

COMMUNITY LEAGUE NEWS SOUTH

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



Published by Calder Publications. To advertise please call 780-434-9732 or email info@communityleagueneews.com. June/July 2025

Strathcona is Doing EFCL Bike Month Challenge and Scavenger Hunt

The Strathcona Community League is excited to participate in the EFCL Bike Month Challenge, June 1-30. Join our Strava Club SCCL – The Wheel Deal and contribute your kilometers to our weekly community total. Leagues across the city have adopted the challenge as a fun way to promote active transportation and recreation in their neighbourhoods and across the city through a little friendly competition.

Don't use Strava? No worries! You can manually upload your kilometers (daily or weekly by Sunday evening) For more info, contact Connie and Selena at sport@strathconacommunity.ca

Last year, the top three community leagues were Ritchie (20,256.77 km), Yellowbird East (14,471.5 km) and Strathcona (12,893.95 km). We finished just ahead of one of our rivals, Hazeldean (12,535.61 km). To see all results, visit <https://strathconacommunity.ca/bike-month-final-update/>

New this year: Gear up to participate in the EFCL's inaugural Bike Month Scavenger Hunt. The EFCL has selected 60 locations around the city, including incredible local businesses, Community League facilities, recreation centres, and city



landmarks. <https://efcl.org/bike-month-scavenger-hunt/>

1. Visit one of the designated locations on your bike.

2. Snap a picture of you/your bike at the location of your choice.

3. Tag the EFCL on Instagram (@theefcl) with hashtag #efclbikemonth or email your pictures to communications@efcl.org

4. If you are at one of the EFCL's business partners, show them your Community League membership and enjoy a special reward.

5. Repeat! The person who visits the most locations wins a \$200 gift card courtesy of United Sport & Cycle. In the event of a tie, the winner will be decided by a random draw of the submissions with the most entries.

And all you have to do to take part is ride your bike and bring along your Community League membership.

Summer Happenings in Hazeldean

The sun is shining, bikes are rolling, and the buzz of summer is building in Hazeldean! Your Hazeldean Community League has a full slate of events designed to bring neighbours together, celebrate the season, and create unforgettable memories right here in our own backyard. Whether you're a long-term resident or new to the neighbourhood, there's something for everyone. Here's what's coming up:

June is Hazeldean's Bike Month!

All month long, we're celebrating pedal power! Whether you're cruising the greenbelt, commuting through Mill Creek Ravine, or teaching your little one to ride,

June is your invitation to hop on two wheels and explore Hazeldean. Join our cycling group, HAZELDEAN UNITED, on Strava: www.strava.com/clubs/801266 and watch for social media shoutouts, tips, community rides, and maybe even a surprise pit stop or two...

Hazeldean's Summer Kick-Off BBQ – Wednesday, June 25 | 4:30–7:30 PM

School's out and summer's in! Celebrate the start of the season at our family-friendly BBQ on the Hazeldean Hall grounds. Enjoy a classic combo of burgers or hotdogs, pop, chips, fruit, veggies—and of course, a Freezie! Free with a valid Hazeldean

Argyll Community League Seeking a new President

At our upcoming 2025 AGM in September our current president will not be standing for re-election.

If you know of anyone in the community who might be an excellent leader for our league, please bring their name forward at the AGM to be nominated. Our

AGM is on Wednesday September 24th. Details about the meeting will be available early in September. If there are questions about the role of president, you can contact the current president by phone; 780.966.9310 and he can provide more information.

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STRATHCONA CENTRE COMMUNITY LEAGUE 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
Social	Donna Fong programs@strathconacommunity.ca
Sport and Fitness Co-directors	Emily Graca social@strathconacommunity.ca
Civics and Planning	Connie Mar Selena Matthews sport@strathconacommunity.ca
Building and Grounds	Sabine Roche civics2@strathconacommunity.ca
Green Initiatives Director	Roger Tassie grounds@strathconacommunity.ca
Jason Unger	green@strathconacommunity.ca
Community Garden	Jacquie Devlin Janice Bogner garden_co@strathconacommunity.ca
Hall Use Committee	Jeanie McDonnell hall@strathconacommunity.ca
Diversity and Inclusion Co-directors	Amy Gainer Lauren Lutic-Muusse diversity@strathconacommunity.ca
Community Wellness and Safety (Acting) Community Hall	Gord Lacey safety@strathconacommunity.ca
Information	Scott Wright rentals@strathconacommunity.ca
Address: 10139 – 87 Avenue, Edmonton, Alberta T6E 2P3	780-439-1501
Community League website: www.strathconacommunity.ca	info@strathconacommunity.ca
EFCL website: 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

The Strathcona Centre Community League is on Facebook <https://www.facebook.com/StrathconaCL/>. Follow on X @StrathconaCL Instagram @strathconaleague BlueSky @strathconacl.bsky.social

The copy deadline for the August-September 2025 issue of Community League News South is July 28, 2025. Please contact Donna Fong, Newsletter Editor, at 780-433-5702, or by e-mail at donnafong@shaw.ca.

Big Bin and Freecycle Event

The Green Initiatives Committee is pleased to announce the annual Big Bin and Freecycle event at the Strathcona Community League parking lot, 10139 87 Avenue.

Date: Saturday, June 28, 2025

Time: 9:30 a.m. to 3:30 p.m.

The Big Bin event allow league members to dispose of household items too large for regular collection at no charge.

Items we cannot accept but can be taken to the Eco Station are:

Commercial Waste
Gas Powered Equipment
Hazardous Materials

A Strathcona Centre Community League (SCCL) membership is required to participate. Bring your membership card or verify with our membership list on site. If you don't have one or want to renew for the 2025-2025 year, we can do that onsite or you can do it online at <https://strathconacommunity.ca/membership/>

Drop off items for the Freecycle event for reuse by other members of our community.

If you have any questions or wish to volunteer, email Jason at green@strathconacommunity.ca.

Diversity and Inclusion Events

Pride Yoga in the Park

Saturday, June 7

10:00 – 11:00 a.m.

Green space outside the Strathcona Community League hall, 10139 87 Avenue

Pictures and snacks to follow

Instructed by Cara

Performed by JoJoMojo and Pheromone

Members and non-members welcome

Rain or shine! Family-friendly, safe space

2S Drag Bingo

Sunday, June 29

1:00-4:00 p.m.

Bingo hosted by JoJoMojo and Tugs in the Strathcona Community League Hall (upstairs)

This free event celebrates both Pride Month and Indigenous People History Month.

Bingo prizes are from local Indigenous artists

Snacks provided

Safe space

Community league members and non-members welcome

Watch for the league's social media about the artists before the event.

