

NORTHEAST VOICE

Serving the community leagues of Evansdale, Kilkenny, Londonderry, McLeod, and Northmount.

April 2018



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Sport Explorers Expands to Serve 3-6 Year Olds

Sport Explorers is a community-based program which aims to align with Canadian Sport for Life (CS4L) – “a movement to improve the quality of sport and physical activity in Canada. CS4L links sport, education, recreation and health as well as aligns community, provincial and national programming.” This program is also guided by the principles of Physical Literacy. These principles are a part of the foundational stages of the Long Term Athlete Development model set by Sport Canada for all sports in the development of athletes and for individuals to be active for life.

In Sport Explorers, your child will begin to acquire fundamental movement skills such as balance, coordination, agility and social skills etc. (Active Start). These skills are the building blocks to acquiring fundamental sport skills (running jumping, kicking, throwing, etc.) and to be confident and competent in both a competitive sport setting and recreational settings throughout their life.

Through Active Play, your child will have the opportunity to develop:

- Travelling Skills – running, climbing, galloping, jumping, hopping, skipping...
- Object Control Skills – throw, kick, strike, trapping...
- Balance Movements – balancing/centering, dodging, landing, stopping, falling...
- Social Skills – interacting, sharing, following instruction, being a team player...

Benefits of Participating in Sport Explorers

- A fun, safe and challenging environment that is age appropriate to explore and develop fundamental movement skills.
- Involves games and play where each child has an equal opportunity to practice their skills.
- Gain body awareness through moving their bodies in different ways.
- Just as important as learning how to read and write, learning fundamental movement skills and fundamental sport skills provides your child with the foundation to excel in any sport they may choose, and to be active for life. For example: learning to catch, jump, run, kick, and throw will allow your child in the future to participate in... soccer, basketball, volleyball, track and field, bowling, football, squash, badminton, rugby, tennis, etc.
- Promotes connections for brain development and memory.
- Children who are physically literate (knowing these skills) move with confidence and competence in a wide variety of activities and environments that develop the whole person.
- Free play is incorporated to encourage cre-

ativity, cooperation, and independence in children as they practice moving in different ways.

For more information on Physical Literacy and Active Start, please visit the following website: www.canadiansportforlife.ca.

Programs are eight weeks in total. Fees are \$50 (each child receives a Sport Explorers t-shirt). Volunteer/community service is required. Parent attendance is required. Instruction and supervision is only provided to registrants. No refunds will be given after the start date of the program (volunteer/community service must still be completed).

Spring 2018 Program Dates & Times
April 29-June 28 (no classes the week of May 20)
Sundays, 1:00-2:00pm (3-4YO)
or 2:15-3:15pm (5-6 YO) at McLeod
Mondays, 6:00-7:00pm (3-4YO) or



7:15-8:15pm (5-6 YO) at Lago Lindo
Tuesdays, 6:00-7:00pm (3-4YO) or 7:15-8:15pm (5-6 YO) at Evansdale or Northmount
Wednesdays, 6:00-7:00pm (3-4YO) or 7:15-8:15pm (5-6 YO) at Kilkenny

Parents will be asked to choose two preferred days/times and will be contacted prior to program start to confirm. We will make all attempts to place participants in their preferred

time slot. Horse Hill and Northmount residents will access the program at the locations listed above. Children must be three years-old at program start date. Please register for the 3-4 year old and 5-6 year old sessions using your child's age at April 29, 2018.

You will need to purchase a community league membership from your home league at time of registration. Please ensure you bring a blank cheque for your volunteer/community service.

Please go here for upcoming registration dates and times at your community league: <http://sportexplorers.ca/register/>

Upcoming Events in the Northeast

April:

