

The Allendale Advisor

FEBRUARY 2023

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Sleeping Cars

Photo by Jeff Day, 2023



COMMUNITY MESSAGE

Edmonton is one of the few cities in North America that have an established community league system. In this respect, we are the envy of many cities that would like to emulate our commitment to grassroots planning and community activism. There is so much research being done right now about the importance of community, of “third spaces” (places where you can bump into other people and have casual conversations), the need for green space in communities, and the terrible consequences of social isolation. You don’t have to believe me, you can Google this.

The Community League can be an agent of social change — it can be a place where people can have all those needs met. But, until a new system is put into place, the League relies on volunteers and the sweat equity of people who want to make a difference in their own community. If the digital world is exhausting you, try investing in real world experiences.

COVID hit all the leagues hard and Allendale was no exception. We are trying to build back and the Board needs help. We are trying to get to a place where we have enough committed Board members and additional volunteers to take on the roles necessary to bring events, fun, and vibrancy back to our community. It takes work (some, not crazy amounts). It takes you.

If you chose Allendale as your home, then think about the gifts that you can offer. Can you plan the hell out of an event? Can you write amusing or interesting articles? Are you a communications or social media guru? Can you knock on doors and sign up new members? It takes you to make Allendale the community you want it to be.

info@AllendaleCommunity.ca

allendalecommunity.ca

#AllendaleYEG

@allendaleyeg

KEEP ALLENDALE WEIRD!!

Check out the painted canvases attached to the lampposts in the back alleys of Allendale. Thank you to the guerrilla artist who is making our community unique and interesting and to one who left christmas decorations on random trees! Who are these mystery people? What could be next? Yarn bombing? Subvertising? Rock balancing? #KeepAllendaleWeird

WANTED: HANDYPERSON FOR ALLENDALE COMMUNITY HALL & GROUNDS

Allendale Community League is looking for a contract (part-time, as needed) Handyman for the maintenance and repair of community assets. This includes fixing sheds, benches, and fences; maintaining power equipment; trimming trees; mowing; weeding and basic grounds maintenance; snow removal; and other odd jobs as they arise. This position will assist in finding tradespeople for various jobs and will solicit quotes to present to the Board. They must have their own tools and be responsive to community needs.

The position will pay \$25.00 per hour for up to 15 hours per month (there may not be significant work every month so income is not guaranteed). Purchase of materials required for repair or maintenance will be reimbursed if accompanied by receipts. This position reports to the Operations Director. Resumes and references will be required and accepted until March 20. If you are interested in this position or more detailed information email garden@allendalecommunity.ca.

LEAGUE PROGRAMMING AND EVENTS

The League is always interested in new programming and event opportunities — we just need people to organize them. Do you have an idea and the willingness to get a program or event off the ground? Let us know!

The League would be happy to host a parents and tots program, outdoor music events, movie or board games night, after school homework help, daytime seniors conversation group, or knitting and quilting groups. Movie night?

All we need is a person (or a couple of people) willing to take the lead for any program. This is as simple as committing to being there to unlock the door and to tidy the hall afterwards. The League will help with advertising and possibly costs. Many community-focused programs can use the room for free (rules apply for this, however). If you need space, particularly during the day when the hall is available, and if you have a program that is open to the community or if you are interested in organising a one-time event, contact info@allendalecommunity.ca to discuss the possibilities.



Heather McPherson

Member of Parliament
Edmonton Strathcona

Contact my office for assistance with:

- Employment Insurance
- Old Age Pensions
- Canada Revenue Agency
- Citizenship & Immigration
- Canada Student Loans
- Celebratory Messages