Beading Workshops

Join Indigenous artist Illyana Cardinal of Be Silly by Silly for one or more hand-beading workshops this summer.

Dates: Saturdays

June 28 – suggested projects or pick your own project

July 19 – suggested projects or pick your own project

Aug 16 – suggested projects or pick your own project

Time: 12:00 – 5:00 pm

Fee: \$46 (discounts available)

Location: Strathcona Community League, 10139 87 Avenue, 2nd floor Lounge (use the ramp on the north side of the building)

All necessary supplies provided and included in fee. Register and pay online at the Strathcona Community League website.

For more information about Diversity and Inclusion events, email Any and Lauren at diversity@strathconacommunity.ca.

Summertime Art at the Hall with Berna Ponich

Registration is filling up fast for summertime art classes at the Strathcona Community League.

Monday-Friday, July 21 - 25

Monday-Friday, July 28 - August 01

10:30 - 12:00 pm

Ages 6 and up

Maximum: 12 students

Fee: \$130.00 includes all instruction and supplies

Location: Small meeting room, main floor Strathcona Community League, 10139 87 Avenue

Requirements: Valid Community League membership (any league)

Register and pay online at the league's website (Programs tab) at <https://strathconacommunity.ca/>

For information about art classes, contact Berna at berna@telus.net.

Programs

Registered Adult programs are held in the main hall on the 2nd floor of Strathcona Community League, 10139 87 Avenue (up the ramp on the north side of the building). Programs will be announced on the league website, social media, and e-newsletter.

If you are interested in a new program, please review this webpage.

<https://strathconacommunity.ca/programs/suggest-a-program-or-service/>

Please email Donna Fong, Programs Director, at programs@strathconacommunity.ca. A minimum number of participants are required in order to launch a new program.

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

Until June 23, 2025
6:00 - 7:15 p.m.

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

Hatha Flow Yoga

Thursdays

Until June 26, 2025

9:30 a.m. - 10:45 a.m.

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

Chair Yoga

Wednesdays

Until June 25, 2025

1:00-2:00 p.m.

Single class (or multiples): \$15.00 per class
Requirements: Valid Community League membership (any league). Bring your own yoga mat and props, please refrain from wearing scented products

All yoga programs are taught by Certified Yoga instructor Corinne McNally. Fall yoga programs will be announced in August. For inquiries about programs, email corinne@lotusmoonyoga.ca. Website: <https://www.lotusmoonyoga.ca/>

Slow Yoga with Janice Williamson
Tuesdays

Until June 23, 2025

10:00 - 11:15 a.m.

Summer Green Shack Program and Spray Parks

The City of Edmonton is pleased to offer the free drop-in Green Shack Program at the Strathcona Community League.

Until August 21, 2025

Monday-Friday

2:30 - 5:30 p.m.

Strathcona Community League

Next to the spray park

10139 87 Avenue

Each day of the week you will get active and experience a variety of crafts, games,

sports, and free play! This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend. For more information, call 311 or visit: <https://edmonton.ca/Greenshacks>

The Strathcona spray park is open 9:00 a.m.-9:00 p.m. daily. All children under the age of 6 must be accompanied by an adult or a responsible person of 13 years or older. For other spray parks in Edmonton, visit <https://www.edmonton.ca/sprayparks>

Sip & Stroll

Come join us on the first Sunday of every month at 10 a.m. for our monthly Sip & Stroll. Meet us at the Community League where we will walk and grab a coffee at The

Colombian and head into the river valley for a walk. Planned distance is 4-5km. A great way to meet new people and enjoy the weather!

Outdoor Swimming Pools

The City of Edmonton's outdoor swimming pools are opening on staggered dates.

Whitwin (formerly Oliver) Outdoor Pool (open for the season)

10315 119 Street

Queen Elizabeth Outdoor Pool (June 7)
9170 Walterdale Hill

Fred Broadstock Outdoor Pool (June 7)
15720 105 Avenue

Borden Natural Swimming Pool (June 21)

7615 Borden Park Road

Mill Creek Outdoor Pool (TBA)

9555 84 Avenue

Admission to these pools is included with all City of Edmonton Recreation Centre

memberships, including the Summer Child & Youth Pass. For admission prices, visit https://www.edmonton.ca/activities_parks_recreation/admission-memberships

Visitors to outdoor pools are encouraged to book a time slot at Move Learn Play on the City of Edmonton's website <https://movelearnplay.edmonton.ca> to ensure they can access the pool when they arrive. All admission types are validated upon arrival at the facility.

The Summer Child and Youth Pass will be available for purchase through Move Learn Play between June 11 - August 31. It is \$25 per month for children aged 2-12, and \$35 per month for youth 13-17 years.

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

Slow yoga classes will continue over the summer (dates to be announced).

Requirements: Valid Community League membership (any league). Bring your own yoga mat and props, please refrain from wearing scented products.

Register and pay online.

Full Moon Circle with Kaliegh Boyce

10:00 a.m.-12:00 noon

Monthly dates: Wednesday, June 11; Thursday, July 10; Sunday, August 10; Sunday, September 7; Monday, October 6; Wednesday, November 5; Thursday, December 4 (1:00-3:00 p.m.)

Fee: \$26.00

What to bring:

- A pen and a journal

- Something to sit on (yoga mat, pillow, bolster, backjack)

- A vessel for tea

What to expect:

- A gathering of lovely humans

- Embodied movement / yoga flow (jazzy

and soulful tunes)

- Guided meditation

- Journaling prompts

- Group share

- Warm beverage

Kaliegh's wellness programs and community events are rooted in both personal and professional backgrounds in visual arts, music, outdoor education and wilderness guiding. Kaliegh has spent a decade coaching and guiding a variety of outdoor sports such as white water canoeing, rock climbing, mountain biking and snowboarding in Alberta and British Columbia. She is a musician, a singer-songwriter and a mixed-media visual artist. In 2018, she completed her yoga teacher training after receiving a diploma in Adventure Tourism and Business Operations and went off to spend the next 5 years traveling and developing her diverse offerings into group programs.

Mindful Movement classes on Monday evenings are on pause until further notice. Kaliegh can be reached at kaliegh.boyce@gmail.com.

Gratitude, Faith, and Hope as We Look Toward Summer



ECSD Trustees: L-R: Laura Thibert, Alene Mutala, Board Chair Sandra Palazzo, Vice-chair Lisa Turchansky, Debbie Engel, Terry Harris

Recent Reflections from the Edmonton Catholic Schools Board of Trustees

Faith Leadership Awards were also held.

