

# NORTHEAST VOICE

*Serving the community leagues of Evansdale, Kilkenny, Londonderry, McLeod, Northmount, Steele Heights*

November 2017



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## Upcoming Events in Northeast

### Nov:

4: WEM Waterpark Event; 7:30-10:30pm; \$15  
4: Arabic Family Storytime at EPL Londonderry; 4pm  
6: No Stone Left Alone; Little Mountain Cemetery; 10:30-11am  
Nov. 8-Dec. 6: Chair yoga at McLeod; 5:30-6:45pm; \$65  
Nov. 8-Dec. 6: Prenatal yoga at McLeod; 7-8:15pm; \$65  
9: Remembrance Day Tribute at NESa; 1-3pm; \$2  
10: English Conversation Circle at EPL McConachie; 4pm  
13: Fall Green Shack starts at McLeod  
14: Tech Time at EPL Londonderry; 11am  
17: Free Movie Night at McLeod; doors at 5:30pm  
18: Arts, Crafts, and Bake Sale at NESa; 9am-4pm  
19: National Child Day at EPL Londonderry; 130pm  
22: Music Makers at EPL McConachie; 4pm  
23: Sgt Willson's Airforce Show at NESa; 2pm; \$12

### Dec:

2: Children's Christmas Party at McLeod  
2: Arabic Family Storytime at EPL McConachie; 4pm

If you have an upcoming event that you would like to see on this list, please e-mail [secretary@mcleodcommunityleague.ca](mailto:secretary@mcleodcommunityleague.ca)

### Dec (cont'd)

8: Free Movie Night at McLeod; doors at 5:30pm  
10: Practice English at Your Library at EPL Londonderry; 130pm  
12: Christmas Concert at NESa; 1:30-3:30pm  
15: Sing, Sign, Laugh, and Learn at EPL McConachie; 1030am  
20: Baby Laptime at EPL McConachie; 2pm  
31: New Year's Eve Dinner and Dance at NESa

### Venue Addresses:

CentrepoinTE Church – 5940 159 Ave  
Clareview Rec Centre – 3804 139 Ave  
Evansdale Hall – 14811 95A Street  
G Edmund Kelly Spray Park – 15005 79 Street  
Heritage Hall – 7406 139 Ave  
Kilkenny Hall – 14910 72 Street  
Kingsway Legion – 14339 50 Street  
Lago Lindo Hall – 17123 95 Street  
Little Mountain Cemetery – 16025 54 Street  
Londonderry Hall – 14224 74 Street  
Londonderry EPL – in Londonderry Mall  
McConachie EPL – 16607 50 Street  
McLeod Hall – 14715 59 Street  
North Edm Seniors Asscn (NESa) – 7524 139 Ave  
Northmount Hall – 9208 140 Ave  
Ozerna Park – 7010 158 Ave  
Steele Heights Hall – 5825 140 Ave

## Coming Soon: Steele Heights Spray Park



Have you noticed the construction work on the northeast corner of York Park at 58th Street and 140th Avenue? The York Spray Park Development Committee with funding assistance from Steele Heights Community League, the City of Edmonton, the Government of Alberta and the Federal Government through the Canada 150 Grant is building a Spray Park. This project not only commemorates Canada's 150th birthday but it also celebrates Steele Heights Community League's Jubilee year of operation (that's 50!).

The Spray Park construction completion date is scheduled for the end of October. There will be a small celebration upon completion but a grand opening and official water opening will occur next Spring.

The Spray Park will consist of 14 water spray features on a fully accessible, round, splash pad and fully accessible sidewalks from both 58th Street and from the Steele Heights Community League parking lot. There will be benches, tables, trash receptacles and bicycle racks to allow for a variety of ways to enjoy this newly developed space. Additionally, a cement pad will be poured adjacent to the splash pad to provide for the later addition of a gazebo that will be a welcome and hopefully a well used enhancement to this neighborhood.

## Kilkenny

# AGM

**Thursday November 2 at  
7:00 p.m. at the Kilkenny Hall,  
14910-72 St.**

Come and meet the executive, share your stories and ideas! We are hoping to increase our 'members at large'! These are people interested in getting involved but are not wanting to commit to a whole position. Maybe you would like to sit in on the meetings and find out what is going on? Maybe you would be able to phone volunteers from your home once a month? Maybe you and a few friends would like to plan a social event? What about a men's night?

Everyone is welcome to the AGM or any executive meeting! For details or the regular meeting schedule, feel free to call the hall at 780-478-1271

## McLeod Tours New Fire Station

Representatives of the McLeod CL board were happy to tour the new Fire Station #30 in the Hollick-Kenyon neighbourhood. As invited guests we joined hundreds of other people from the community for a great hamburger lunch and a behind-the-scenes tour of the kitchen, break-room, and the fire truck parked outside.

Both Heather Sweet, MLA and Ed Gibbons, Councillor addressed the crowd assembled. MLA Sweet said "The Municipal Sustainability Initiative program is helping build and equip Edmonton's Pilot Sound Fire Station – a project that does more than enhance quality of life, it will help to preserve life."

Ed Gibbons commended Edmonton Fire Rescue Services for their commitment to safety, and Fire Chief Ken Block returned the compliment by thanking Ed Gibbons for his many years serving the residents of northeast Edmonton.



Fire Chief Ken Block and Councillor Ed Gibbons address the crowd

## Londonderry Community League



Londonderry Community Market

14224-74 Street NW

Wednesday Evenings

Beginning on November 6 and every  
Wednesday till December 20

4 PM – 8 PM

Do you live in Edmonton's NE?

Do you have something you want to sell?