- 2, 9, 16, 23, 30: Hapkido at Northmount; 7pm (children/teens) and 8pm (adult)
- 3-7: Book Sale at NESAs; 9am-3pm
- 3 & 17: Seniors Coffee/Tea at Northmount; 9:30am
- 3 & 24: Zumba at Northmount; 6pm; \$10 drop in
- 4: Book Sale at NESAs; 4:30-7:30pm
- 4, 11, 18, 25: Londonderry Community Market at Londonderry Hall; 4-8pm
- 5: Program Registration at Northmount; 7:30-8:30pm
- 5, 12, 26: Bring Your Own Craft Night at Northmount; 7pm
- 7: Flea Market at NESAs; 9am-3pm
- 8: Practice English at EPL Londonderry; 1:30pm
- 9: Makerade at EPL Londonderry; 4pm
- 12, 26: Hatha Yoga at Northmount; 5:45pm; \$10 drop in
- 13: Popovich Dinner Theatre at NESAs; doors at 5:30pm; Tickets \$50 until April 6
- 13: Blood Drive at Londonderry Hall; 3:30-7:30pm
- 15: Free Perogy Dinner at Northmount; 5pm
- 16: 40th Anniversary Ruby Jubilee Tea at NESAs; 1:30-3:30pm; Tickets \$5 until April 6
- 18: Blood Drive at Kingsway Legion; 3:30-7:30pm
- 19: Paint Night at Northmount; 7pm; \$40
- 20: Sing, Sign, Laugh & Learn at EPL McConachie; 10:30am
- 24: Town Hall Safety Meeting at Evansdale; 7-9pm
- 25: Book Club at EPL Londonderry; 7:30pm
- 25: Bootcamp at Northmount; 5:45pm; \$10 drop in
- 26: Blood Drive at Northmount; 3:30-7:30pm
- 27: Teen Gaming at EPL Londonderry; 4pm
- 27 & 28: Northmount's Annual Community Garage Sale
- 28: A Taste of Decore at NESAs; 12-4pm

May:

- 2: Music Makers at EPL McConachie; 2pm
- 2, 9, 16, 23, 30: Londonderry Community Market at Londonderry Hall; 4-8pm
- 3: Blood Drive at Military Family Resources Centre; 1-5pm
- 4: Reaction Variety Band (60's music) at NESAs; 7-10pm; Tickets \$10 in advance, \$12 at the door
- 11: Mother's Day Tea at NESAs; 2-4pm; \$5; Tickets on sale April 6-May 4

If you have an event that you would like to see on this list, please e-mail secretary@mcleodcommunityleague.ca.

Location Addresses:

- Centrepointe Church – 5940 159 Avenue
- Clareview Rec Centre – 3804 139 Avenue
- Evansdale Hall – 14811 95A Street
- G Edmund Kelly Spray Park – 15005 79 Street
- Heritage Hall – 7406 139 Avenue
- Kilkenny Hall – 14910 72 Street
- Kingsway Legion – 14339 50 Street
- Lago Lindo Hall – 17123 95 Street
- Little Mountain Cemetery – 16025 54 Street
- Londonderry EPL – in Londonderry Mall
- Londonderry Hall – 14224 74 Street
- McConachie EPL – 16607 50 Street
- McLeod Hall – 14715 59 Street
- North Edm Seniors Asscn (NESAs) – 7524 139 Avenue
- Northmount Hall – 9208 140 Avenue
- Ozerna Park – 7010 158 Avenue
- Steele Heights Baptist Church – 5812 149 Avenue
- Steele Heights Hall – 5825 140 Avenue

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

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
<i>Vacant-volunteer today!</i>	Vice President		vicepresident@evansdale.ca
Shawna Walsh	Past President	780-237-2169	pastpresident@evansdale.ca
David Dodge	Director of Sustainability	780-478-6162	sustainability@evansdale.ca
Ray Costley	Soccer Director	780-660-4230	soccer@evansdale.ca
Mazen Kaddoura	Treasurer		treasurer@evansdale.ca
Sue Harris	Credits	780-473-8796	credits@evansdale.ca
Jim Young	Secretary		secretary@evansdale.ca
Elaine Sarac	Membership Director	780-476-7442	membership@evansdale.ca
Todd Sharkey	Hockey Director	780-238-3910	hockey@evansdale.ca
Shawna Walsh	Bingo Director		bingomanager@evansdale.ca
<i>Vacant-volunteer today!</i>	Program Director	780-905-4554	programs@evansdale.ca
Jim Ragsdale	Director at large		
Mai-Linh Huynh	Newsletter & Social Media	780-680-9408	newsletter@evansdale.ca
Jeff Muiselaar	Area 17 Representative	780-478-1759	pastpresident@evansdale.ca
Nicole & Chris	Belle Rive Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
<i>Vacant-volunteer today!</i>	Eaux Claires Playground	780-641-6171	ecbr@evansdale.ca
Terri	Hall Rentals	780-478-4444	hallrentals@evansdale.ca
N/A	Skating Rink	780-478-2577	
Cassandra Rijavec	Club Coordinator, Boys & Girls Club/Big Brothers Big Sisters	780-822-2560	Cassandra.Rijavec@bgcbigs.ca

Visit Our Website and Facebook Page



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

Facebook Page: www.facebook.com/evansdale-communityleague

The Great Neighbour Race - April 28

Show your community spirit and join in on the Great Neighbour Race in support of building the Community League Plaza at William Hawrelak Park!

