal for everything from private parties to recurring business events. Whether you need a space for a few hours or a long-term rental, we're here to help make it happen!

Our recent upgrades make booking a breeze! We've introduced: DocuSign for

easy, digital contract signing, Square Payments, and eTransfers – no more hassle with cheques!

Plus, we offer exclusive discounts for Hazeldean Community League members and multi-day or recurring rentals. Ready to book or learn more? Reach out to us at [rentals@hazeldean.org](mailto:rentals@hazeldean.org) or visit our website at [www.hazeldean.org](http://www.hazeldean.org) to explore all our options. Let's create something amazing together!



**Rachel Notley** 

MLA, Edmonton-Strathcona

**Constituency Office**

Suite 101 10328 - 81 Avenue NW  
Edmonton, AB T6E 1X2

 (780) 414-0702

 [edmonton.strathcona@assembly.ab.ca](mailto:edmonton.strathcona@assembly.ab.ca)

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## BIG Change is needed at City Hall!

Concerned Edmonton voters are joining the movement to bring about much-needed change at City Hall. Principled Accountable Coalition for Edmonton and partners are supporting and electing candidates who are responsible, practical, budget realists.

We continue to make the case for a sensible City Council. By joining together, our call for change will be stronger; the campaign to elect new councillors more vigorous; the effort to make a real difference at City Hall much broader.

**Join us! Visit us at [pacenow.ca](http://pacenow.ca)**

Emergency Medical Services (EMS) would like to remind parents and children about toboggan/sledding safety tips. Injuries may result from collisions with stationary objects on the hill, such as trees, poles, rocks, or even collisions with other people. Unprotected falls can also result in more serious injury if you lose control at high speeds. However, everyone can be safe on the hill by following these reminders.

Equipment	Plan ahead
<ul style="list-style-type: none"> <li>Always ensure your toboggan, or sledding device, is in good repair. Inspect it for any damaged or missing parts before each use.</li> <li>Be certain the operator is fully capable of staying in control of the sled at all times.</li> <li>Wear a ski helmet designed for use in cold weather and high speeds.</li> </ul>	<ul style="list-style-type: none"> <li>Anticipate weather changes and plan accordingly.</li> <li>Wear warm, insulating layers closer to the body, and wind/waterproof layers on the outside.</li> <li>Consider bringing extra sets of gloves and toques to exchange wet garments for dry ones.</li> <li>Take breaks out of the cold to warm up.</li> <li>Even when properly protected from the elements, the fingertips, toes, ears, the tip of the nose, and other high points on the face such as the forehead and cheek bones can be affected by frostbite; therefore, attempt to cover up any exposed skin.</li> <li>If frost bite has occurred, treat it by first getting out of the cold environment, or at least sheltered from any wind-chill.</li> <li>Gently warm the affected skin by placing a warm hand over it, or by placing the affected part in warm - not hot - water until re-warmed.</li> </ul>
Hazards	
<ul style="list-style-type: none"> <li>Avoid hills that are too steep or icy.</li> <li>Choose hills free of all obstacles such as trees, rocks, utility poles, benches, or fences.</li> <li>Beware of loose scarves, or clothing containing drawstrings, which could present a strangulation hazard if they become caught or snagged.</li> <li>Look out for others. Move quickly to the side after finishing a run and stay to the side of the sliding path when walking up the hill.</li> <li>Children should be supervised by an adult; try not to toboggan alone;</li> <li>Sledding at night is not advised.</li> </ul>	



## Get Involved, Get Informed!

Website: [www.ritchie-league.com](http://www.ritchie-league.com)  
Facebook: [facebook.com/WelcometoRitchie](https://facebook.com/WelcometoRitchie)  
Instagram: [ritchie\\_league](https://instagram.com/ritchie_league)  
Hall manager: [inquiries@ritchie-league.com](mailto:inquiries@ritchie-league.com)  
Get informed! Do you want more timely info about the events and programs happening in our League? Sign up for our email newsletter! We send two to three

editions every month with all the best news and info for you to have fun in Ritchie!

Get involved! We always have both long- and short-term volunteer opportunities available. Whether you enjoy helping set up at events, selling memberships, or delivering merch, we have an opportunity that will meet your interests and skills!