Home-made baked goodies, household  
treasures, pottery, paintings, home-made crafts

Interested

Call Angie 780-819-1214

[president@londonderry.online](mailto:president@londonderry.online)



# Evansdale Community League News

Serving: Evansdale – Belle Rive – Eaux Claires

## Evansdale Community League Board & Committees

Address: 9111 - 150 Avenue, Hall Phone 457-0948

Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8

E-mail address: [www.evansdale.ca](http://www.evansdale.ca)

Jeff Muiselaar	President	780-478-1759	<a href="mailto:president@evansdale.ca">president@evansdale.ca</a>
Vacant-volunteer today!	Vice President		<a href="mailto:vicepresident@evansdale.ca">vicepresident@evansdale.ca</a>
Shawna Walsh	Past President	780-237-2169	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
David Dodge	Director of Sustainability	780-478-6162	<a href="mailto:sustainability@evansdale.ca">sustainability@evansdale.ca</a>
Ray Costley	Soccer Director	780-660-4230	<a href="mailto:soccer@evansdale.ca">soccer@evansdale.ca</a>
Mazen Kaddoura	Treasurer		<a href="mailto:treasurer@evansdale.ca">treasurer@evansdale.ca</a>
Sue Harris	Credits	780-473-8796	<a href="mailto:credits@evansdale.ca">credits@evansdale.ca</a>
Jim Young	Secretary		<a href="mailto:secretary@evansdale.ca">secretary@evansdale.ca</a>
Elaine Sarac	Membership Director	780-476-7442	<a href="mailto:membership@evansdale.ca">membership@evansdale.ca</a>
Todd Sharkey	Hockey Director	780-238-3910	<a href="mailto:hockey@evansdale.ca">hockey@evansdale.ca</a>
Shawna Walsh	Bingo Director		<a href="mailto:bingomanager@evansdale.ca">bingomanager@evansdale.ca</a>
Vacant-volunteer today!	Program Director	780-905-4554	<a href="mailto:programs@evansdale.ca">programs@evansdale.ca</a>
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	<a href="mailto:newsletter@evansdale.ca">newsletter@evansdale.ca</a>
Jeff Muiselaar	Area 17 Representative	780-478-1759	<a href="mailto:pastpresident@evansdale.ca">pastpresident@evansdale.ca</a>
Nicole & Chris	Belle Rive Sign Volunteers		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Jim Young	Evansdale Sign Volunteer		<a href="mailto:signs@evansdale.ca">signs@evansdale.ca</a>
Vacant-volunteer today!	Eaux Claires Playground	780-641-6171	<a href="mailto:ecbr@evansdale.ca">ecbr@evansdale.ca</a>
Terri	Hall Rentals	780-478-4444	<a href="mailto:hallrentals@evansdale.ca">hallrentals@evansdale.ca</a>
	Skating Rink	780-478-2577	

## Hall Rental Information

Evansdale Hall 9111 150 Ave.



### Weekend rates:

Friday 12noon to Sunday 3pm  
\$500 damage deposit  
\$600 rental

### Friday/Saturday/Sunday

\$400 damage deposit  
\$450 rental

### Monday – Friday

\$275 damage deposit  
\$325 rental (\$150 members)  
Use of dishes: \$100  
Meetings: \$35/hour

References may be requested. Discounts available for community members of one year or more. Contact Teri at 780-478-4444 or [hallrentals@evansdale.ca](mailto:hallrentals@evansdale.ca)

## Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community!

- \$25 family
- \$10 single
- \$10 seniors
- \$15 single parent
- \$15 couple with no children

Contact Elaine Sarac at [membership@evansdale.ca](mailto:membership@evansdale.ca) or 780-476-7442 to get your Evansdale Community League membership. Please leave a message with your name and phone number. You can also buy memberships at the Edmonton Federation of Community Leagues website: [www.efcl.org](http://www.efcl.org)

### Benefits of Community League Membership

- Free community league swims:
  - o Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
  - o Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
  - o O'leary Pool (8804 132 Avenue) Saturdays 4 – 6 pm
- Discount on City of Edmonton annual wellness passes
- Hall rental discount
- Discounts for community league events and programs
- Play community sports such as soccer
- Receive emails of upcoming community events and programs

## Evansdale - Eaux Claires - Belle Rive

## Annual General Meeting Tuesday, November 21

All Evansdale - Eaux Claires - Belle Rive residents are welcome to attend and learn about the Community League's activities and its budget. Elections will be held for the board of directors. If you would like to nominate someone or are considering putting your name forward for one of the positions, feel free to contact any of the current board members listed in the Evansdale section of this newsletter to obtain more information.

730pm start

Evansdale AGM  
Sport Building/Skate Shack  
9111-150 Ave, Edmonton AB  
[www.evansdale.ca](http://www.evansdale.ca)

## 2017/18 Hockey Season Is Underway

Best of luck to our Evansdale players for a very successful and fun filled season.

I'd also like to extend a Big Thanks to all the coaches and volunteers that have stepped up and taken on roles on their child's hockey teams. We all have busy lives and it's not always easy to take on extra responsibilities.

So for those who have donated their time and efforts for the benefit of our young players, I thank you all! Enjoy the season everyone!

Regards,  
Todd Sharkey  
Hockey Director  
Evansdale Community League



## Mark Your Calendars! Winter Festival Dec. 2

The Community League will be hosting a Winter Wonderland Festival on Saturday, December 2 from 4:00pm - 7:00 pm, Evansdale Hall, complete with a pancake supper, sleigh rides, face painting, caricature, crafts, and (new) fire pit. More information will be posted next month!

## Visit Our Website and Facebook Page

facebook

Get the latest information, our most recent newsletter, contact information and lots of other great stuff! Also get involved, join us on Facebook!  
Website: [www.evansdale.ca](http://www.evansdale.ca)  
Facebook Page: [www.facebook.com/evansdalecommunityleague](https://www.facebook.com/evansdalecommunityleague)



# Kilkenny Community League News

## Hall Rental

Rates (Subject to change without notice, please email for more information.)  
Rental deposit is also required which is equal to rental amount.

Times	Auditorium	Meeting Room	Both
Weekdays/Weeknights	\$150	\$75	\$225
Fridays (after 5 pm)	\$400	\$100	\$500
Saturdays	\$550	\$100	\$650
Sundays	\$400	\$100	\$500
Two Day Wedding/ Gift Opening	\$750	\$100	\$850
Full Weekend (Fri @ 5pm – Sun @ 6pm)	N/A	N/A	\$1000
Hourly Rate (3 hours or less)	\$35	\$20	N/A

Discounts available for those who hold a consecutive membership for a minimum two years with Kilkenny Community League.  
For all Auditorium & Meeting Room rentals, please check our sidebar Calendar for availability and email [President@Kilkenny.ab.ca](mailto:President@Kilkenny.ab.ca)

## Christmas Baking



There is less than 8 weeks until Christmas!!! Don't have time for baking??

J.A. Fife School has you covered!

In-Dey-Go frozen cookie dough is delicious, made in Alberta and has no preservatives!

They have 3lbs tubs of dough, pre-portioned (48) pucks in a variety of yummy flavors! One more thing checked off your list all while supporting a neighborhood school!

