

The Allendale Advisor

FALL 2023

allendalecommunity.ca

#AllendaleYEG

@allendaleyeg

ALLENDALE

Community League Day

BE A PART OF THE FESTIVITIES!

SATURDAY, SEPTEMBER 23RD, 11AM- 3 PM

6330 105A ST., EDMONTON

WWW.ALLENDALECOMMUNITY.CA

FREE COMMUNITY LEAGUE MEMBERSHIPS

BBQ FOR THE ALLENDALE GERMAN BILINGUAL PROGRAM

VENDORS

INFORMATION TABLES

FREE POPCORN & AND BAKED GOODS

MUSIC

GAMES AND ACTIVITIES

DART CONTEST - WIN A SET OF DARTS (18+)

Hello Allendalers!

As I write this in August, there is definitely starting to be a bite in the air in the mornings. September will bring school and all the busyness that entails. For many people it means more structure and a focus on “work” rather than “summer fun”...so it might be the right time to join the league! I have to say that I am so pleased by the number of people who are stepping forward to help the community league. The pandemic hit us hard, as it did everyone. And now we are rebuilding. But we do have young, enthusiastic new board members, and I am excited to see what lies ahead.

We do need a board secretary- but I prefer the title of Director or records. This is an essential position in our pursuit to be organized and efficient. We need someone who has (or is willing to learn) all the ins and outs of excellent file management in our Google suite. I recently talked to a league that had a paralegal who fixed up their files! I am so jealous!

I encourage you to bring your skills and gifts to the league- it is the ultimate in “living local” in that you are making the place where you live better! And what could be more fulfilling than that? I am also happy that more and more local businesses are taking notice - many are helping with donations and sponsorships for events, and for that we are grateful. I see more and more people with strollers and toddlers, and I know that the make-up of the neighbourhood is changing and I am filled with optimism and excitement for what lies ahead.

Wishing you all the best that fall brings, a joyful back-to-school, a bountiful harvest and cozy nights inside.

Mayja Embleton

Welcome! The 2023- 2024 Board of Directors

President — Mayja Embleton

Vice President — Vacant

Secretary/ Document Director — Vacant

Treasurer — Anthony Owolabi

Communications Director — Lindsey McConnell

Civics Director — Linda P.

Operations Director — Dianne O

Membership Director- Catherine Toole

Garden — Dianne O

Newsletter — Liz Janzen

Website Lead — Kayleigh Cline

ACE Lead — Catherine Toole

Rink Coordinator/Audit — Jeff P.

Hall rentals & caretaker — Linda Salayka (587-357-1334)

We are looking for enthusiastic volunteers to join the community league!

It's a fantastic opportunity to give back, connect with others, and make a real impact on the lives of people in our neighbourhood. There are two vacant board positions. If interested email president@allendalecommunity.ca

We also need folks who want to help make the Allendale Community League Day (Sept 23) a roaring success. Please email events@allendalecommunity.ca to sign up.

The Allendale Dart Club Starts September 15th!

The Dart Club meets every second Friday night. Participants are encouraged to attend regularly but it is not mandatory as teams are randomly selected each night. The emphasis is on enjoyment rather than competition so everyone is welcome and loaner darts are available for novice players. Doors open at 7:00 pm and play starts at 7:30.



Come unwind, socialize and meet your neighbours! A fee of \$2.50 covers snacks and prizes. Pop and adult beverages are extra.

For more information email Darts@allendalecommunity.ca



Rachel Notley

MLA, Edmonton-Strathcona

Constituency Office

Suite 101
10328 - 81 Avenue NW
Edmonton, AB T6E 1X2
(780) 414-0702

edmonton.strathcona@assembly.ab.ca

My annual **Art From the Unknown** gallery will take place from November 3rd to the 5th at Old Strathcona Performing Arts Centre. There are 80 artist spots available. Contact my office by Sept 30 to apply.

Update On The Rollie Miles Recreation Centre*

The Rollie Miles Recreation Centre in Edmonton has undergone a public engagement campaign to gather feedback on its building design, amenities, and activities. The campaign included an online survey, pop-up events, and a meeting of the Advisory Committee. A What We Heard report was released in May 2023, detailing the feedback received on the proposed park design and building design. The report revealed that the top five uses and activities in the Multi-Purpose Room were yoga, aerobic exercise, meeting/gathering space, birthday party rentals, and craft/art projects. The Aquatic Centre had the top five uses and activities among all respondents. The gymnasium had the top five activities in the top five. The project continues with design development and a final round of public engagement in fall 2023.