This event celebrates students who demonstrate leadership in faith, service, and community. Each school nominated one student, and 94 were recognized over two days. These students remind us that faith-filled leadership is alive and growing in our schools, and the Board is proud to support initiatives that uplift and inspire.

We also mark the spiritual significance of witnessing the induction of Pope Leo XVI. This moment renews our connection to the wider Church and reminds us of the Holy Spirit's enduring presence in guiding our faith community.

Finally, we are pleased to share the results of the ECSD Assurance Survey, where high satisfaction was reported by parents (95.6%), certificated teachers (96.4%), and students (86.6%). These results are a testament to the shared commitment of staff, families, and students in supporting a strong Catholic education.

As we turn our thoughts toward summer, may it be a time of rest, renewal, and joy. May the months ahead bring moments of peace, time with loved ones, and space to reflect on the many blessings of the year. On behalf of the Board of Trustees, thank you for all you do to support our students, our schools, and our faith. Wishing you a safe and grace-filled summer.

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 Program 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

Discounts at various local businesses and services

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.

Movie Events

Thanks to community members for attending family-friendly events during the past year. Our league will resume movie nights resume in the fall, subject to the availability of the hall and event volunteers.

Movie events for participating commu-

nity leagues are made possible through the Edmonton Federation of Community League's license with Audio Cini Films. For more information, contact Emily, Social Director, at social@strathconacommunity.ca. Watch social media posts for future movie events.

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.

Community Times at Commonwealth Community Recreation 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

Community times at Commonwealth Recreation Centre will not be available on the following dates:

July 6, July 13, July 19, July 20 and August 2.

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>



Heather McPherson

Member of Parliament
Edmonton Strathcona

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Civics and the Planning Report

The Strathcona Community League maintains a database of building developments, planning and transportation issues, urban design projects, and community initiatives. To learn more about issues and proposed development projects, please contact Sabine Roche, Civics and Planning Director, at civics@strathconacommunity.ca. For the latest news on Civics and reference documents, visit the

website <https://strathconacommunity.ca/ongoing-projects/>

As part of the Old Strathcona Public Realm Strategy, the City will be closing 83rd Avenue between 103 and 104 Street for pedestrian use only, July 19-20, July 26-27, August 2-3, and August 30-31. Cyclists must walk their bike in front of the Old Strathcona Farmers' Market. The street closure will end before theatre evening hours.

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.

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 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.

Pub Nights



Tentative pub night, Friday, June 20
League Members and Guests (get your membership at strathconacommunity.ca or at the door)
Kids welcome
8:00 p.m.
10139 87 Ave, in the Lounge (use the south door)
Check the website or phone the hall at 780-439-1501 for confirmation. There is

no pub night in July or August.

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

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Building Your Emergency Food Kit

Emergencies often happen without warning. They may be natural disasters like floods, wildfires, or severe storms that require evacuation. They could also be events such as extended power outages that require you to shelter in place for some time. In both cases, access to food and water may be limited so it's a good idea to have an emergency food kit ready. Your kit should contain a collection of non-perishable, ready-to-eat food items stored for use during emergencies when access to supplies may be disrupted.

This article will provide information on what emergency food kits are, why they are necessary and what to include in your kit.

Why an Emergency Food Kit Matters

During a disaster, you may not be able to shop for food, cook, or access clean water. You may have to evacuate your home with very little notice or be asked to shelter in place. Having an emergency kit is essential. An emergency food kit contains non-perishable foods designed to sustain your family during unexpected situations like natural disasters. Food items can be stored for a long time without refrigeration and are ideal for emergencies. In addition to peace of mind, having an emergency kit ensures you will have enough energy to handle the physical and emotional stress that emergencies often cause.

When assembling an emergency food kit, it's important to consider both nutrition and practicality. Focus on non-perishable items that are easy to prepare, require minimal cooking, and meet basic needs. Your grab and go emergency kit should contain enough food and water for each member of your family for a minimum of 72 hours. If sheltering at home, ensure that you are prepared for a minimum of 14 days.

Items to Include

Choose non-perishable foods using the

principles from Canada's Food Guide and consider what you might have for meals and snacks. Examples include dry cereal with shelf-stable milk and dried fruit or Canned fish, with whole grain crackers and canned vegetables.

Some of these items require minimal heating. If you do not have a camp stove, and fuel as well as pots for an emergency kit, do not choose foods that require some heating.

Water: 4 L per person, per day for drinking and basic hygiene.

Vegetables and Fruits: dehydrated potatoes, canned fruits and vegetables, canned vegetable soups, as well as dried fruits.

Grain foods: Crackers, cereal, granola bars, and instant oatmeal, rice or pasta. Consider whole grain crackers and cereal for added nutrition.

Protein foods: Protein options include canned beans, or canned meat, nuts, seeds, nut butters, and jerky.

Milks and Plant-based beverages: Choose ones that are sold at room temperature and in special cartons or in cans. These do not need refrigeration until they are opened.

Special Diet Foods: If you have individuals with dietary restrictions, ensure that your kit contains enough specialty foods to meet special dietary requirements to last for the full duration of the emergency.

Other Foods: While it's important to focus on essentials, you may also want to include some foods such as canned pudding, chocolate or packaged snacks, tea or coffee.

Meal Preparation materials: Include plates, cutlery, a multipurpose knife, manual can opener and hand sanitizer. If you have a camp stove, store it with your emergency food kit as well as fuel and a pot or pan.

If you have pets, remember to include their water and food needs.

Community Swimming

Commonwealth Community Recreation Centre is the venue for our Community Swimming. Each Saturday from 3:00:PM – 5:00:PM members of Argyll community may swim in the pool. These bookings will continue each Saturday until September.

This is a free-swimming opportunity for Argyll families to have a regular two hour period of pool use, exclusively for Community League Members. Of course, you must present your membership card at the pool for entry. Health restrictions are posted, and the usual behavioral rules ap-

ply for being in the pool area. There may be restrictions. If you contact the venue in advance, they can explain any restrictions or changes.

Argyll Community League is pleased to be able to offer this to our residents and families and we hope it is useful to you through the winter and into summer. Use of the pool does not include access to any other leisure facilities within the recreation centre. Watch our website for an announcement regarding Summer Swimming in the open-air pools across the city.

Argyll Community Garden

The garden committee is excited to meet with anyone interested in planting a garden in our community plots. Interested residents and neighbours can sign up and receive a dedicated plot for family or a small group.

There will be people to help you, and who you can help with your own knowl-

edge of gardening. There is limited space so this may be your last chance to plant this year. You can learn more from the Garden Group. Contact: garden.group@argyllcl.ab.ca

One additional caution is NOT to park inside the Church lot but use street parking for your visits.

Ever wonder what is going on at the community centre?