Please call the school at 780-476-0775 or email [fundraisingjafife@gmail.com](mailto:fundraisingjafife@gmail.com) for more information or order in person at the school at 15004-76 street.

## Do you have a special celebration that you would like to announce??

You or someone you know celebrating an anniversary, birthday big or small, engagement, special achievement?? Team achievements, staff challenges, we would like to hear from you!! Feel free to send in a picture and the appropriate information and we will include it in the next newsletter!! Please send it to Sean, Kilkenny Publicity Director at [publicity@kilkenny.ab.ca](mailto:publicity@kilkenny.ab.ca). Next month's deadline is November 15th.

## Electronics Recycling Roundup

Save your old electronics for Londonderry Junior High School!  
Getting new gadgets for Christmas? Upgrading that television during boxing week events? Well, don't move out the old just yet!! Londonderry Junior High School is having their Annual Electronic Recycling Fundraiser from Oct 10 to December 10, with the possibility of being extended to January 10. The metal cages will be located behind the school at 7104-144 Ave in a large seacan. Dispose of your electronics in an eco-friendly way and help out a local school. Watch for more details on school signs or call 780-473-4560.

## President's Message

Kilkenny AGM will be held on Thursday Nov.2nd at Kilkenny Hall at 7pm.

All are welcome to attend and meet your Executives or to join our Board. This is a time to review the year and to hear what is coming in the New Year.

We would also like to thank the City for the grant for the new signs in front of the hall and Ozerna park. We appreciate the new look.

Anna

## Hockey & Skating

As the mercury drops, anticipation builds for outdoor skating!

We will be working hard to get both the rinks up and running as soon as mother nature allows.



**Rink 1** will have shinny from 5-7p.m. for skaters of all abilities and rentals from 8-9 (if no rental, 5-9 shinny).

**Rink 2** will have public skate from 5-9p.m. (no sticks or pucks). The rinks will be open Saturday 12-5 and Sunday 12-5, weekend rentals available around these times too.

Please contact the rink during operating hours or email [IceRink@Kilkenny.ab.ca](mailto:IceRink@Kilkenny.ab.ca) to book your ice time.

Community League members are FREE (please ensure you have current skate tags). For non-Community League members skating is \$1.00 per person, shinny is \$2.00 per person, Ice rink rental is \$50.00/hour

## Kilkenny Community League Is On Facebook And Twitter

Please follow us on Facebook and Twitter to get up to date information on what's happening in our Community.  
*Facebook – Kilkenny Community Hall*  
*Twitter – @KilkennyComLeag*

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# JOIN US FOR A HALLOWEEN PARTY

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## OCTOBER 28th

## 11-2PM

**Kilkenny Hall**  
**14910 - 72 Street**

## COSTUME PARTY!

**MOVIE TO FOLLOW!**

FREE FAMILY FUN EVENT!

Please ensure all children are accompanied & supervised by an adult 16+. Thank you.

# Londonderry Community League

14224 74 Street NW, Edmonton, AB T5C 0Y3  
780-705-8201

Mailing Address: P.O.Box 70111, RPO Londonderry,  
Edmonton, AB, Canada T5C 3R6

## LONDONDERRY CRIB NIGHT

Returns  
Fridays

@ 7:00 PM  
\$10.00 per person

Upstairs Social Room  
Londonderry Community Hall  
14224 - 74 Street NW

## Londonderry Community League

### Hall Rental

Check our website:  
[www.londonderry.online](http://www.londonderry.online)

## VOLUNTEERS NEEDED

Londonderry Community League is looking for  
dedicated and enthusiastic volunteers to fill  
various board, committee and volunteer positions.

Positions Needed  
Maintenance Person  
Event Volunteers  
Bingo Volunteers  
Membership Director  
Sports Director  
Treasurer  
Lawyer

If you or someone you know is interested, please  
contact our Secretary Beth, at  
[secretary@londonderry.online](mailto:secretary@londonderry.online) or our President  
Angie, at [president@londonderry.online](mailto:president@londonderry.online)

Londonderry Community League can only keep  
the doors open by relying on dedicated volunteers.  
*We need your help!*

## MORNING COFFEE GROUP



Tuesdays

10:00 AM - 12:00 PM

*Londonderry Community Hall  
Upstairs Social Room*

Have you made connections in your neighbourhood?  
Would you like to get to know your neighbours  
and create a more close-knit community?

Join us for free coffee or tea on the 2nd & 4th Tuesday of  
each month for an opportunity to meet new friends!  
(No commitments, no sign-ups, no sales pitches!)

Contact Helen at 780-475-6728



## General Dentists

Dr. Lloyd Skuba  
Dr. Jonathan Skuba  
Dr. Lisa Bergt  
Dr. Amanda Skuba  
Dr. Irvine Skuba

Let our family  
care for  
your family



**780-473-2003**

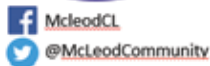
**[www.skubadental.com](http://www.skubadental.com)**

**New Patients Welcome**

- **Same Day and Emergency  
Appointments Available**
- **Direct Insurance Billing**

**9704 - 153 Ave**





14715 59 Street  
www.mcleodcommunityleague.ca

# McLeod News

www.mcleodcl.ca   780-475-5712   Rink: 780-473-8993	
President	president@mcleodcommunityleague.ca
Vice President	vp@mcleodcommunityleague.ca
Communications Director	communications@mcleodcommunityleague.ca
Membership Director	memberships@mcleodcommunityleague.ca
Treasurer	treasurer@mcleodcommunityleague.ca
Secretary	secretary@mcleodcommunityleague.ca
Sports Director	VACANT
Past President	pastpresident@mcleodcommunityleague.ca
Grants Director	grants@mcleodcommunityleague.ca
Facilities Director	president@mcleodcommunityleague.ca
Casino Director	vp@mcleodcommunityleague.ca
Soccer Director	soccer@mcleodcommunityleague.ca
Baseball Director	baseball@mcleodcommunityleague.ca
Softball Director	softball@mcleodcommunityleague.ca
Hockey Director	hockey@mcleodcommunityleague.ca
Area 17 Representative	area17@mcleodcommunityleague.ca
Social Director	social@mcleodcommunityleague.ca
Programs Director	programs@mcleodcommunityleague.ca
Community Safety Director	safety@mcleodcommunityleague.ca
Volunteer Director	volunteer@mcleodcommunityleague.ca
Youth Director	youth@mcleodcommunityleague.ca
Civics Director	mattberryrep@gmail.com
Miller Community Director	miller@mcleodcommunityleague.ca
Casselman Community Director	VACANT
Matt Berry Community Director	mattberryrep@gmail.com
Hollick-Kenyon Community Director	hkchair@gmail.com
McLeod Community Director	mcleod@mcleodcommunityleague.ca
Bingo Coordinator	bingo@mcleodcommunityleague.ca
Hall Rental Coordinator	hallrental@mcleodcommunityleague.ca
Rink Volunteer	rink@mcleodcommunityleague.ca

## Mark Your Calendars for upcoming McLeod Events

*NOTE: Subject to change, please check current details on our website [www.mcleodcl.ca](http://www.mcleodcl.ca) or Facebook page: McLeod Community League.*

**November 4, 2017, 7:30-10:30pm** – WEM Waterpark Event  
Tickets are only \$15 each, email president@mcleodcommunityleague.ca to purchase.