## Memberships

Get your 2024/2025 now, the year has just begun! A Ritchie membership gets you loads of perks in the community and around the city, like discounted passes at rec centres, free weekend swims, discounts on all Ritchie classes, and access to the Tool Library. You can purchase yours easily online or at an upcoming Pub

Night. Show your support—and love—for your community with a community league membership

Family: \$25  
Single adult: \$15  
Senior over 65: pay what you can  
Associate outside of the community: \$15

## Support Local for Less with Ritchie Crew

Ritchie Community League is offering you exclusive discounts at beloved local businesses through the Ritchie Crew Subscription. For as little as \$10/month, Crew members receive a thank you pack, an RCL membership, a yearly gift of RCL swag, and the perk that keeps on giving: an RCL discount card for participating businesses in the Ritchie neighbourhood. There's a discount for everyone, from mu-

sic lovers to meat lovers; from readers to refillers.

RCL is inviting businesses in the neighbourhood to join the Crew! If you've got an offer your neighbours can't refuse, write to us.

The complete list of participating businesses and monthly subscription options are on the RCL website at [ritchie-league.ca/rcl-support](http://ritchie-league.ca/rcl-support).

## Crafternoon

It's never too soon to plan for Crafternoon! Your next opportunity to get creative with your neighbours is Sunday, February 23 at 1 pm. Open to RCL members and non-members alike, Crafternoon is your chance to find both inspiration and support for your projects. It's also the perfect place to refresh

your supplies, whether you're drowning in googly-eyes or in desperate need of twine, the Swap Table has your back. Leftover materials are donated to the Reuse Centre. So, plug in that glue gun, head to [ritchie-league.com/events](http://ritchie-league.com/events), and sign up to reserve your spot.

## Swim Away the Winter Blues

Close your eyes. Listen to the waves lapping gently against the tiles. The water is a balmy 31 degrees. A foam noodle cradles you in a tender hug. You're floating blissfully in the pool, and best of all, you got in free of charge with your RCL membership card.

Saturdays from 3 to 5 pm and Sundays from 1 to 3 pm, RCL members get free admission to Commonwealth Community Recreation Centre. The facility boasts an aquatic centre with saltwater pools, a fitness centre, and a gymnasium. Visit the



City of Edmonton's website for amenity schedules.

**RITCHIE PRESENTS**

THIRD THURSDAY OF THE MONTH

## Rent Ritchie Hall

Looking for a great venue for your next event? Ritchie Hall has it all! We have two rental spaces within the building and a court area outside. With room to accommodate up to 150 guests, we've hosted birthday parties, weddings, and markets. Whatever your rental needs, we'd love to

chat about how Ritchie can help you out!

League members who live in the Ritchie community receive a 10% discount on hall rentals, but we're available to anyone who needs a space for their event. For the layout, some photos, and all the fine print, visit [ritchie-league.com/hall-rental](http://ritchie-league.com/hall-rental).

## Classes, Programs, and Socials

Many of our popular classes and socials take a break over December, but we've got all your favourites—and more—starting up again in January! Dance, yoga, bridge, Men's Shed, Girl Guides, Grindstone Theatre School... a little bit of something for everyone! If you have an idea for an on-

going class or program that might spark some interest among our Ritchie residents, get in touch! The calendar is filling up.

Our Hall Manager Jil is happy to chat about availability, access, and logistics. Email her at [inquiries@ritchie-league.com](mailto:inquiries@ritchie-league.com).

## Catch up with Friends and Neighbours at Ritchie Pub Night

Pub nights are back at Ritchie Hall, the last Saturday of every month. Join your friends and neighbours for a relaxing evening with your favourite Happy Beer Street beverage. We always have a nice selection of snacks, as well as non-

alcoholic bevies. If you're aged 18+, \$5 gets you in the door—and Ritchie members get a freebie! You'll find all the information online, including those special details. We had live music in October... what's in store for 2025?




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## ELLA on Wendy Davis

The love of learning recognizes no age barriers. Just ask Wendy Davis, who turns 96 this year.

She comes out each spring to take ELLA's non-credit classes at the University of Alberta. ELLA also offers online courses in winter.