You can see the extent of use our facility gets by having a look at the Booking Schedule posted online. < <https://www.argyllcl.ab.ca/calendar.html> > This is a live calendar, which updates regularly, shows what regularly scheduled bookings are happening in various rooms, as well as weekend bookings for special events or rentals from outside Argyll. Both ACL and EJCA events are listed so it often looks a bit crowded. If you are looking ahead at a possible need to use the centre, this calendar can give you an idea of how far in advance you might need to plan for a

booking.

There is also a City Calendar on our site which shows all the City's bookings for the Argyll Sports Park. It is also useful to know when events or activities will be happening in the sports park and its related facilities. The link appears in our Site Menu and on the Events Page. It's a city google doc so you can't make any bookings. But our Neighbourhood Resource Coordinator is happy to take any calls regarding the bookings which appear there. Their number can be found on the Contacts Page as well as an e-mail address for them.

Parking Issues

If you are experiencing any parking issues related to non-resident visitors to our neighbourhood it is recommended you call 311 (or use the handy "Edmonton 311" app on your phone) to notify them of a problem. The problem might be related to parking in a prohibited zone, blocking access to your property, or parking on public parkland. A picture can also be posted through the 311 app, showing the problem.

It is not recommended to call the Edmonton Police Service for parking issues. It's not their jurisdiction. However,

if there appears to be an unsafe parking situation, physical violence or threat of violence, or damage to public or private property, then calling the Police complaint line (780.423.4567 -or- #377 on a mobile phone) is the best action to take (unless it is a critical emergency involving bodily harm; then use 911).

Our situation is not unique and will continue to be a concern for residents well into the future. A little history around Argyll's parking situation appears on the "Issues" page of our web site.

A message from a resident

My name is Corey Rutt, and I am writing on behalf of the Argyll community. Over the last three years I have been working with the city to try and find a solution to help our little community when it comes to all the congestion from the baseball diamonds, BMX track and soccer fields. From May to October every year, our community gets overwhelmed with an unsustainable amount of people using the amenities and river valley trails. I feel very fortunate to live in this area and I'm happy to enjoy these amenities with all members of the public but have struggled with these issues for over two decades now.

I, and the community, have worked hard to showcase to the city how truly concerning the congestion is in our neighbourhood and the safety concerns we have with that congestion, particularly on 88 St. and 69 Ave. The strongest factor driving this congestion and safety issue in the community is that the parking lot by the Hall is only ever half full. Users of the amenities congest the streets rather than use the parking lot which now causes stress in the community, cars parked bumper to bumper blocking visual line of sight of children crossing and limiting the pockets in the street to allow cars to pass. This is especially a concern regarding emergency vehicle access.

The community has struggled for decades to get support from the city to make our community safer in controlling these congestion issues. In May 2022, the community was polled and over 2/3 of homeowners supported the pilot parking program. This proved to the city that this is a serious safety issue, and a pilot parking program was implemented. This program

directed users to the velodrome parking lot, leaving the community side open for resident parking, allowing cars the space to pass and for emergency vehicles unrestricted access down the streets. This change immediately made the community safer and was proved to be an effective program in Argyll.

On March 30th, 2023, I received an email from a generic mail box from the city, stating the Argyll parking program would no longer be in effect. How unacceptable and unsupportive of the city to completely disregard the joint partnership the community has worked so hard to establish on this issue. This email was received without any prior consultation from the city on how the pilot program worked in the community; community members were never provided the opportunity to speak to the effectiveness of the program nor consulted to determine the future of this program.

Our community has the support of councillor Michael Janz for this parking program. We are incredibly disappointed and concerned the city has not engaged with us about any feedback they have about how the program worked or can be improved for both parties and, instead, arbitrarily ended the program. We have reached out to Michael Janz to discuss the city's disregard for the public safety concerns in Argyll and complete ignorance of community consultation. This program should have been continued while the city reviewed their overall parking policies and give serious consideration to making this parking program permanent in our community.

Corey Rutt

Sidewalk Parking

Argyll had many more improvements to our sidewalks 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. But 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.

Argyll in your Mailbox and Online

Our Facebook Page is a good source of up-to-date information about each of our public events. Visit <https://www.facebook.com/argyllcl> to see what's happening in the run up to any event and see photos after the event.

Occasionally Argyll will drop a printed brochure into your mailbox regarding events, programs, or issues. Keep an eye out for the Argyll Logo on these brochures so they don't get missed in the bundle of ad-

vertising which usually fills our mailboxes.

Also, check on our web site for issues affecting the neighbourhood and other related items. Send us a note about things you think our 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

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

Walking Group

Argyll is pleased to offer a Walking Club who meet on the last Wednesday of each month. No registration is necessary, and there is no fee to participate.

You can find us in front of the hall entrance at 6:30 PM. We welcome all ages,

abilities, and even strollers. Please, however, leave pets at home. Walking routes vary but will mostly include safe areas of the ravine. Walks normally last about an hour. Bring yourself, and some friends, to join the group.

Memberships

Watch for a new (2025) membership card in your mailbox in May. Family memberships are delivered to every household in Argyll. Keep an eye out for it - among all your usual mail and brochures. You don't need to sign up for anything or pay any fees. Use the attached postcard to

send us comments or suggestions. You can drop your card directly into the mailbox at the door of the Centre. For sports sign ups you can use the number on these cards. If you misplace your family's card, you can get a replacement by e-mailing: president@argyllcl.ab.ca

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/)

As of April 1, 2025, Ukrainian newcomers will be required to meet standard program qualifiers.

As the Canada-Ukraine Authorization for Emergency Travel (CUAET) program has concluded, Ukrainian newcomers can apply for the Leisure Access and Ride Transit programs using Standard qualifiers which include Income Support with core housing, Confirmation of Permanent Residence (PR), or Refugee Protection Claimant documents.

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EJCA Summer Festival

EJCA will have 2025 Natsu Matsuri (Japanese Summer Festival) on Saturday, July 12th. EJCA invites all ACL residents to the festival. More details will be available later.

Nutrition to Help Manage Blood Pressure



May 17 is World Hypertension Awareness Day, a day to learn about how we can manage blood pressure for better heart health. Hypertension means there is too much pressure in your blood vessels. Over time, this can damage them and can increase your risk of heart attack and stroke.

Managing high blood pressure may include changing what you eat, managing your body weight, being physically active, limiting alcohol, engaging in relaxation practices, reducing or stopping tobacco use, and can include medication. Your healthcare provider can support you.

This article will focus on which food and nutrition choices may help manage your blood pressure. It includes what to eat more of and what to cut back on.