**November 6, 2017, 10:30-11:00am** – No Stone Left Alone  
Join us as we lay wreaths at each veteran's gravesite in Little Mountain Cemetery 16025-54 Street in honor of Remembrance Day.

**November 13-December 8, 2017** – McLeod Community Winter Green Shack  
Mondays and Wednesdays, 3:30-6:00 pm & Saturdays 1:00-5:00pm  
Takes place outside next to the playground.

**November 17, 2017, doors open at 5:30pm** – Free Movie Night  
Movie starts at 6:30pm, concession available.

**December 2, 2017** – Children's Christmas Party  
Email social@mcleodcommunityleague.ca for information and tickets.

**December 8, 2017**, doors open at 5:30 pm – Free Movie Night  
Movie starts at 6:30pm, concession available.

## McLeod Lays Wreaths at Little Mountain Cemetery

Everyone is welcome to attend a memorial event for the veterans buried at the Little Mountain Cemetery in Hollick-Kenyon.

McLeod CL will place a poppy wreath at each veteran's grave. We purchase the wreaths from the Canadian Legion Poppy Fund, which assists current military veterans.

The Little Mountain Cemetery has quite a history. It is the final resting place of many of the American and European families who colonized this area in the 1870's. This was even before Alberta became a province in 1905!

There are graves here going back over 100 years to those soldiers who died on European battlefields in WWI (1914-1918).

There are even children's graves for those who died during the Spanish Flu pandemic (1918).

Cemeteries are considered "green space" by the City of Edmonton, for the use of the public as parkland.

Anyone is welcome to walk in the cemetery, in a respectful way, and take a tour back through time.

Consider it for a local walking destination, close to your home.

**No Stone Left Alone  
Little Mountain Cemetery  
16025-54 St  
Monday, November 6  
10:30-11:00 am**



## President's Message

By the time you receive this newsletter, Ward 4 will have voted in a new Councillor.

McLeod Community League hosted a stellar candidates' forum on October 11, 2017 which saw a record number of attendees – 300 people – with dozens turned away as the hall was at capacity.

Candidates answered questions on topics ranging from business development and transit to City budgets and infill.

It was encouraging to see candidates express positive support for community leagues on matters of grants, recreational programming and City liaison staff. We look forward to working with the new Councillor.

We also say goodbye to Ed Gibbons as he completes his 5th term as Ward 4 Councillor – consecutive terms which covered 16 years.

"Always an active member in local sports and his community, Ed previously served as Chairman of Federation Hockey and President of Edmonton Federation of Community Leagues from 1995 - 1997. In 1988, he was honoured as the City of Edmonton's Volunteer of the Year" (City of Edmonton).

McLeod Community League is in its 47th year and it is significant that we have worked with Councillor Gibbons for a third of our existence.

Not only has he been an extremely strong voice for Northeast Edmonton, but Councillor Gibbons ensured that communication with him and his office was timely and purposeful.

The McLeod Board of Directors never hesitated to contact Councillor Gibbons for information or assistance because we trusted that we would get exactly that.

We thank Councillor Gibbons for all of his support over the past 16 years and wish him the very best.

*Happy Fall everyone!  
Leanne Rosinski*





**SERVING THE PEOPLE OF EDMONTON MANNING**

**Canada 150**

**If I can be of assistance to you on any federal matter, please do not hesitate to contact my office.**

- \* Canada Pension Plan/Old Age Security
- \* Guaranteed Income Supplement \* Citizenship Inquiries
- \* Immigration Matters \* Canadian Passport/Consular Affairs
- \* Business Opportunities/Grants & Funding
- \* Student Loans \* Taxation

**SUITE 204A 8119 - 160 AVENUE EDMONTON, ALBERTA T5Z 0G3**  
**ZIAD.ABOULTAIF.C1@PARL.GC.CA • 780-822-1540**  
**WWW.ZIADABOULTAIF.CA**



**ZIAD ABOULTAIF MP**  
EDMONTON MANNING

## McLeod's Summer & Fall Green Shacks

Each spring our community league donates \$1000 to the City of Edmonton, to support the green shack program. This summer we had the play program at McLeod (9 children/hr), Hollick-Kenyon (13 children/hr), Matt Berry (15 children/hr) and Miller (11 children/hr). This free supervised playground program gives neighbourhood kids a safe and


invigorating place to play each summer.



Kids and families from all 5 neighbourhoods are invited to a fall green shack program operating at the playground beside McLeod Hall. Running from Nov. 13 to Dec. 8. Mon & Wed 3:30pm-6pm and Saturdays 1pm-5pm. Bring the whole family. McLeod Centre 14715-59 St.

**Denture Specialist - Over 35 Years Experience**

***Londonderry Denture Clinic***



**FREE CONSULTATION**

M. Lucyshyn DD  
R. Lucyshyn DD

**780-476-2529**

- New dentures in one day
- Repairs in 30 minutes
- Emergency after hours appointments

**SENIORS**

Ask how you may receive your dentures AT NO COST TO YOU\*

\*Some conditions and restrictions apply.

[www.londonderrydentureclinic.com](http://www.londonderrydentureclinic.com) 13594 Fort Rd. Northeast Edmonton

## Stop Coaching, Start Cheering

This might come as a surprise to many parents, but the fact is, as a coach, I don't coach during games!

So, why should parents! On game days, kids are not there to learn, they are on the field to play and have fun.

Meaningful work is done during practice where kids constantly dribble, touch the ball, shoot and run around with the ball, thereby learning the basics.