780-495-8404
10045 81 Ave T6E1W7
heather.mcpherson@parl.gc.ca

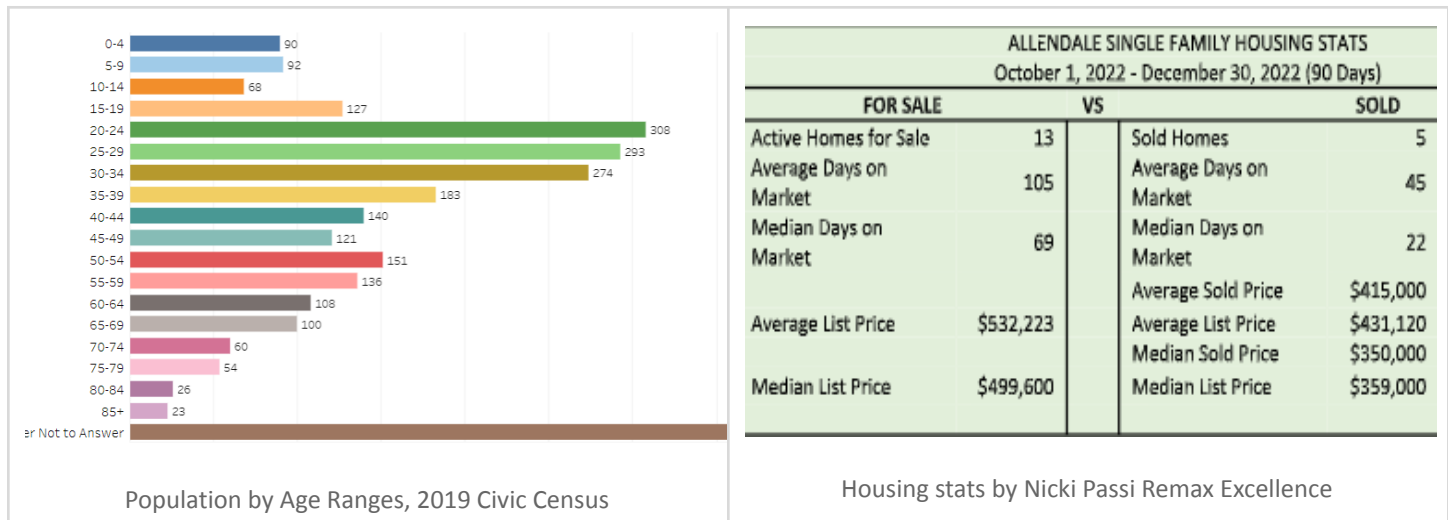

Follow on   

Visit my website at www.heathermcpherson.ndp.ca





ALLENDALE STATS



SNIPPETS AND TIDBITS

Print is not the best way to give you links for more information, but they are hard to avoid. This newsletter is available on the [Allendale Community League](http://allendalecommunity.ca) webpage (allendalecommunity.ca) in PDF form — in full colour and with clickable links! We encourage you to check it out there for access to all these links.

- ➔ **Parking ban notification.** Would you like to receive emails whenever there is a parking ban? Signing up for parking ban notifications is easy - go to edmonton.ca/SafeTravels to get advanced notice of when to move your vehicle. #YEGWinter @WinterCityYEG
- ➔ **Big Brothers and Big Sisters Needed!** This worthy charity is looking for volunteers. For more information please go to their website. #LittleBigMoments <https://bgcbigs.ca/littlebigmoments/#>
- ➔ **Rollie Miles/Friends of Scona Pool.** The closure of Scona Pool has been sad for Queen Alex, Allendale, and Scona High school students, not to mention many other people. Planning and designing for the new facility continues. Please make sure that you keep informed about any open houses, design meeting, surveys, etc by going to edmonton.ca and searching for Rollie Mille Recreation Centre or by going to www.friendsofsconarec.ca
- ➔ **The EFCL Has Moved!** On January 3, the EFCL moved out of the Queen Alex community and is now located in the [Jerry Forbes Centre](http://JerryForbesCentre) at 12122 68 Street. The move makes room (eventually) for Rollie Miles Recreation Centre. The League will miss having the EFCL on our doorstep!
- ➔ **Newsletter deliverers.** The League is looking for **school-aged students** who live in the neighbourhood and are interested in occasionally delivering the newsletter. Email newsletter@allendalecommunity.ca with contact information.
- ➔ Do you know what the garbage pick-up schedule is? You can get this information — and print out a schedule — on the [City of Edmonton Waste Collection](http://CityofEdmontonWasteCollection) webpage. Big Bin schedules will also be available on the City webpage.
- ➔ Watch our social media for more information on League yoga classes this spring.

COMMUNITY THOUGHTS

by Nicki Passi

Allendale has been my home for the past 14 years. As I walk my dog, Yoda, around the neighbourhood, it is a pleasure to see the unique gardens that are so representative of the people who choose to call

Allendale their home. The updated community garden is also a feast for the eyes with its colourful vegetables and gorgeous flowers. Through the years, my family has become friends with neighbours who have now passed. These people have left a positively wonderful imprint on our lives and we feel privileged to have known them and the stories they have left behind.