What to consume more of

Vegetables and Fruits: Vegetables and fruits are packed with fibre and nutrients that can help lower blood pressure. People who eat many vegetables and fruit are at lower risk for developing high blood pressure. Fresh, frozen or canned varieties can all help lower your risk. At meals, try to fill half your plate with vegetables and fruits. Ideas to get more: have a piece of fruit at breakfast or add extra vegetables to wraps, sandwiches, and leftovers at lunch.

Whole grains: Whole grain foods include all parts of the grain and have important nutrients like fibre, vitamins, and minerals. They include bulgar, buckwheat, oats, cornmeal, wild, or brown rice. If choosing a bread or a cereal, look for "whole" or "100% whole grain" on the package. For example, whole grain, or whole rye.

Beans, peas, and lentils: Replace meat with beans, peas, or lentils at some meals. Add kidney beans, chickpeas, and lentils to soups, casseroles, salads, and pasta sauce. Try roasted chickpeas or lentils as a crunchy snack.

Foods with calcium: Try to have at least 2 servings daily of calcium-rich foods like milk, yogurt, fortified plant-based beverages such as soy, oat, or almond, and salmon or sardines canned with bones.

What to eat or drink less of

Refined grains: Refined grains are different than whole grains. Refined grains have parts of the grain removed when they are being processed, so they have less fibre and sometimes fewer vitamins. Examples of refined grains include white bread, cakes, and other foods made with white flour.

Added sugar: Added sugar means sugar, syrup, or honey added to food and drinks. It's recommended to limit sugary drinks.

Added salt, packaged or processed food: Salt contains a mineral called sodium. Your body needs small amounts of sodium to work properly. Most Canadians eat almost 2 times the sodium they need. The top sources of sodium in the Canadian diet include soup, cheese, breakfast cereals, salty snacks (like chips and pretzels), baked goods like bread and crackers, and processed meals like deli meats and sausages, and condiments and dips such as ketchup, soy sauce, and BBQ sauce.

Caffeine: Caffeine is found in coffee and coffee-based drinks, tea, colas, and energy drinks. Limit caffeine to no more than 400 mg a day. This is equal to 2-3 cups (8 ounces each) or 500-750 mL of coffee.

There are many foods that can affect blood pressure. When you start with small changes, eating what you eat or drink seems more manageable—your heart will thank you for it.

You can find more tips on managing blood pressure by visiting ahs.ca/nutritionhandouts and searching "Nutrition and Lifestyle Choices to Manage Blood Pressure".

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Colorectal cancer screening saves lives

Colorectal cancer is one of the most common causes of cancer deaths in Alberta, often affecting people over 50 with no family history of the disease.

Colorectal cancer develops in the colon (large intestine) or rectum and can begin as growths called “polyps” on the inner wall of the colon or rectum. Not all polyps turn into cancer, but some types can with time. Early-stage colorectal cancer

and polyps can exist for years, without symptoms.

March is Colorectal Cancer Awareness Month — a vital reminder to get screened regularly, especially if you are between 50 and 74-years-old. Screening looks for early signs of cancer in people who feel well and have no symptoms. With regular screening, colorectal cancer can be found early, and many types of polyps can be

removed before they turn into cancer.

Screening tests for colorectal cancer. The two main screening tests for colorectal cancer are Fecal Immunochemical Test (FIT) and colonoscopy. You and your healthcare provider can discuss which test is right for you.

Fecal Immunochemical Test (FIT) – FIT is the recommended screening test for people at average risk of getting colorec-

tal cancer. Most people are at average risk. Average risk means those with no symptoms and no personal or family history of colorectal cancer.

FIT is an easy, at-home test that checks for hidden blood in your stool. You collect a small stool sample and take your completed FIT to the lab for testing. You should plan to do the FIT every year starting at age 50.

Community League Wellness Program

The City of Edmonton Recreation Centres and the Edmonton Federation of Community Leagues continues to offer discounted memberships and admissions through the Community League Wellness Program.

Present your valid Edmonton Community League membership card, showing expiry date (payment receipts will not be accepted) at any City of Edmonton Rec-

reation Centre and receive the following discounts:

20% off annual memberships*

20% off continuous monthly memberships using our convenient Pre-Authorized Debit Program*

15% off multi admission (5+) passes. Community League members that purchase these passes will be issued a photo access card which is to be swiped at each

admission

*Members will be asked to verify their eligibility for the discounted membership on an annual basis. Failure to do so may result in a suspension of the discounted membership rate until valid documentation is presented

Facilities and amenities include swimming pools, whirlpools, fitness studios, cardio areas, weight rooms, racquetball,

badminton, indoor running tracks, gymnasiums, and indoor playgrounds. For more information and facility specific amenities, please visit edmonton.ca/activities-parks-recreation or call 311.

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From the President's Desk: Update

Dear Hazeldean Community,

As spring breathes new life into our streets, parks, and gardens, I find myself reflecting on the incredible journey we've shared since I stepped into the role of President last October. It's been a season of momentum, meaningful connection, and joyful neighbourhood moments. More than anything, I'm reminded that Hazeldean is not just a place—it's a community built on collaboration, care, and creativity.

The Road So Far...

Over the past several months, we've seen exciting progress across the League's core goals: to engage, enrich, and empower our neighbourhood.

Community Events That Spark Joy

From our sold-out Halloween Howler Family Dance to a cozy and heartwarming Winter Breakfast, the magical Lantern Parade, and the high-energy Shamrock Shaker, we've brought neighbours together to share laughter, music, and community pride. Most recently, our Annual Spring Clean-up drew dozens of residents—including kids, seniors, and entire families—who rolled up their sleeves to help keep Hazeldean beautiful. (We even hauled a car bumper out of the traffic circle—true story!)

A Hall That Works for You

Our community hall has never been busier. Thanks to operational updates—like digital rental agreements through DocuSign and accepting e-transfers—we've streamlined bookings and boosted accessibility. Whether it's a yoga class, birthday party, or community meeting, we're proud to provide a space that supports connection and creativity.

Hall Revitalization in Motion

We're committed to revitalizing our much-loved community hall to ensure it remains safe, functional, and welcoming

for years to come. Recently, we refreshed the Community Room with new paint and baseboards, and we're exploring funding options to update the Main Hall interior. Looking ahead, we've set our sights on an even more ambitious goal: replacing the aging exterior envelope, including the original stucco and windows. The hall is in need of a facelift, and we are actively pursuing grants and fundraising opportunities to support this critical work. It's a big project—but one that reflects our belief in the long-term value of shared space.

A Mural for Hazeldean – Coming Soon!