Games are merely a way to measure what has been learned and where improvement is required.

During a game, the player who has the ball, can barely hear anything. They are excited to have the ball, stressed as their opponent tries to stop them or take the ball away.

Pressured, they want to make a play or score, so really, what good comes out of shouting at players to pass or shoot! Nothing!

Rene Muelenstein, former Manchester United Youth Development Coach, put it simply: "footballers cannot learn how to make their own decisions if they are used to receiving instruction from the touchline." which is why I would rather have players do what they want, make mistakes, try things on their own, give them the freedom to experiment.

A player last season during a game once tried to do a Ginga move but he learned a lesson when they lost the ball.

Kids who are over organized during a game or interrupted by taking instructions is like someone who is running with their hands tied behind their back. Kids who are free learn, improve, have fun and win!

So, stop coaching and start cheering!

*McLeod Soccer Committee*

**FREE DROP-IN**

**FALL GREEN SHACK**




LOCATION	DATES	DAYS	TIMES
McLeod Community League 14715 59 St	November 13 — December 8	Monday, Wednesday, Saturday	Mon & Weds: 3:30-6:00pm Sat: 1:00-5:00 pm

**Our Green Shack program is now running in select locations in the fall months. Come and join us for games, crafts, sports, outdoor cooking and more!**

**This program is targeted for children aged 6-12, but all children accompanied by an adult are welcome to attend.**

**For more information, please visit:**  
[edmonton.ca/dropincommunityprograms](http://edmonton.ca/dropincommunityprograms)  
or call 311.  **@GreenShack**

Thank you to the McLeod Community League for access to their facility.





## McLeod's Front Yards In Bloom

Over the summer, 70 homes from our neighbourhoods were nominated as outstanding gardeners and landscapers in the Front Yards In Bloom program. We truly appreciate how a well kept front yard is enjoyed by all the neighbours.

During Community League Day on September 16, we were pleased to award, to those nominees who could attend, a free membership to our league and a \$10 voucher for the Miller Crossing Farmers' Market.

We appreciate the Market's donation of \$200 in vouchers to this project. Last year we wrote a letter of support, detailing the many ways this market contributes to our community. Did you know that 70% of the vendors come from right in our neighbourhood? We are also happy to share the news that they have achieved official Alberta Farmers' Market provincial status.

During the winter, the market is meeting inside the Royal Canadian Kingsway Legion on Sundays, 11am – 3pm at 14339-50 St NW. This is in the Miller neighbourhood.



In Bloom winners gathered at Community League Day

## McLeod's Public Consultation



In each neighbourhood, the city and developer set aside land for future community use. This is space to make a building, parking lot, playground, ice rink or other amenities for people who live in the immediate area.

On September 26, a sub-committee of the McLeod Community League held an open house to update residents on the past 3 years of work on the possible construction of a new community building in the Matt Berry neighbourhood. Most of the sub-committee are residents of Matt Berry, working under the umbrella of the commu-

nity league. Some are even the volunteers who raised money and built the playground 25 years ago.

Many of the municipal council candidates attended the forum, and we appreciate their interest in this important local project. Volunteers continue to work through a process, defined by the City of Edmonton, to add amenities on Matt Berry neighbourhood's community land.

If you wish to volunteer to work on this project, or you have further input concerning the project, please email [secretary@mcleodcommunityleague.ca](mailto:secretary@mcleodcommunityleague.ca)

## Outstanding Attendance at McLeod's Forum

We were glad to organize an All Candidate Ward 4 Councillor Forum on the evening of October 11. By the time this is delivered to your mailbox, the new councillor will have been in office for a couple of weeks. Congratulations to the new Ward 4 Councillor, and we look forward to working together over the next 4 years!

a tremendous supporter of Northeast Edmonton's development and his replacement will be expected to continue that role."

Then, eleven candidates were each introduced by Moderator Troy Kalita, and they proceeded to present their platforms. This was followed by a rapid fire Q&A session,



Ward 4 Candidates answer questions from the crowd. *photo: Jill Sliwkanich*

Our community league strives to champion issues that affect not just our members, and not just within our boundaries, but all residents in the northeast. To that end, we began this spring to organize a municipal election forum. The result was 300 voters filling our hall to capacity!

The evening began with McLeod President Leanne Rosinski thanking our retiring Councillor. "Councillor Gibbons has been

where 3 candidates were drawn at random to answer each question. The candidates and the crowd appreciated the ability to get through so many questions with this format, while still being fair.

Our area is represented by a Councillor, MLA and MP, and we're committed to working with all levels of government to make our community a great place to live, grow and thrive.



A capacity crowd of Northeast Residents listens as candidates answer questions. *photo: Devin McIntosh*



McLeod Community League Day saw an excellent turnout



# McLeod Community Safety Director

I wanted to remind everyone that it is illegal in Alberta to smoke tobacco in your vehicles with minors present. You can be issued a Violation Ticket for \$287.00 if caught under the Alberta Tobacco and Smoking Reduction Act. Children have a right to breathe clean air and not be subject to second hand smoke.

## Criminal Activity in Your Neighborhood

If a residence in your neighborhood has suspicious or illegal activity happening you may have observed one or a series of events happening. If you're not sure what to look for I have some things below to assist you.

- Unusual amount of/luxury vehicles and persons coming and going
- Increased activity in the evenings
- Door and Windows that are blacked out or curtains and blinds always closed
- Unusual odors coming from a residence or garage
- Multiple/Large amounts of chemical containers disposed of in the garbage
- Moving their garbage onto neighboring properties on garbage day
- People displaying unusual behavior that includes nervousness, nervous glancing and avoiding eye contact or conversation

If you have observed some of this activity happening and believe that a residence should be investigated please call 1-866-960-SCAN (7226).

You can also fill out the SCAN Complaint form online at [https://www.solgps.alberta.ca/safe\\_communities/SCAN/Pages/SCAN.aspx](https://www.solgps.alberta.ca/safe_communities/SCAN/Pages/SCAN.aspx)

SCAN stands for The Safer Communities and Neighborhoods unit.

After you file a complaint you will be contacted by an investigator that will keep your information confidential.

What can SCAN do, you may ask? SCAN can issue a warning, work with owner of the property to get the tenants evicted, apply for a CSO which is a court order that forces tenants to vacate the property and empowers SCAN to seize the property for up to 90 days. SCAN's investigation can lead to arrests and criminal charges being laid.