The event is hosted by the Edmonton Federation of Community Leagues - an organization committed to the community league movement and supporting the leagues as they work to achieve their mandate of providing recreational and social programming, amenities and civic advocacy on behalf of their communities. See poster for more details.

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Safety Town Hall Meeting - April 24

Join MLA Chris Nielsen, Councillor Jon Dziadyk, and Members of the Edmonton Police Service for a question and answer session about safety in the Evansdale, Belle Rive and Eaux Claires

Community. Evansdale Community League, 9111-150 Ave April 24 from 7 p.m. to 9 p.m. Refreshments will be served.

Spring Poem by E. Mozak

Winter is over and Spring is near
Flowers will grow and we will cheer
Time for outings with children near because we know Spring is near
Plant your garden, carrots and turnip too
And don't forget a lily or two
April showers are soon to

fall, then comes blossoms to cheer us all
Winter is over and Spring is near
Now raise a glass of your own cheer
Thanks to all who entered into our Spring Poetry Contest. Congrats to E. Mozak for sharing her lovely poem and for winning a beautiful bouquet of flowers!

Community League Memberships

Get your membership anytime! Membership makes you part of an amazing community of people who care about and help look after our community. Get free community swims, discounts on community programs, discounts on Edmonton City wellness programs and hall rentals, and enjoy skating in the winter!

- \$25 family
- \$10 single

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

Contact Elaine Sarac at membership@evansdale.ca or 780-476-7442 to get your Evansdale Community League membership. If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Benefits of Community League Membership

- Free community league swims:
- Londonderry Pool (14528 66 Street) Sundays 4:15-5:45 pm
- Grand Trunk Pool (13025 112 Street) Sundays 4:15-5:45 pm
- 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

Evansdale Hall Rental Information

Weekend rates: Friday 12noon to Sunday 3pm	Monday – Friday
• \$550 damage deposit	• \$325 damage deposit
• \$550 rental	• \$325 rental (\$150 mem- bers)
Friday/Saturday/Sunday	• Use of dishes \$100
• \$450 damage deposit	• Meetings \$35/ hour
• \$450 rental	

Pickleball



Evansdale – Belle Rive – Eaux Claires

Pickleball coming to Evansdale - The Latest and Greatest for Seniors

Evansdale Community League will be installing pickleball courts this summer!

Pickleball is a low-impact paddle sport that combines elements of badminton, tennis, and table tennis. The dimensions and layout of a badminton court is the same but the net and rules are similar to tennis, with several modifications.

Want to learn Pickleball? The City of Edmonton is offering a beginners course at Clairview Rec Centre starting April 17. Follow this link for more details: https://www.edmonton.ca/activities_parks_recreation/pickleball.aspx.

Evansdale Family Solar Fun Day in early June

Our 2018 Evansdale Solar Fun Day being held on June 2 or 3rd (we're still confirming the date) and it's going to be bigger than ever!

We're still finalizing details but we will have activities for kids, solar booths, electric vehicles, and lots of great information on renewable energy and energy efficiency. Take a tour of Evansdale's huge solar system. Evansdale is powered by 100% solar energy on a net annual basis. It's all part of the very popular annual Eco-Solar Home Tour that happens in Edmonton every year.

This year there are 22 sites on the Eco-Solar Home tour including Evansdale. Check it all out at <http://www.eco-solar.ca>

Updates will be posted on our Evansdale website (evansdale.ca) and our Facebook!

David Dodge
Sustainability Director
sustainability@evansdale.ca

Eaux Claires Development Project Update



Last January, I was proud to gain the support of my City Council colleagues in approving the zoning for a long awaited development in Eaux Claires. The pedestrian and transit friendly project, south of the Namao 160 Shopping Centre, can be a promising addition to our community. This Transit Oriented Development proposal is near the Eaux Claires Transit Centre. It is a residential project, including up to 170 units for seniors housing. If built, this project will allow our seniors to age in place and provide a range of housing options for young families. There is also the possibility of a small hotel being incorporated into the design. As an urban planner, I am impressed with the proposal and what this will mean for our community. The buildings are not overbearing and the proposal is scaled appropriately for the area. The next step is getting the building permits.

This land has been vacant for too long. Over the past 15 years we have seen proposals come and go with nothing being realized due to a sig-

nificant development hurdle. As much I want this project to move forward there is still one obstacle to overcome. Stormwater management is an important feature of any development and this project is no exception. The City of Edmonton will not issue development permits until a permanent solution around managing stormwater is constructed. There is still work to be done.