We're thrilled to share some colourful news—Hazeldean has been awarded a Community Murals Grant from the City of Edmonton! This exciting initiative will bring even more life and vibrancy to our neighbourhood with the creation of a brand-new mural on the exterior of our community hall.

After a competitive selection process, we're proud to announce that the winning artist is none other than Shannon Brown, a talented local creator and Edmonton Public Schools teacher. You may recognize her incredible work from the striking mural at Avonmore School, which beautifully transformed that space and sparked joy throughout the community. We can't wait to see what she brings to Hazeldean!

This mural will not only beautify our hall but also serve as a visual celebration of the values we hold dear—connection, creativity, and community pride. Details about the mural design, installation timeline, and opportunities for community engagement will be unveiled soon. Stay tuned!

We're deeply grateful to the City of Edmonton for supporting this project, and to all those who helped make our grant application a success. Let's get ready to celebrate a new landmark that reflects the spirit of Hazeldean.

Get Involved—This Is Your Community

Here's how you can play a part in Hazeldean's success:

Attend events and bring your neighbours along.

Volunteer your time—even one hour makes a difference.

Share your ideas with us. We're always listening. It's an honour to serve as your President. Every day, I'm inspired by the

passion, creativity, and resilience of our residents. Let's keep building a Hazeldean that's welcoming, lively, and inclusive—for all of us.

With gratitude,
Kristopher Skinner
President, Hazeldean Community League
president@hazeldean.org

The Annual Hazeldean Neighbourhood Spring Clean-up

A heartfelt thank you to everyone who joined the movement and took part in our Annual Hazeldean Neighbourhood Spring Clean-up on Sunday, May 4! Your time, energy, and community spirit helped transform our shared spaces into cleaner, more welcoming places for all. Whether you brought your kids, invited your neighbours, or just showed up with gloves and a garbage bag, your contribution made a meaningful difference.

We'd also like to extend our gratitude to Hazeldean Drug Mart, who generously provided snacks and refreshments that kept our volunteers fueled and hydrated as they worked. Your support added an extra touch of community warmth to the day—thank you!

Our volunteers collected all kinds of litter—everything from candy wrappers to bottle caps—and in one particularly unexpected twist, we even found a car bumper in the traffic circle! It just goes to show how important it is to come together and give our neighbourhood the care and attention it deserves.

While the official clean-up day is behind us, our commitment to a beautiful Hazeldean continues. We encourage ev-

eryone in the community to keep the momentum going. The next time you're out for a walk, visiting the playground, wandering through the green belt, or enjoying the trails in Mill Creek Ravine, take a moment to pick up any litter you see. Every small action helps keep our community pristine and shows pride in the place we all call home.

Let's continue to work together to keep Hazeldean clean, green, and thriving. Thank you for being the kind of neighbours who care—not just on clean-up day, but every day.

Community League Membership or \$5/ person.

Memberships and HCL merch will be available on-site. Bring your appetite, your family, and your sunny vibes!

Popsicles in the Park – All Summer Long

We're bringing the chill to the playground! Keep an eye out for Hazeldean Community League volunteers popping up at the Hazeldean Park playground throughout the summer to hand out free popsicles to kids (and kids-at-heart). It's our way of spreading a little joy—and a lot of frozen treats—one sunny day at a time.

Looking Ahead: Spring & Summer Highlights

Here's a taste of what's to come:

June is Bike Month! Celebrate all things cycling with us throughout June. Ride your route, fix up your bike, and maybe even discover a new trail in Mill Creek Ravine.

Summer Kick-Off BBQ – Wednesday, June 25 | 4:30–7:30 PM On the last day of school, join us for burgers, Freezies, music, and community cheer. Free with a valid membership or \$5 per person. Memberships and merch available on-site!

Popsicles in the Park – All Summer Long Keep an eye out for League volunteers handing out free popsicles at Hazeldean Park. Because summer and pop-

sicles just belong together.

Chalk the Walk – Date TBA Help us transform the greenbelt's paved path into a joyful outdoor art gallery. Details to come!

Community League Day – Saturday, September 20 We're turning 70 and throwing a birthday bash worthy of our history. Expect music, memories, and surprises. Mark your calendar!

Annual General Meeting (AGM) – Tuesday, October 14 Join us for a year-in-review, Board elections, and special guest presentations. It's your chance to learn, lead, and connect.

Growing Membership & Volunteerism

It's been inspiring to welcome new members and Board volunteers to the fold. From first-time event helpers to seasoned committee leads, more people are stepping up to share their skills and shape the future of our neighbourhood. Together, we're building something truly special.

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 Pay-

ments, and eTransfers – no more hassle with Damage Deposit or Rent cheques!

Plus, we offer exclusive discounts for Hazeldean Community League members and multi-day or recurring rentals. Did you know that the Community Room is only \$52.50, any day of the week!

Ready to book or learn more? Reach out to us at rentals@hazeldean.org or visit our website at www.hazeldean.org to explore all our options. Let's create something amazing together!

Let's Make This a Summer to Remember

These events are more than just dates on the calendar—they're opportunities to connect, contribute, and celebrate the vibrant, welcoming neighbourhood we call home. Whether you come for the BBQ, the popsicles, or just a smile from a neighbour, your presence makes Hazeldean

better.

Want to get involved or volunteer at an event? Reach out to us anytime at events@hazeldean.org or visit www.hazeldean.org for updates and membership info.

See you out there, Hazeldean!

Chalk the Walk – Date TBA

We're turning the greenbelt path into a temporary outdoor art gallery! Grab some chalk and unleash your creativity as we brighten up the paved path with colourful doodles, messages, and masterpieces. Great for families, artists, and anyone who likes to colour outside the lines. Details coming soon!

Community League Day – Saturday, September 20

Hazeldean is turning 70, and we're throwing a birthday bash to remember! Mark your calendar now—we've got big

things planned to honour seven decades of neighbourly love, laughter, and leadership. Stay tuned for details, but trust us... you won't want to miss this party.

Annual General Meeting – Tuesday, October 14

Join us at Hazeldean Hall for our Annual General Meeting, where we'll reflect on the past year, elect new board members, and hear from special guest speakers. This is your chance to get involved, ask questions, and help shape the future of your community. Everyone is welcome!

Advocacy That Makes an Impact

We've continued to raise our voice on behalf of the neighbourhood on several key issues, including pedestrian safety, park enhancements, and ecological preservation in the Mill Creek Ravine. Importantly, we also worked to advocate for residents of the former Southwoods townhomes, who faced uncertainty and displacement due to

redevelopment. Our League supported residents in raising concerns, and we're proud to be partnering with the City of Edmonton to host an upcoming session on renter's rights. Everyone deserves safe, secure, and informed housing—and we're committed to supporting all Hazeldean residents, whether they rent or own.