I have fond memories of taking my own kids to the Allendale playground and pushing them on the baby swings. Birthday parties have been celebrated in the Community Hall, soccer games have been played in the fields, swimming lessons have been swum at Scona Pool (now closed). I'm looking forward to the new Rollie Miles Recreation Centre opening so we can all enjoy it. The kids are getting older and I reminisce about the friends we have made at both Mount Pleasant and Parkallen Schools. Time has not stood still and my eldest now walks to Allendale School and will eventually go to Scona High School.

Allendale is changing: older homes have been replaced with infill homes and younger families are taking advantage of all that Allendale has to offer. The beautiful mix between younger folks and the seasoned folks make me feel safe and happy to call Allendale my home. Thank you, my wonderful neighbours.

Sign up for very occasional (not spam!) emails about League events and happenings by emailing newsletter@allendalecommunity.ca with "Subscribe me" in the subject line.

Interested in contributing content? Same email!



WARD PAPASTEW COUNCILLOR MICHAEL JANZ

Let's talk Bus Rapid Transit

One of the projects that did not receive much coverage following the December City Budget was the Bus Rapid Transit (BRT) system. BRT will provide an enormous connection and opportunity to reduce traffic and congestion, augment existing LRT and bus service, and provide reliable, faster and more frequent service.

Transit consultants and experts from across Canada have discussed how a connected BRT system can play a key role in achieving our climate and sustainability goals. Bus Rapid Transit costs a fraction of the billions we currently spend on roadways, but we will need partner support from both the Provincial and Federal government.

I'm hosting a community conversation on Public Transit (March 2023) and I invite you to attend. To learn more and share your feedback about how we can build a better transportation system for everyone, visit michaeljanz.ca/bettertransit.

BEWARE OF BLACK KNOT

You can help to maximize the City's black knot pruning efforts by ensuring trees on private property are pruned for black knot between late fall to early spring. Black knot (*Apiosporina morbosa*) is a fungal disease that causes greenish brown to black swellings in the stems of plum and cherry trees (*Prunus spp.*). Black knot deforms branches and reduces the growth of trees. Heavily-infected trees often become stunted and may eventually die from the disease. The disease spreads during periods of warm, wet weather with the spores dispersed by splashing water, wind, birds, and insects.



Trees located on boulevards and in maintained parks susceptible to black knot are pruned by City arborists on a four-year pruning cycle. This allows for an annual focus on a specific quadrant of the city. This winter, the southwest quadrant will be the focus for black knot pruning on City trees. For additional information on black knot and pruning guidelines, please visit www.edmonton.ca/programs_services/pests/black-knot.

BIKE EDMONTON

First known as the Edmonton Bicycle Commuters Society, Bike Edmonton will help you fix your bike, teach you to ride, hosts #yegbike events, sells refurbished bikes and promotes accessible cycling for everyone. Check their website bikeedmonton.ca for upcoming bike courses and learn how to keep your bike in tip top shape!



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 @RachelNotley





Rachel Notley
MLA, Edmonton-Strathcona

"The greatness of a community is most accurately measured by the compassionate actions of its members."

– Coretta Scott King

"If you want to go quickly, go alone. If you want to go far, go together."

– African Proverb

STROLL OF POETS SOCIETY

The Stroll of Poets Society is meeting in person, after two years of online events. They are Edmonton's oldest poetry society, having started over 30 years ago with poets reading and walking along Whyte Avenue. The Stroll of Poets readings are held at The Upper Crust Café (10909 - 86 Avenue), every other Monday at 7 p.m. The next readings (\$5 admission) are February 13 & 27, March 13, April 3, 17. May 1 features emerging young poets and is called Fresh Verse. Upcoming Sunday readings (free of charge) are scheduled at Audrey's Books, 10702 Jasper Avenue, at 2 pm on February 19 and March 26.



A member of the Stroll, artist Kim Blair, has painted 45 portraits of Edmonton poets in one year. The result, *The Poetic Face: A Virtual Exhibition*, is a remarkable collection of 45 portraits and videos. As of Jan. 2, they are being made available, online, one-at-a-time, through Blair's art blog, which can be found at: kimblairartist.blogspot.com.

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"If it wasn't for the coffee, I'd have no identifiable personality whatsoever." - David Letterman

"Science may never come up with a better office communication system than the coffee break." - Earl Wilson



Heartfelt Organizing

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Time to brush off the cobwebs and get ready for spring?