I will be convening all stakeholders so we can solve this issue, including the adjacent landowners. Construction of a proper stormwater pond in this area will also allow for the other vacant parcels of land around 97 Street and 153 Avenue to development, which would bring more amenities to the community. We shouldn't have to travel to other parts of the city to access services when we can encourage investment on the North Side.

If you have any questions, please do not hesitate to contact me at jon.dziadyk@edmonton.ca or (780) 496-8128.

Jon Dziadyk
Ward 3 City Councillor

facebook

Visit Our Website and 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 Facebook Page: www.facebook.com/evansdalecommunityleague

www.communityleagueneews.com

At Elves, School means Community for Parents of Children with Special Needs

Elves Special Needs Society offers a school tailored to support children with exceptional needs, from speech or language delays to complex medical needs. At Elves, children access teachers, occupational and physical therapists, speech and language pathologists, registered nurses, and social workers.

For parents, Elves offers a caring and understanding community. Parent, Tina Hartum, describes her experience prior to her daughter attending Elves School Program. "Sara was taken care of, but it didn't give me many means of finding information or meeting different people, or becoming part of a group of parents," says Hartum. Parents set goals for their children and participate in workshops critical to success.

To learn more about Elves, call 780-454-5310, or visit www.elves-society.org.



Paying attention to fatigue

Many of us feel fatigued at one time or another, but fatigue can sometimes mean more is happening with your body.

Fatigue can often be the result of overwork, poor sleep, worry, boredom. People who have anxiety or depression may also experience fatigue. It can also be a symptom caused by illness, medication, or medical treatment such as chemotherapy.

Fatigue brought on by overwork or illnesses such as colds or flus often resolves itself on its own without having to see a doctor. However, if you are experiencing fatigue that lasts longer than two weeks, it may be a symptom of a more serious health problem and a trip to the doctor may be required:

Anemia – a decrease in the amount of hemoglobin (oxygen-carrying substance) found in the red blood cells

Heart problems, including coronary artery disease or heart failure, that limit the supply of oxygen-rich blood to the heart or the rest of the body.

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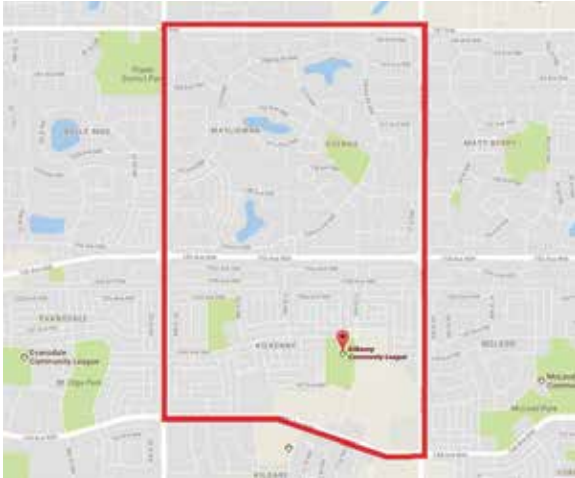
edmonton.ca/why30?



Edmonton

Kilkenny Community League News

Have a look at the image below. Do you live within the boundaries outlined? Are you looking for a community to belong to, and somewhere to meet your neighbours? Are you wanting to get involved & get informed? If so, please visit us at Kilkenny Community League.



Hall Rental

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/ Full Weekend (Fri 5pm – Sun 6pm)	N/A	N/A	\$1000
Hourly Rate (3 hours or less)	\$35	\$20	N/A

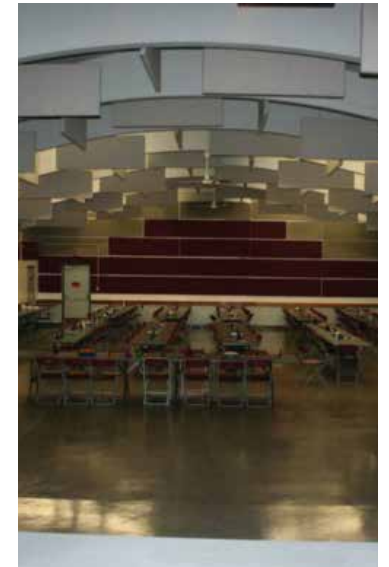
Rates (Subject to change without notice, please email for more information.)

Rental deposit is also required which is equal to rental amount.