Why Casino Fundraisers Matter

The money we receive from our casino nights is absolutely essential to the operations of the Hazeldean Community League. These funds help us:

Keep the lights on (literally!) by covering utility bills and maintenance costs for the Hazeldean Hall

Maintain and upgrade our facilities so they remain safe, accessible, and welcoming

Offer free or low-cost events that bring neighbours together—like our Summer Kick-off BBQ, Winter Breakfast, Movie Nights, and the Lantern Parade.

In short: casino revenue helps keep Ha-

zeldean vibrant, inclusive, and fun for everyone.

We are fortunate to have received a casino date earlier than expected, and your support made the most of this incredible opportunity. The money raised this weekend will go a long way in helping us achieve our goals—both big and small.

Once again, thank you to all our volunteers, our Casino Director Kirsty Stewart, and everyone who helped spread the word or offered encouragement along the way. You are the heartbeat of Hazeldean, and we're lucky to have you.

Hazeldean Community League 2025–2026 Annual Membership Drive

As we approach the final few months of the 2024–2025 membership year, we'd like to encourage all residents to renew your membership—or join us for the first time! In a close-knit neighbourhood like Hazeldean, every membership makes a real difference.

Your Individual or Family membership directly supports the many free and low-cost programs we offer throughout the year—programs that benefit not only members, but the broader community. From popsicles in the park to community BBQs, movie nights, and more, your support helps us create the vibrant, welcoming neighbourhood we all love.

Special Offer: Two for One!

If you purchase your membership in person during June, July, or August, we'll include both your current 2024–2025 membership and your new 2025–2026 membership—at no extra cost! Now that's a sweet summer deal.

Where to Get Your Hazeldean Community League Membership IN PERSON

Hazeldean Drug Mart – 9611 – 66 Avenue (Monday–Friday, 9 a.m.–6 p.m. | Saturday, 9:30 a.m.–5:30 p.m.)

At any Hazeldean Community League event – Just look for our membership table!

ONLINE

Visit the EFCL website: <https://hazeldean.getcommunal.com/memberships>

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.

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.

Why Your Membership Matters

To all current holders of a 2024–2025 Hazeldean Community League membership: thank you. Your support directly powers our events, programs, and advocacy. And if you haven't yet renewed—or want to join for the

first time—there's no better moment.

Special Offer: Purchase your membership in person in June, July, or August, and we'll include a 2024–2025 and 2025–2026 membership for the price of one!

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

Facebook: www.facebook.com/HazeldeanCommunityLeague/

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

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 what your neighbours are sharing and talking about.

Thank You, Casino Angels!

A Winning Weekend for Hazeldean

To everyone who rolled up their sleeves, gave up a long weekend, and volunteered at our May 17–18 Casino Fundraiser—we see you, and we are so grateful.

Thanks to our incredible group of volunteers, this major fundraising event was a smashing success. From chip runners and cashiers to late-night closers and count-room champions, you showed up with enthusiasm, generosity, and heart. We truly could not have done it without you.

Hazeldean is a community built on people power—and this weekend was a shining



example of what's possible when neighbours step up to support something bigger than themselves. Whether you volunteered for a single shift or the whole weekend, your time made a tangible impact.



Organ and Tissue Donation Awareness



One organ donor can save up to eight lives and one tissue donor can dramatically improve up to 75 lives. We honour those who have given the gift of life and to share your donation decision with those who need to know.

How to Act on Your Good Intentions

A deceased person can donate organs such as lungs, heart, kidneys and liver – and/or tissues such as eyes, skin, bone and tendons. If you're interested in leaving these gifts, please register your decision online at GiveLifeAlberta.ca or in person at a motor vehicle registry office. Donor cards don't exist anymore; if you have signed the back of your Alberta Health card in the past, you are asked to join Alberta's registry in one of the ways above.

Albertans are also encouraged to share their wishes with their loved ones. Generally, if someone is eligible to donate at the time of their death, the Give Life Alberta donation team will check the registry and inform their family about their donation decision. It will then be up to their family to decide if they'd like to proceed with dona-

tion or not. Many previous donor families have found that decision was easier if they knew what their loved one wanted.

Sharing Your Donation Decision

Donation discussions don't need to be grim. The national award-winning Give Life Alberta public awareness campaign All the Ways portrays creative ways one could tell their family they'd like to be a donor; for example in the form of a cake, a card or even a t-shirt. Families could also spark the conversation by watching public awareness videos and real-life donor and transplant recipient stories on GiveLifeAlberta.ca

Constant Need for Organs and Tissues

While Alberta marked another record year in 2024 – with 317 deceased organ and tissue donors — there are more than 500 people waiting for life-saving transplants in our province. Last year, 33 people on the wait list died.

For contact information and to learn more about organ and tissue donation, visit GiveLifeAlberta.ca

Reducing household food waste: planning, shopping and storage

Food waste is food that was grown or harvested, but never eaten. Some food waste at home can't be avoided, like egg shells, bones, tea bags or coffee grounds, but some food waste can. Avoidable food waste is food that is thrown out because we don't store it properly, buy too much, or cook too much. A 2022 study showed that 63% of food Canadians throw away could have been eaten. While all types of foods are wasted, the top foods that are thrown away are: vegetables and fruits, leftovers, and bread.

This article includes tips and resources to reduce your food waste at home.

Planning your meals

Planning meals a few days or a week ahead of time may prevent you from buying too much food. Consider what food items you already have. Check your fridge and cupboards carefully to see how much is left in containers or packages. Checking best before dates is helpful so you can use up food while it's at its freshest. Note that 'best before' dates are not the same as expiration dates. Expiration dates are about food safety, whereas 'best before' dates are about freshness. So just because a food is past its 'best before' date doesn't mean it needs to be tossed. Then think about some meals that you like or can easily make with items you already have. Then create a list on paper or your phone of items you do not have.

Grocery shopping

When buying fresh, consider what options are best for your family, for example, pre-washed and pre-cut fruits, vegetables and salads can be convenient, but are more expensive. However, if this means you are more likely to eat them instead of throwing out unprepared produce, then this may be an option for you. It can also be helpful to pre-wash



and cut your produce for easy access during the week, so you are more likely to eat it and less likely to have waste.

Frozen and canned options are also time-savers as the preparation has already been done for you. They last a lot longer than fresh, so are less likely to go bad before you can use them up. Buying frozen or canned produce offers year-round variety that otherwise might not be available. Try adding frozen or canned vegetables into pasta sauce, casseroles, soups or stir-fry. Frozen or canned fruit can be added to yogurt, cereal, baking or smoothies.