Law enforcement agencies need your help being their eyes and ears to report illegal activity happening in our communities.

I encourage you to meet and get to know your neighbours.

If you're going away you can ask them to keep an eye on your property and to contact you if an occurrence happens.

Let's work together to help keep our communities safe!!!!

# Promoting Fun

Message from McLeod Soccer Committee

As the season is now starting, I am remembering the conversation I had with parents and players during the soccer registration sessions.

One comment that was common among all was they register for soccer to have fun. Let us talk about fun and how can we as parents promote fun during the season.

Coaches can promote fun to a certain degree, but coaches alone cannot do it and we need as parents help to achieve FUN. A recent study showed that one of the major reasons kids quit sports is the fear of making mistakes, which leads to not having fun, and that usually comes from pressure.

Let us picture this; parents and children are getting ready to leave for a practice or a game, or in the car on the way to a game, some parents (with good intentions) might start to cover some of their child's supposed deficiencies and giving them playing advice, or saying something along the lines of "score a goal for me", "be the best".

Kids who are talked to in this way, tend not to play badly, they just tend not to play, mostly to avoid making mistakes (I have witnessed this during the last outdoor season with one of my players). So as a parent and a coach and to help promote fun,

I promise myself that I will be saying the following 6 sentences to my child before and after each practice or game:

## Before:

- I love you.
- Good luck.
- Have fun.

## After:

- I loved watching you play.
- Did you have fun?
- What do you want to eat?

Back to you, can you help us promote fun by doing the same?



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# Northmount Community League News

POSITION	NAME	Contact	Contact
President	Meagan Plamondon	780-270-1212	<a href="mailto:president@northmount.ca">president@northmount.ca</a>
Vice President	VACANT		
Treasurer	Angela Purves	587-336-7699	<a href="mailto:treasurer@northmount.ca">treasurer@northmount.ca</a>
Secretary	Michele Crocker		<a href="mailto:newsletter@northmount.ca">newsletter@northmount.ca</a>
Grants	VACANT		
Past President	Terry Kitching	780-478-4147	
Social	Suzanne Ramdass		<a href="mailto:social@northmount.ca">social@northmount.ca</a>
Facilities	James Crocker	780-717-5885	<a href="mailto:webmaster@northmount.ca">webmaster@northmount.ca</a>
Area 17	Karen Plamondon	780-478-2010	
Newsletter	Michele Crocker		<a href="mailto:newsletter@northmount.ca">newsletter@northmount.ca</a>
Memberships	Robin Wheatley	780-473-8634	
Adult Programs	Robin Wheatley	780-473-8634	
Senior's Programs	Suzanne Ramdass		<a href="mailto:social@northmount.ca">social@northmount.ca</a>
Children's Programs	VACANT		
Hockey	TBA		
Soccer	Joanne Cheetham		<a href="mailto:soccer@northmount.ca">soccer@northmount.ca</a>
Softball/Baseball	VACANT		
Sports	VACANT		
Bingo	Angela Purves	587-336-7699	<a href="mailto:treasurer@northmount.ca">treasurer@northmount.ca</a>
Casino	Sid Plamondon	780-478-2010	
Co-Sport Explorerz	Karen Plamondon	780-478-2010	
Co-Sport Explorerz	Sid Plamondon	780-478-2010	



## Northmount Hall Rentals

We have a seating capacity for 250 guests.

We offer a large kitchen with industrial stove, dishwasher, double door cooler, and bar area.

Fridays & Saturdays all functions:  
\$450 for Non-members  
\$350.00 for Members  
Wedding Special \$700.00 - Hall is yours to setup & use from Friday morning to Sunday at 5:00

Interesting in renting? Call Linda at 780-399-9022.



## Suicide: Reach out and save lives: understand the signs

Suicide affects people of all genders, ages and ethnicities. Each year more Albertans die by suicide than motor vehicle collisions. As a result, many Albertans have been impacted by losing someone to suicide.

Suicide is a preventable tragedy that starts with recognizing the warning signs and taking them seriously:

- Talking about suicide or a plan
- Giving away personal possessions
- Visiting or calling people to say goodbye
- Making statements about hopelessness, helplessness or worthlessness
- Loss of interest in previously enjoyed activities
- Personality changes, including lack of self care/neglect of self
- Increase in drug and alcohol use or risk taking behaviour

- Becoming cheerful after a period of depression, which may mean the individual has already made the decision to escape their problems through suicide

Suicidal people are in pain and want their pain to end, but do not necessarily want to die.

Asking someone directly if they are suicidal does not put the idea in their head. In fact, talking openly to someone who may be suicidal can provide relief.

Being aware of these signs and starting the conversation lets the person know you care and can make a difference so they can get the help they need.

If you or someone you know needs help, please call Health Link at 811.



## Membership

Become a Community League Member! Community League Memberships are now on sale. Purchasing a membership helps supports the programs that you see being run in your neighborhood.

Community Leagues are special to Edmonton. It is a place where community members are understood and valued, and where we can build a great neighborhood together and advocate for the city we want.

We are inviting you to explore and become involved in your community!

### Why?

- Discover what community can offer to you and your family
- Create supportive networks and friendships with people who live in your Neighborhood
- Ensure that everyone living in Northmount feels welcome and a chance to feel that they belong to a community
- Increase safety and security in our Neighborhood
- Belonging to a community can improve your health
- Discover a place to socialize

To purchase a membership please contact Robin at 780-473-8634 or purchase online at <http://efcl.org/membership>

## Follow us on Social Media

Do you want to keep up-to-date on happenings in Northmount? Join our Facebook page at <https://www.facebook.com/groups/NorthmountCommunityLeague/>

Join in the conversations and connect with fellow community members. We'd love to see you there!



## Get Fit with Hapkido

Northmount is hosting a low-cost martial arts class for anyone over the age of 10 with a community league membership.

**Your first month is free!**



If you trained before in Karate, Boxing, Judo, Wrestling or Taekwondo you will enjoy this class.

Advance at your own pace No experience is necessary.

Come learn kicks, hand-to-hand techniques, throws, cane, and knife defense skills.

- Children and Teens from 7-8 PM on Monday nights.
- Adults will run every Monday and Wednesday from 8-9:30 PM.

For more information, please contact: [sid-plamondon@outlook.com](mailto:sid-plamondon@outlook.com) or at 780-478-2010.