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**.



Congratulations!!!!

Kilkenny would like to give a huge shout out to the U14 Boys. This Indoor Season they took home Gold in the Polar Cup and finished the Indoor Season winning Gold in Cities. This team was coached by Dominic Cutulle, Dario Cutulle, and Shane Riddell. The manger of the team was Maria Cutulle.

Playground Zones

On my way home the other day I noticed that the street my house is on is now a playground zone with extended hours. I must admit, at first I was perturbed, but upon further thought, I realized that extending the hours of 30km/h zones around schools protects children attending after-hour activities. In addition, having consistent start and end times for 30 km/h zones reduces driver confusion around what days and which hours reduced speed limits are in effect. 30 km playground zones are from 7:30am to 9pm (07:30-21:00) everyday, not just school days.

Long/Combined Playground Zones

On the way to the mall, I noticed when only a short distance existed between playgrounds, playground zones have been combined for an extended playground zone that covers the entire stretch. This prevents possible driver confusion from speeding up and slowing down multiple times in a short distance. An example is 144 Avenue where Kildare School, Father Leo Green Junior High and Londonderry Junior High are one after another. Creating a single 30 km/h zone makes sense. In the evening or on a weekend when school zones wouldn't be in effect, the longest playground zone (800 m) will add 48 seconds to a person's travel time. The average playground (200 m) adds about 12 seconds.



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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

Our Executive Team

President.....Angie Ewanchuk
Vice PresidentDwight Hunter
Treasurer.....Tanya Fedora
Secretary.....Beth van den Elst

Directors

MembershipBeth van den Elst
Bingo Margaret Day
IT Leo Bandara
Maintenance.....Randy Fuller
Graphic Arts..... Steff Levy

VOLUNTEERS NEEDED

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

Positions Needed

Membership Director
Sports Director
Event Director

If you or someone you know is interested, please contact our Secretary Beth, at secretary@londonderry.online or our President Angie, at president@londonderry.online

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

**Londonderry
Community League**

Hall Rental

Check our website:
www.londonderry.online

www.communityleagueneews.com

Londonderry Community Market

14224 - 74 Street NW



IS BACK!

Wednesday Evenings
Beginning
February 7th, 2018
Join Us from
4 PM - 8 PM

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you'd like to sell?**
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Angie
780-819-1214
president@londonderry.online

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Be sure to visit our Facebook page: [Londonderry Community League](https://www.facebook.com/LondonderryCommunityLeague)
or our website: www.londonderry.online

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McLeod News

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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	civics@mcleodcommunityleague.ca
Miller Community Director	miller@mcleodcommunityleague.ca
Casselman Community Director	VACANT
Matt Berry Community Director	mattberry@mcleodcommunityleague.ca
Hollick-Kenyon Community Director	Hollickkenyon@mcleodcommunityleague.ca
McLeod Community Director	mcleod@mcleodcommunityleague.ca
Bingo Coordinator	bingo@mcleodcommunityleague.ca
Hall Rental Coordinator	hallrental@mcleodcommunityleague.ca
Rink Volunteer	rink@mcleodcommunityleague.ca



Safety Town Hall Meeting Evansdale Community League

9111-150 Ave April 24, 7 p.m. - 9 p.m.

Join MLA Chris Nielsen, Councillor Jon Dziadyk, and Members of the Edmonton Police Service for a question and answer session about safety in the Evansdale, Belle Rive and Eaux Claires Community.

Refreshments will be served.

Chris Nielsen MLA, Edmonton-Decore
780-414-1328 edmonton.decure@assembly.ab.ca



Fire Cadet Application Period Now Open!

The Edmonton Fire Cadets program provides a unique opportunity for high school students to build employment skills, learn about Edmonton Fire Rescue Services and develop skills that are essential to becoming a firefighter. Through a balance of classroom and hands-on learning, each Fire Cadet will learn the importance of mental and physical wellness, leadership, community involvement and teamwork.



Fire Cadet applications are accepted from April 1-30!
Learn more at edmonton.ca/firecadets.

NOW ACCEPTING REGISTRATION FOR THE 2018/2019 School Year

For children 2.9 to 6 years of age who qualify for Program Unit Funding (PUF), or mild/moderate funding.

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McLeod Supports the Edmonton Area Land Trust

Edmontonians are very fortunate to have our river valley to enjoy, but there are many other creeks, wetlands, and special green spaces. The Edmonton and Area Land Trust (EALT) is the City and region's nature conservancy, and works to secure and steward land forever. We do this for wildlife, biodiversity, and for residents' enjoyment, forever.