"I have many senior friends who invariably gripe about the vagaries of aging. I love ELLA as our discussions are inspired by the content of our classes – be it bugs or glaciers or politics - which I find stimulating and invigorating," says Wendy.

A class on writing Wendy took early in her ELLA experience inspired her to write a memoir about her childhood in India. Her book, *Dal and Rice*, was eventually published by McGill-Queens University Press.

Born in London, England, Wendy spent part of her childhood and teen years in India, before returning to the UK and training as an occupational therapist. In 1974 she moved to Edmonton for a job as a teaching assistant in rehab medicine at U of A.

She discovered ELLA when she retired at 65. The encouragement of her writing class colleagues and instructor was instrumental in her becoming a published creative writer at age 80, she says.

"ELLA is an exceptional organization – I know of nothing like it."

Registration for the Online Winter Session at ELLA begins December 5, with classes starting Jan. 13. For more information, visit [my-ella.com](http://my-ella.com).



# Heather McPherson

Member of Parliament  
Edmonton Strathcona

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## Together in Faith and Advocacy: A Trustee Update for December

*Looking Ahead to Advent and the New Year with Gratitude*

As we enter December, the season of Advent invites us to reflect on the important work the Edmonton Catholic Schools' Board of Trustees has done and the opportunities ahead. We remain dedicated to advocating for policies and initiatives that promote student success and well-being, always working to create an inclusive, supportive, and faith-filled learning community.

A vital part of our work involves collaborating with School Councils. Recently, the Board had the privilege of gathering with School Council and Society Chairs to discuss the important work they do in our schools. The evening was filled with dialogue, learning, and a shared commitment to helping our schools thrive. These partnerships strengthen our community and provide lasting benefits to our students.

Another key advocacy focus is amplifying student voices. Our first Student Voice meeting of the year was a valuable opportunity for Board members to hear directly from students across our high schools, making student perspectives central to our decision-making. By prioritizing these conversations, we keep our governance

grounded in the lived experiences of our students.

This fall, Trustees have been actively engaging with provincial partners to ensure our schools have the resources and support they need. We're pleased to see the Government of Alberta's continued commitment to the School Construction Accelerator program, which will help us meet the needs of our growing student population. With over 50,000 students across 94 schools, Edmonton Catholic Schools continues to nurture a rich, faith-filled environment where learning and spiritual growth flourish together. We remain dedicated to championing the priorities of our division, from improved infrastructure to enhanced learning supports, and we will continue these efforts into the New Year.

The Advent season in our schools provides a special time for students and staff to engage in prayer, reflection, and acts of kindness. It is inspiring to witness our students coming together to spread joy and embody the values of hope, love,



*Trustee Laura Thibert, Trustee Alene Mutala, Board Chair Sandra Palazzo, Vice-chair Lisa Turchansky, Trustee Debbie Engel, Trustee Terry Harris*

Advent, creating a warm and faith-filled environment for all.

This wouldn't be possible without the dedication of our teachers, support staff, and administrators, whose hard work and commitment ensure our students receive a high-quality, faith-based education every day. We are grateful for all they do to make our schools places of learning and growth.

The Board of Trustees wishes you all a blessed Advent and a joyful Christmas season. Should you have any questions, please contact us at [boardoffice@ecsd.net](mailto:boardoffice@ecsd.net).

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## Leisure Access Program

The Leisure Access Program (LAP) allows eligible Edmontonians access to the City of Edmonton recreation facilities and attractions at a free or reduced cost. All applicants will also automatically be considered for the Ride Transit Program. The LAP programs are now offered in 1-Year, 2-Year, and 5-Year terms depending on documentation submitted with your application. Income thresholds and the application form are available at [https://www.edmonton.ca/programs\\_services/leisure-access-program](https://www.edmonton.ca/programs_services/leisure-access-program)

## Safety Data Portal



The Edmonton Police Service (EPS) has an information sharing platform designed to increase transparency, facilitate community engagement, and support the safety of citizens and the city. The Community Safety Data Portal offers access to comprehensive data including crime statistics and trends occurring in Edmonton. Visit <https://communitysafetydataportal.edmontonpolice.ca>

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### 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.

[www.communityleagueneews.com](http://www.communityleagueneews.com)

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