## President's Message

Northmount has started some new programs at the hall, please join us at our Bring Your Own Craft Night, every Thursday from 7 PM until 9 PM. This is a great chance to work on your crafts while getting to know your neighbours. All crafts are welcome!

We also started a Senior's Coffee and Tea club, every 1st and 3rd Tuesday of the month, join your neighbours for a cup of joe. Free coffee and tea for anyone with any Community League Membership, please see your home community league to purchase a membership. Coffee and tea will be served from 9:30 AM until 11:30 AM.

Northmount's playground is in need of a rebuild, it is now 18 years old and has reached the end of its lifespan, safety and accessibility needs to be upgraded. We are looking for volunteers to form a playground committee.



If you are interested in helping to fundraise or design the new playground, please call or text me at 780-270-1212.



On October 28th and 29th we had our Casino event, thank you to everyone who helped out to make this fundraising event a huge success!

I want to invite everyone to take some time to complete this short survey, the survey is asking about new physical activity programs you would like to see happening in your community. The link is, <https://www.surveymonkey.com/r/PTRKXYZ> If you would like to complete the survey over the phone please call or text Meagan at 780-270-1212.

Thank you and take care,

Meagan Plamondon

## Getting Social with Northmount

### • Northmount's Famous Ladies Night is Back!

Our Adult Only Ladies Night is lots of fun! There are vendor tables to do your holiday shopping, and always some special entertainment or a keynote speaker (TBA.) Ladies Night will take place on November 24, 2017 at 7 PM, tickets are \$7, contact Robin for tickets or to purchase a vendor table, 780-473-8634

### • NEW! Bring your own Craft Night

Please join us at Bring Your Own Craft Night every Thursday evening from 7-9 PM. Free coffee and tea will be provided for anyone showing a current EFCL Community League Membership (from any community league.) Bring a friend or meet someone new, while enjoying a night of crafts!

### • NEW! Senior's Coffee and Tea Club

Please join us, along with friends from around the neighborhood. Free Coffee and Tea will be provided for anyone showing a current EFCL Community League Membership (from any community league.) Coffee and Tea will be served the 1st and 3rd Tuesday of each month from 9:30-11:30 AM.

### • Northmount Walking Group

Northmount's weekly walking group is up and running! Come join Robin and crew at the hall every Monday evening at 7 PM, weather permitting (excluding statutory holidays). There are many benefits to joining a walking group, you can lose weight, improve your mood, make friends, and get to know your neighbourhood. Joining a walking group also keeps you motivated! Well-behaved dogs are welcome on the walk; please remember to bring baggies to clean up after them! Water may be provided, but you are encouraged to bring your own water bottle.

*Please note: A current EFCL membership (any community league) is required for insurance purposes.*



## Volunteers Needed!!

Northmount Community League is looking for dedicated and enthusiastic volunteers to fill various board, committee and volunteer positions. If you or someone you know is interested please attend our meeting or contact Meagan by text at 780-270-1212 or email [president@northmount.ca](mailto:president@northmount.ca) for more details!

Northmount Community League can only keep the doors open by relying on dedicated volunteers. That is why we need your help!

Board Members meet every third Tuesday of the month, except for July and August. Each position will require a different level of commitment depending on tasks required. If you want to get involved but do not want to hold a board position, we also have various Chair and Committee positions available and can be created as needed to run specific programs. Don't see a position or role you are interested in? Contact Meagan to discuss what you want to see at Northmount

Northmount is looking for help with the following positions:

### 1. Co- Soccer

Northmount is in need of a Co-Soccer Director, this position requires someone with great organizational skills and leadership. As one of the largest roles on this board, it would be easier to share this position with a co-director. Our current director has put in many hours to make soccer available in this community and if she does not get extra support soon, Northmount will need to take a break from offering this program. Please contact Meagan at 780-270-1212 to learn how you can lend a hand.

### 2. Children's Program's

We are looking for someone to take on Chil-

## Influenza Season

It happens every fall: influenza arrives in Alberta, and takes a serious toll on our communities.

Influenza is a real threat. It's also preventable.

Influenza immunization will be made available, starting October 23, free of charge, to all Albertans six months of age and older.

It's the single most effective means of reducing your risk of influenza, particularly when you receive it as early in the season as possible. By getting immunized early, you will give your body the opportunity to respond to immunization, and produce antibodies that will arm you against the influenza viruses you'll be exposed to again throughout the season.

Each year, influenza vaccine is developed to protect us against the strains of virus likely to circulate in our community. Though vaccine effectiveness may vary, know this: last season, influenza vaccine cut Albertans risk of

dren's Programs, this position offers unique opportunities to provide entertainment, a sense of belonging, and community involvement to members of Northmount and its neighbour's. Enjoy dances? Themed parties? Crafts? Easter Egg Hunts? The choices are endless. The board will support any programming that you think will benefit the community. All we need are the volunteers! If you are interested in helping out, or have ideas for programs we could offer, please contact Meagan at 780-270-1212.

### 3. Co- Bingo

We are looking for a dedicated volunteer who loves working with a team and building relationships with our fellow neighbours. We are in need of a Co-Bingo Director to coordinate our Bingo volunteers. As a Co-Bingo Director, you are a key member of the team. Fundraising the finances that we need to keep our lights on, and programs running at Northmount. The commitment varies each month, which includes: attending 1 board meeting per month, attend 2 Bingo meeting a year in May and November, Attend sport registrations to sign up volunteers for their commitments, chair some of the Bingo's to support the other volunteers working the Bingo dates.

### 4. Playground Committee

We are looking for volunteers to help us rebuild our playground. We will need help with grants, fundraising, design planning etc. The children of Northmount deserve a safe, fun, accessible, and up-to-date playground, please help us achieve this!

influenza by about 40%. Without immunization, Albertans were completely at risk.

And we do mean all Albertans.

Although some individuals (pregnant women, seniors, children, and individuals with underlying health conditions or compromised immune systems) are at greater risk for severe complications, without immunization, even healthy Albertans are at risk of severe illness and even death.

64 Albertans died with influenza last season, and more than 1,600 Albertans were hospitalized.

Let's do better this year.

Prevention is your protection. Get immunized this season. For more information on the influenza program, visit [ahs.ca/influenza](http://ahs.ca/influenza) or call Health Link at 811.



# Steele Heights News

## Steele Heights Community League

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

We have approximately 4000 residents within our boundaries which are 66 Street on the West, 144 Avenue on the North, 50 Street on the East, and 137 Avenue on the South. We encompass all of York Neighbourhood and portions of Clareview Towne Centre.