Storing foods

Consider the order that you use some foods as some foods can keep longer in

the fridge than others. Most fresh vegetables and fruits will stay fresh longer if they are unrinsed. Consider washing produce before preparing, freezing or eating it. Some produce give off a gas (ethylene) that speeds up ripening- apples, bananas, kiwis, tomatoes, avocados. Keep these vegetables and fruits in a loosely tied bag away from already ripe produce. Some produce will also stay fresh longer than others so consider using produce like kale, chard, carrots and cabbage later in the week.

Since bread and baked goods are among the top foods that are thrown away, store bread and buns in a cool, dark and dry place in the original packaging. Or consider freezing if you don't



think you will be able to use up the bread by the best before date. Storing bread in the fridge may make it go stale more quickly.

If you have leftovers, it's important to store them properly. Wrap leftovers or place them in a covered container. Place them in a refrigerator within two hours of preparing or cooking. Consider labelling them with a date and remember to use the oldest ones first. Leftovers like soup can be safely eaten within 2-3 days after cooking, while other cooked dishes containing eggs, meat and vegetables or cooked fish, poultry can be safely eating with 3-4 days of being stored at the correct temperature in the fridge. Leftovers can be frozen for longer.

Making some or all of these choices when shopping or storing food can play a part in reducing your food waste at home.

For more helpful tips on food storage and safety visit Canada.ca and search: "Storing Vegetables and Fruits" and "Food Safety"

For more ideas to reduce food waste visit: ahs.ca/nutritionhandouts and search "Reduce Food Waste."


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Ritchie Crew's got sweet local deals

There's no better time to step up your support for the Ritchie Community League by joining the Ritchie Crew. As well as receiving a thank you pack, an RCL membership, and Ritchie swag, Crew subscribers receive a discount card to use at the following local businesses:

Crystal Glass
Bonjour Bakery
Aspen Coffee
Magpie Books
Track 'n' Trail
Backbeat Music School
The Paint Spot

Traveling Tickle Trunk
Bent Stick Brewing
Longroof Brewing
Sea Change Brewing
Kind Ice Cream
Fox Runner Tattoo
Re:Plenish Zero Waste
City Fit Shop
Totem Outdoor Outfitters
Mile Zero Dance
Head to ritchie-league.com/rcl-support to find out how to join the Crew and start saving today.

Welcome your new board of directors!

Ritchie Community League hosted our AGM on May 22 and we have a new group of board members who are eager to get out and make a difference in our community!

President: Carly Steiger
Treasurer: Nicole Ritchie
Secretary: Stacy Lui
Civics Director: Daniel Morin
Membership Director: Gary Ritchie
Facilities Director: Dan Desnoyers

West Ritchie Director: Hazel Marriott
Communications Director: Lisa Kercher
Programs Director: Okama Brook
Events Director: Erika Heiberg
New Hall Director: Rick Wilson
Partnerships Director: Sarah Winberg
Sports Director: James Kuang
Director at Large: Jesse Hunt
Thank you to the departing board members. We appreciate your hard work over the past year. We'll see you around!

Building More Than a Hall

We're thrilled to share that momentum is building, literally and figuratively, on the Ritchie Community Hall replacement project! With strong support from the City and a significant federal funding commitment, we're entering an exciting new phase: moving from planning to construction.

Over the past few weeks, we've engaged seven general contractors to understand today's construction costs and with the City of Edmonton on our service agreement for development. While we've secured an impressive amount of funding (\$4.4 million through federal, municipal, and League savings), we're aiming to raise \$500,000 from the community and community leaders to help bring this visionary project to life.

What's Next?

To break ground in 2026, we need to raise the remaining funds by December, with commitment letters secured by July 30!

How Local Businesses Can Help:

Join us June 10 for the Ritchie Business Mixer to learn about naming opportunities and permanent advertising in the new hall. Find more information and to RSVP, visit <https://www.ritchie-league.com/events/>

business-mixer

Host a donation box or team up for merchandise fundraising at your storefront

How Residents and Members Can Help:

Nominate the hall replacement project for your employers grant, if your employer has one. This is the best way to help close the gap - Fundraisin@Ritchie-League.com

Watch for the upcoming Mural of Names Campaign to leave your mark on the new hall - we're also exploring social investment bonds to purchase (just like we did in the '60s!)

Make a donation, big or small, every bit gets us closer.

Join the team with community engagement, outreach or partnership relations.

This isn't just about a building, it's about creating a vibrant, welcoming, and accessible space that will serve Ritchie and adjacent neighbourhoods for generations. We're proud of the vision, and even prouder to build it together.

To learn more about the project, visit:

ritchie-league.com/NewHall to see the details and complete the survey or contact us at Fundraising@ritchie-league.com with your funding ideas or thoughts. We'd love to hear from you!

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 all hall rentals, but we are open 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

Build a birdhouse with dad

Join Ritchie Men's Shed on June 14 for a free Father's Day event. Any dads in the community are invited to bring their kids to Ritchie Hall from 10 am to noon to build a birdhouse together. All the materials and tools will be provided, pre-cut and pre-

drilled. Coffee, juice, and snacks will also be provided; all you need to do is show up and be ready to have a good time!

Supplies are limited and will be provided on a first come, first served basis, so make sure to show up early to guarantee a spot.

Ritchie Presents: Permaculture

If you've been wondering how to shape your outdoor space into a vibrant, sustainable permaculture garden, this is the presentation for you! Michael Moore with Genesis Permaculture will impart her wisdom on topics from harvesting

rainwater to reducing weeds. Gather with your neighbours to learn about Swale Systems and soil on June 19 from 6:30 to 8 pm. Doors open at 6:20 with light refreshments provided. Visit ritchie-league.com/events to register.



Ritchie Public Market



Running Tuesdays from June 4 to September 30, the market is your chance to shop from local food and craft vendors—practically in your backyard! Make a night of it by grabbing dinner at a food truck with your neighbours.

Hosted in the Ritchie Hall parking lot

from 3:30-8pm. We are on the search for a few trusted volunteers to sell merch and memberships at the Ritchie booth. This is a great way to get outside, meet your neighbours, and participate in a unique piece of our community. Want to add your name to the vendor list? Call 780-913-2586

Are you using your membership to the fullest?

The RCL Membership perks add up to some serious savings. Here are a few ways you can make the most of your membership:

Borrow tools for free from the Edmonton Tool Library

Access city recreation facilities for free

(select times) or at a discount

Get discounted tickets to RCL events and programs

Enjoy year-round access to the Ritchie skating rink and courts

In no time, a Ritchie Community League membership can pay for itself!



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