*Note this is a summarized version. The entire report can be found on allendalecommunity.ca



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Hey! Can you do us a favour?

The Community League has several social media platforms but not as many people have been using them, lately. If you wouldn't mind, as soon as you read this **could you FOLLOW and LIKE us?**

It will really help with our algos!

If there is a platform that you think we should be on, let us know what it is and why.



#AllendaleYEG



@allendaleyeg

Website

allendalecommunity.ca

NextDoor

Ca.nextdoor.com



ALLENDALE
COMMUNITY LEAGUE

WHAT DOES A COMMUNITY LEAGUE MEAN TO ME?

By LINDSEY McCONNELL

A community league is a volunteer-run organisation at the neighbourhood level, encompassing either one neighbourhood or multiple neighbourhoods. Community leagues are part of local districts that form a joint federation called the Edmonton Federation of Community Leagues.

The purpose of a community league is to meet the unique needs and interests of residents. I also feel that a community league needs to engage residents at a neighbourhood level and foster a sense of community. The definition of "community" may be different depending on who you ask, but for me, it's about connection. Connection is so important and I think we lost a lot of our ability to relate to others during the pandemic. The Allendale Community League is working really hard to re-energize the neighbourhood and bring back a sense of belonging after three long years of isolation.

It's really important to keep a community league strong and viable because, as representatives of Allendale, we have a hand in determining how our neighbourhood will look from a grassroots level instead of having it dictated from a city or municipal level.

No community looks exactly the same, so we need to maintain sovereignty over ourselves. To keep our league strong, we need the help of people who love the neighbourhood to join the board, spearhead clubs, volunteer for events, or help out their neighbours when they see someone in need.

Why have a meeting when you can have a party? Join the Allendale Community League Board today!

Sign up for very occasional emails about League events and happenings by emailing newsletter@allendalecommunity.ca with "Subscribe me" in the subject line.

Are you a budding writer who is interested in contributing content? Same email!



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


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Visit my website at www.heathermcpherson.ndp.ca



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ConnectPT offers individualized support for women to stay fit and active during pregnancy.

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2023-204 Rink Season Is Approaching

The Fall issue of the Allendale Advisor would not be complete without a call for volunteers for the Rink Crew. While it is hard to start thinking about ice sports in these dog days of summer we all know that winter will arrive as it always does and the better organized we are, the sooner we'll be strapping on our skates and taking to the ice. We've been blessed to have a small but intrepid group of volunteers to help with the ice-making and rink maintenance and fortunate to have an allocation from the budget to cover the upkeep of the equipment and facilities.



We're always happy to have volunteers to help with the ice-making and snow clearing but we could also use some help in the following areas:

- Small engine/equipment maintenance (oil changes & the basic upkeep of the snowblower and sweeper).
- Some basic welding to fix the goalposts.
- Put netting onto the goalpipes.
- Assistance with mending the rink boards.

Beyond the basics of tasks related to the ice surface and equipment, it would be great to have some support with making the rink and adjacent spaces a functional and welcoming winter space for the people who come out to use the facilities.

If you'd like to get involved send an email to: info@allendalecommunity.ca

Stay Informed!

Want to know more about what is happening in the community? Sign up for emailed newsletters (about 4-6 per year) with information about events, programs and development issues. Email newsletter@allendalecommunity.ca and put "subscribe me" in the subject line...or words to that effect!

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Things To Do In And Around Allendale

- The Allendale Community League Day - see the cover page for details
- Allendale Darts Club Friday nights (see page 3 for details)
- New Moon Folk Club 10819 - 71 Avenue. <https://www.newmoonfolkclub.com>
- Play the Fool Theatre Festival. Edmonton's festival of clown theatre and physical comedy. Sept 21-24 <https://playthefool.ca>

“When you start recognising that you're having fun, life can be delightful.” - Jane Birkin

Community Hall Rental Rates

The Community hall can be rented out by community members, please contact facilities@allendalecommunity.ca

\$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

Advertise in the Allendale Advisor!

Hardcopies are delivered to every home in the neighbourhood (~1100) and a digital version is available online and on social media platforms

Please see the web page for more information and rate.