Email us at [steeleheightscommunity@gmail.com](mailto:steeleheightscommunity@gmail.com)  
Twitter: Follow @SteeleHeightsCL  
Facebook: [www.facebook.com/steeleheightscommunity](http://www.facebook.com/steeleheightscommunity)

The League is a volunteer organization with Executive Board members and Directors elected annually. Our current board:

**Jeff – President, Sports Director & Changeable Copy Sign**  
(contact him directly at [jsgokie@hotmail.com](mailto:jsgokie@hotmail.com))

**Heather – Past President & Spray Park Committee Chair**

**Jon - Vice President**

**Dinah - Secretary**

**Cecil G - Treasurer & Civics Director**

**Denise - Membership Director & Neighbourhood Watch**

**Gwenna – Facilities Director**

**Marcus – Communication Director**

**Vacant – Program & Event Director**

**Vacant – Social Director & Newsletter Editor**

**Robin - Director at Large**

**Cecil P – Director at Large**

**Jennifer – Director at Large**

Please e-mail [steeleheightscommunity@gmail.com](mailto:steeleheightscommunity@gmail.com) or call (780) 475-3553 with any questions for any of the members of the Steele Heights Community League executive board.

• **Monthly Meeting at the Hall** – Third Monday at 6:30pm  
(except Holiday Mondays where it is held the week before)

• **Hall Address**

5825 140 Avenue NW  
Edmonton, AB

• **Mailing Address**

Steele Heights Community League  
PO Box 70005 RPO Londonderry  
Edmonton, AB T5C 3R6

• **Membership & Associate Membership Information**

Family (immediate family members) - \$25  
Individuals / Single Parent Family (0-64 years) - \$20

Senior (65 years+) - \$15

Call 780-475-4188 to purchase a League membership.

Visit our website for details on benefits.

### Hall Rentals

Do you have friends, families or co-workers that are in need of a space to hold their next function?

Steele Heights Community League is happy to accommodate renters. We have a fully equipped commercial kitchen with two microwaves, cooler and deep freeze.

Our recent renovations and upgrades enable us to offer you great rates for a size of space that works for you. We have the rink-side multipurpose room with a smaller seating capacity and the ability to also rent the enclosed, outdoor fenced area. Equipped with barbques and with our main hall, there's room for over 200 people.

Main Hall Rental Fees :

Sunday thru Thursday a full day rental will be \$300 per day  
- starting at 10am and ending at 5pm

Friday and or Saturday a full rental day will be \$400 per day  
- starting at 4pm until 9am the next day

Friday and Saturday rental together will be \$500 for both days  
- starting at 4pm Friday and ending Sunday at 9am

Friday and Saturday and Sunday rental together will be \$650 for all three days  
- starting at 2pm Friday and ending Sunday at 5pm

Media or Boardroom Rental fees :

Monday thru Thursday rental per hour of \$40 per hour up to 5 Hours .  
- other days of the week and length of rental are available

Multi-Purpose Room and Outside Rink Area Rental Fee :

Monday thru Sunday rental per hour of \$35 per hour up to 8 hours

- this includes use of the multi-purpose room and the outside rink area as well as the mini kitchenette

- there are also bbq's for rent at \$35 for 1 and \$50 for use of 2 during your rental time frame

If you have any questions or concerns please contact the Facility Rental Director.

## Important Notice Casino Alert

As you probably know Steele Heights Community League operates on a non profit basis and must raise funds to support the various recreational, cultural, social and children's sports programs which it runs. Our main source of funds come from working casinos.



Our next casino is at the **Yellowhead Casino on January 1st and 2nd 2018** and requires approximately 40 volunteers for the two day event.

If you are available on one or two of these dates please call our Casino Director, Cecil

Gibbs at 780 473 2728; your support of this extremely beneficial event will enable Steele Height Community League to continue and enhance the programs now offered. We thank you in advance.



Emergency  
Medical  
Services



### Cold Weather Safety

Emergency Medical Services (EMS) paramedics respond to a number of cold weather related emergencies every winter. However, by taking appropriate measures to dress properly, anticipate sudden weather changes and preparing to be out in the cold, may reduce your risk of sustaining a cold weather illness/injury. It's also advised you store an emergency kit in your vehicle at all times containing extra clothing, blankets and other road-side supplies.

#### Frostnip

- Frost-nipped skin is extremely cold, but not yet frozen skin;
- It commonly affects the ears, nose, cheeks, fingers and toes;
- The skin may look red and possibly feel numb to the touch;
- When treated promptly, frostnip usually heals without complication;
- Move to a warm environment and immediately, but gently, re-warm the affected area through skin to skin contact (i.e. hand covering tips of ears).

#### Frostbite

- Frostbite occurs when skin becomes so cold, the skin and underlying tissues freeze;
- Affected skin may look white & waxy and will feel hard to the touch;
- Move to a warm environment immediately and place the affected area in warm, *not hot*, water, until fully re-warmed;
- Call 9-1-1, or seek further medical attention as required.

#### Hypothermia

- Hypothermia is abnormally low body temperature, less than 34°C (as compared to normal body temperature of about 37°C);
- Early hypothermia may manifest as profound shivering; moderate hypothermic patients may act inappropriately: stumbling, mumbling, and fumbling, as their body temperature continues to drop resulting in severe hypothermia (<30°C);
- Left untreated, severe hypothermia may progress to unconsciousness or death;
- Early recognition and prompt medical attention is key. Call 9-1-1. Don't forget to protect yourself from the factors that originally lead to the patient's situation;
- Initiate gentle re-warming as quickly as possible. Remove any wet or constrictive clothing; cover with blankets, or sleeping bags. Protect from further heat loss: eliminate contact with cold surfaces, and shield from wind and moisture.

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)





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**Shoe Drive for the  
Maskwacis-Ermineskin and  
Camrose Women's Shelters**



Our Constituency Office is proud to partner with UFCW Local 401 to collect gently used and new women's and children's shoes for the Maskwacis-Ermineskin Women's Shelter and the Camrose Women's Shelter. **Please drop off shoes during office hours during the month of November.** Thank you for your support of this important endeavor.



**Chris Nielsen**  
MLA, Edmonton-Decore

Constituency Office  
#5, 9228 - 144 Avenue  
780.414.1328  
[edmonton.decore@assembly.ab.ca](mailto:edmonton.decore@assembly.ab.ca)



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