As a Professional Organizer, I'll work with you to declutter and organize your space, making it more functional and enjoyable. Here's the process.



Free Assessment

Contact me by phone or email. We'll meet to talk about the area you want to work on. We'll talk about your budget, your expectations, and timelines.



The Work

Working side-by-side with you, we organize the space in a manner that works for you, your family and your lifestyle. Depending on the project, I work on my own, with you checking in on the progress and answering any questions I may have. During the process, I'll provide you with tips and ideas on how to maintain your organized space.



Enjoy your newly organized space!



Six Month Check-in

Six months after completion of the project, I'll contact you to see how things are going. Life can get busy and messy and circumstances can change. I'm happy to come back and "tweak" the space to meet your changing needs or, you can contact me at any time!

780 902 0988

Info@heartfeltorganizing.com

www.heartfeltorganizing.com

THE NEW MOON FOLK CLUB

The New Moon Folk Club holds its shows in St. Basil's Cultural Centre (10819 71 Avenue), right on Allendale's doorstep!

The folk club is a not-for-profit society, led by volunteers who organise contemporary folk music concerts that are affordable and accessible. They aim for a diverse and high quality mix of established and emerging artists.

Upcoming concerts:

Feb 10 - Diyet and the Love Soldiers

Feb 24th - Rosier

March 10th - Kacy and Clayton

March 24th - Ben Sures and Over the Moon

April 14th - John Reischman and the Jaybirds

For tickets & information: newmoonfolkclub.com



"All music is folk music. I ain't never heard a horse sing a song. "- Louis Armstrong

MUSTARD SEED PRAIRIE HOME

Help for the homeless is now available adjacent to Allendale and Queen Alexandra communities.

The Mustard Seed has converted an existing hotel located at 10333 University Ave, across from Rollie Miles sports field, into a residential building.

The Mustard Seed Edmonton's Prairie Manor is a new supportive housing building that offers residents affordable housing with wrap-around supports.

Prairie Manor provides much needed supportive housing units to those experiencing poverty and homelessness. The project involved retrofitting 85 hotel units to create self-contained bachelor units that are rented as affordable supportive housing units. The manor features permanent housing for individuals with rents costing 30 per cent of monthly income. Of the building's suites, 49 are dedicated for Indigenous people. (photo credit, CTV News)





EDMONTON
POLICE
SERVICE

Are you locked up and secure for the night?

Join the [#9PMRoutine](#) today and take an active role in crime prevention in your neighbourhood and community.

What Do I Need to Do?

There are simple steps you can take to help prevent crime in your neighbourhood. Every night at 9 PM:

- Remove valuables from your vehicle and ensure it's locked and windows are closed.
- Park in the garage instead of the street, if possible.
- Close all garage windows and lock any garage doors, especially those leading into your house.
- Check and lock all house doors and shut all windows.
- Turn on an exterior light.
- Close and lock your fence gate.
- Lock your shed.
- Put away bikes and toys in your yard.



Why is the routine important?

The [#9PMRoutine](#) helps prevent crimes of opportunity. Criminals are looking for unlocked vehicles or houses where they can easily steal property. Property crimes such as vehicle thefts, break and enters to homes and businesses, and thefts from parked vehicles are the most common crimes.

U OF A ORTHODONTIC SCHOOL

Think you need braces? Or your children?

The University of Alberta School of Dentistry offers orthodontics **at a lower cost** than many dental offices. Get your perfect smile on campus! Visit bit.ly/uaortho to learn more.

NON-PROFIT LEARNING CENTRE

The Government of Alberta's Non-Profit Learning Centre is an online hub where Alberta's non-profit and voluntary sector can access timely services, materials, information, resources and self-directed learning about board governance and other specific and unique sector questions and challenges.

Visit and sign up today to access high quality learning anytime and at your own convenience at <https://alberta.ca/NonProfitLearning>

Frustrated by the hyperlinks in the print edition of the Allendale Advisor? To follow the links and see it in colour, go to Allendalecommunity.ca!

ALLENDALE PLAYGROUND RENOVATION

Last year, the League started the process to replace the aging playground behind Allendale School. A handful of volunteers agreed to work on this project — taking on the heavy lifting fundraising, planning public engagement, investigating options, choosing vendors and equipment. It is a real commitment to do this work. However, before the Playground Committee really got off the ground, the City of Edmonton created a new [Community Parks Framework](#).