Friends and Neighbours



Submitted by Catherine Toole

Recently I discovered an email from an old friend (now gone from this world). She would be thrilled that I am sharing it with you. She was a real character and brought love and joy to her many friends.

Vitamin "F" by Lilas Lysne

Why do I have a variety of friends who are all so different in character? How is it possible that I can get along with them all? I think that each one helps to bring out a "different" part of me. With one of them, I am polite. With another I joke, with another, I can be a bit naughty. I can sit down and talk about serious matters with one. With another, I laugh a lot. I listen to one friend's problems. Then I listen to another one's advice for me.

My friends are like pieces of a jigsaw puzzle. When completed, they form a treasure box. A treasure of friends! They are my friends who understand me better than I understand myself. They're friends who support me through good days and bad. Real Age doctors tell us that friends are good for our health.

Dr. Oz calls them Vitamin F (for Friends) and counts the benefits of friends as essential to our well-being. Research shows that people in strong social circles have less risk of depression and terminal strokes.

If you enjoy Vitamin F constantly, you can be up to 30 years younger than your real age. The warmth of friendship stops stress and even in your most intense moments, it decreases the chance of a cardiac arrest or stroke by 50%. I'm so happy that I have a stock of Vitamin F!

"Neighbouring" is a special relationship—a relationship by proximity. Typically, it is different from family and friends. A neighbour has its own category. We sometimes know things about neighbours just because we are close.

Yet in many ways, Vitamin "F" also applies to neighbouring.

An advertisement for Raydene Koch, a piano and singing teacher. The background is a close-up of piano keys. The text is as follows:

Learn piano or singing!
Fun & creative approach to teaching
Raydene Koch
www.edmontonpianoteacher.com
koch97@gmail.com
587-983-0292
B.Mus & Registered Music teacher,
with 25 yrs experience
RCM/Conservatory of Canada Exams

The BBQ at Community League Day (Sept 23rd) is a fundraiser for the Allendale German Bilingual Program. Please bring cash.

Are you an amateur musician that wants to play at the event?

Contact

events@allendalecommunityleague.ca

Hey Dog Owners!

Pleasantview will be opening a fully fenced dog off-leash park, with a double gate entry system, dog waste bag dispensers, garbage cans and clear signage. The Opening date is November 4th!

It will be located at 61st Ave and 111 Street. This is great news for all dog owners in Allendale who want to be off-leash!

Remember, your dog should be fully vaccinated before you go to public dog areas- you don't want your little pupper to get sick! And, all dogs require a City of Edmonton licence, which you can get online at the City of Edmonton.



Hand Therapy *

By Connect Physiotherapy & Exercise

Hand therapy is a specialized form of physiotherapy that focuses on the assessment and treatment of injuries and conditions of the hand and arm, optimizing their functional use. Hand therapists are licensed physiotherapists or occupational therapists with extensive experience treating hand and arm injuries and conditions.

Common treatments include wound care, suture removal, swelling reduction, scar management, desensitization, splinting, hands-on strengthening exercises, active mobilization, and return-to-work education and assistance. Hand therapy can treat a wide range of injuries and conditions, including carpal tunnel syndrome, arthritis, burns, post-fracture issues, tendonitis/tendinitis, nerve damage and hypersensitivity, repetitive strain injuries, acute strains and sprains, stiffness, ligament injuries, mallet finger, De Quervain's tenosynovitis, trigger finger, and volar plate injury.

The ultimate goal of hand therapy is to help individuals regain function and freedom, allowing them to return to normal activities. Prevention is always better than cure, and early intervention can lead to better outcomes. Connect Physiotherapy & Exercise offers certified hand therapists to help individuals regain their hand function and return to their daily activities.

*Note that this is a summarized version. The original article can be found on the online allendalecommunity.ca

Soccer Sundays

Families in Queen Alexandra and Allendale had an amazing outdoor soccer season with SWEMSA! A special thanks to Katrina Semeniuk, our community soccer coordinator, who made it all happen.