This new process will see the work of planning and designing playground and parks taken out of the hands of community volunteers and put into the hands of City planners and project managers, with input from the community. This new process is hoped to address inequities in the capacity of different communities to get funding and volunteers. Right now, the League doesn't have a lot of information about where we are on the list of parks that need to be renewed (so, it will be a while). Hang on as we gather more information, and thank you to the people who volunteered. Stay tuned!



of

WHAT ARE SEASONAL ALLERGIES?

By Vishal Patel, Global Care Pharmacy

Seasonal allergies are a group of conditions that can cause sneezing, a stuffy or runny nose, and itchy eyes. Seasonal allergies are sometimes called "hay fever." Most seasonal allergies are caused by pollen from trees, grasses or weeds, or mould spores. Year-round allergic symptoms are caused by insects (dust mites, cockroaches), animals and mould spores.

The symptoms of seasonal allergies are: stuffy nose, runny nose, sneezing, Itchy red eyes, itchy sore throat or ears. People with seasonal allergies may use any of the following treatments to help reduce allergic symptoms:

- Saline nose rinses
- Steroid nose sprays — best treatment for a stuffy nose
- Antihistamines to help stop itching, sneezing and runny nose symptoms
- Antihistamine eye drops help with eye symptoms
- Decongestants reduce stuffy nose symptoms
- Allergy shots help to reduce allergic symptoms

Most of these treatments are covered under insurance benefits. Some pharmacists can write prescriptions to give you the benefit of insurance and to reduce the wait time of a walk-in clinic or a family doctor. The right treatment for you depends on your symptoms and other health problems.

Symptoms can be prevented by starting preventative medicine a week or two before allergy season or by avoiding allergens.



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ALLENDALE COMMUNITY LEAGUE INFORMATION

Board — Elected Positions

President — Vahid Ayan
Vice President — Nicki Passi
Secretary/ Document Director — Jessica Schultchen
Treasurer — Anthony Owolabi
Communications Director — Yash Singh
Civics Director — Linda Purgas
Operations Director — Vacant
Director-at Large — Mayja Embleton

Project Leads — Non-Elected Positions

Dianne — Special Projects (Garden)/ Operations Support
Catherine — Membership Coordinator and ACE Lead
Jeff — Rink Coordinator/Audit
Kayleigh — Website Lead

Vacant Positions

Social Media Lead	Crime and Safety
Sports/Soccer Coordinator	Program and Events

League Staff:

Hall Rental Coordinator — Linda Salayka (587-357-1334)

Membership Information

Membership provides you with skate/tennis tags for use at all community rinks and tennis courts in Edmonton.

As a member, you are also able to attend Community League programs. You can receive printed and emailed Community League information about upcoming events

Rates: \$5 a year for a family or an individual with permission to send you community emails.

Please visit our webpage for more info or call Catherine at 780-469-0361 to obtain a membership.

Members get perks such as discounts for League-run recreational programs, using the tennis and skating facilities in Allendale and all Edmonton community leagues, and participating in League-sponsored events (such as Big Bin events and outdoor music festivals)

Community members receive 20% off Edmonton Rec Centre annual or continuous monthly passes and 15% off multi-passes.

Community Hall Rental Rates

\$70 — Monday to Thursday, morning, or evening
\$140 — Monday to Thursday, full day
\$170 — Friday to Sunday, morning, or evening
\$340 — Friday to Sunday, all day rental

Advertising Information

Anyone can place advertisements. Please review and agree to the Allendale Community League Advertising Policy **before** sending in a request.

<http://allendalecommunity.ca/information/newsletter/>

Send an email and attach any details to:

info+advertising@allendalecommunity.ca

IMPORTANT: Supply an advertisement image in hi-res digital format (i.e., png or jpg) The newsletter is printed in greyscale but a colour advertisement is preferable for viewing the online copy.

Submission dates and rates (subject to change) are listed online.

- Full page: \$300 Half page: \$200,
- One third page: \$125 Square approx. 11.75 cm x 12 cm (4.625" x 4.75") Horizontal approx. 17.75 cm x 8.25 cm (7" x 3.25")
- Quarter page: \$110 Horizontal approx. 11 cm x 8.5 cm (4.25" x 3.35") Vertical approx. 8.5 cm x 11 cm (3.35" x 4.25")
- Business card: \$75 Standard 8.85 cm x 5 cm (3.5" x 2")

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