Some families had so much fun they have continued to play very casual, friendly, “pickup” games into the fall. If your child is interested in joining in, check out “Young Champions Soccer Group” on meetup to get connected:

www.meetup.com/edmonton-soccer-kids-meetup-group/

Most of the kids are 8 – 10 years old, but younger siblings – or even parents! - often join in as well, so the age range is flexible. Meet-ups generally happen on Sunday mornings or Friday evenings in either Queen Alexandra or Allendale.



michaeljanz.ca
CLR. JANZ
NEWSLETTER
Subscribe to our City Hall E-News for regular updates, articles, videos, activities and ways to get to know your neighbours and help make great things happen in your city.

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How can we work together to build a better Edmonton for everyone?
Reach out to my office and I'll get you a coffee!
MICHAEL.JANZ@EDMONTON.CA

**HOUSING CHOICES AND CURBING URBAN SPRAWL**

**MORE RECREATION OPPORTUNITIES**

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“As long as autumn lasts, I shall not have hands, canvas and colours enough to paint the beautiful things I see.”

– Vincent Van Gogh

“I notice that Autumn is more the season of the soul than of nature.”

- Friedrich Nietzsche

“And all the lives we ever lived and all the lives to be are full of trees and changing leaves...”

– Virginia Woolf

“Let’s pumpkin spice things up a bit.”

- Unknown

These are the People in My Neighbourhood!

Neighbourhoods are made up of interesting, diverse people. They come from different backgrounds and have different priorities, but almost all have a wish for a vibrant, safe, and friendly community to live in. The 2011 City of Edmonton census states that 54% of the people in Allendale are renting. So we wanted to sit down with Sally. Sally's family rents their home, but that doesn't mean a sense of community isn't important to her.



What drew you to moving to Allendale?

When I moved here back in 2018, it was so quiet and very family friendly with close schools and parks, great neighbours and my child began attending a catholic school in the area.

Why have you stayed? What are the strengths of the neighbourhood?

We decided to move back because he is attending the same school and it is very close to work for me and we've made friends in the area. I would say the strengths are the community and the accessibility to a lot of services we use.

What are some weaknesses of the neighbourhood or your block?

I would say a weakness is the availability of rentals in the area plus the high-priced rentals, but I know inflation and the market has a lot to do with that.

What are some opportunities that you have identified for the neighbourhood? Like what would you like to see or see more of?

I've seen good sports teams and lots of activities for everyone. I would like to see more activities like I've seen other communities do like a movie night with the big screens and more community gatherings.

Sally's last point is a good one. One of the reasons getting involved with a local community league can be so rewarding is that you can help lead what you want in your neighbourhood. And you don't have to be a homeowner or have kids involved in a sports team, to get involved!

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!

It's Time..... to Renew Your Community League Membership!!

Unless you got an early bird membership, your current membership (starting with 22-) ran out on August 31st.

There is no fee for membership. Yes, you read that right. Memberships are FREE again this year!

Why should you have a membership?

- Get 20% off an annual or continuous monthly City recreation passes and 15% of multi-passes engage in activities/events sponsored by the league
- 10% off House of Wheels - Alberta's largest indoor skatepark
- 10% off U of A branded clothes and promotions
- 25% off Microsoft and Adobe classes ualberta.ca/technology-training.
- Skate for free on our rink (and all outdoor league rinks in the city),
- Use our tennis courts
- Register for events/classes/activities at our or other leagues which require a league membership
- Rent a community garden plot

NEW BENEFIT for MEMBERS

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www.nfp.ca/gha

To get your membership call Catherine 780-469-0361 or email membership@allendalecommunity.ca with your address, phone number and name. Or purchase online at <https://efcl.org/membership-purchase/> (a \$5 fee is charged online).

Community Resources

- **311** is Edmonton's non-emergency contact for City government information and services and provides residents, businesses and visitors with a central point of contact for their city needs. Examples of issues to report: potholes, noxious weed complaints, parking complaints, boulevard trees (blocking passage, damaged trees etc). Call 311 or report online https://www.edmonton.ca/programs_services/311-city-services
- **Safe Speeds Toolkit** Lawn signs to increase awareness of speed safety in neighbourhoods. https://www.edmonton.ca/transportation/traffic_safety/safe-speeds-toolkit
- **ETS Trip Planner** <https://www.edmonton.ca/edmonton-transit-system-ets>

See you at Community League Day on Saturday, September 23rd!!

From 11 am to 3 pm, 6330- 105a Street NW

Free Membership | Fun | Cash BBQ | Vendors | Information tables | Activities

(The BBQ will be a fundraiser for the Allendale German Bilingual Program)