Do you like going on a green exploration? Maybe with your family? Or maybe on a spirit-renewing walk on your own? Then check out EALT's Conservation lands: <https://www.ealt.ca/conservation-lands/> For example, our first property secured in Edmonton is Larch Sanctuary, on the beautiful Whitemud Creek. This not only has lovely wooded and Creekside trails, but the only oxbow lake in the City.

EALT works with landowners, to ensure their wishes to see the land looked after and kept natural, are fulfilled, so can be a tool for private owners, developers, or municipalities. We are a charity, and can also point landowners to special financial tools for land with ecological value that can help them.

Our next project in Edmonton, we hope, is helping Doug Visser to protect his land forever. Currently, Doug has land in a bend in the river in the northeast, with the largest old growth forest in the City, as well as fabulous agricultural land. Besides about 2 kms of riparian area, there is also the social justice community of Lady Flower Gardens,



where clients of inner city agencies are encouraged to tend the gardens in exchange for a share of the produce, and where profits go to causes such as the food bank.

EALT has a small army of volunteers, who help us in all our work, whether on the land, at info displays, with carpentry, workshops, etc. Besides our quarterly newsletter, there's a monthly volunteer newsletter, where anyone may choose a posted activity to match your interest.

Besides this, EALT has many educational materials, workshops, and activities. For example, as a result of our leadership and workshops for the last few years, there are now many hundreds of Bee Hotels in and around Edmonton in public facilities, community gardens and private yards. If you have a Farmer's Market or special event, talk to us about hosting a booth.

EALT's conservation lands truly represent sanctuaries for people and wildlife. Why not visit our lands, or check out our activities. www.ealt.ca

Reduced Speeds in McLeod



Dr. Donald Massey school in Hollick-Kenyon and Edmonton Christian School in Matt Berry have changed from school zones to playground areas – new speed signs installed on adjacent roads. Speed limit now reduced 7:30 am to 9:00 pm every day of the year.

McLeod Yoga Program

We are expanding our yoga programs for adults, families and children. Interested in a yoga summer camp for your youth or children filled with fun activities and mindfulness? Want to learn more about the new yoga programs starting soon? Email programs@mcleodcl.ca or visit our website, www.mcleodcl.ca

10 Reasons do Yoga
Stress Relief
Pain Relief
Better Breathing
Flexibility
Increased Strength
Weight Management
Improved Circulation
Cardiovascular Conditioning
Focus on the Present (Mindfulness)
Inner Peace
Yoga Spring 2018

Tuesdays, starting January 23, running for 14 weeks (no class March 27)

6:30-8:00pm - Yin & Yang Yoga (balance of strength & relaxation) with 30 minutes of special focus variations

\$200 for the full session or \$75 for a five-class pass
Drop ins welcome



McLeod Adult Slo-Pitch Opportunities

We are currently recruiting players and teams for several events this summer.



If you're interested in playing some slo-pitch, we are looking for adult players of all ages and skill levels. McLeod is hosting a tournament the weekend of June 22-23, and we are also planning to field teams in the Balwin Tournament (August 2018) and the Northmount Tournament (early June 2018). If you're interested in participating, please email rink@mcleodcl.ca

McLeod U12 Wins Bronze in Soccer Provincials



Congratulations to the McLeod U12 tier 4 girls soccer team, who won bronze in soccer provincials. They are a great example of the many successes in McLeod Community Soccer, and show that hard work pays off.

McLeod President's Message

It's been a very busy winter in McLeod, and we show no signs of letting up. We hosted or participated in several successful events over the last few weeks. We hosted the Family Day Sleigh Ride and Pancake Breakfast, along with the Steele Heights Baptist Church. The North Edmonton Business Association was very generous in offering us a table at their Lunar New Year Celebrations at Londonderry Mall. We heard from Edmonton Area Land Trust at our Area 17 Meeting. We hosted two very successful movie nights, showing 3 movies.

We are proud to support the Edmonton Food Bank, and we gathered donations at several of our events over the winter season.

Our rink was particularly well-used this winter; the weather gave us a lot of good skating days, and our rink volunteer, Joe Tovey, and his family contributed to both fantastic ice and a safe, welcoming environment. It's worth reminding everyone that Community League memberships allow

members to skate at any Community League rink, with proof of membership.

We are excited to welcome Roxanne Dias as our new Volunteer Coordinator this season. Thanks, Roxanne, for volunteering! If you're interested in serving with the board, or volunteering to help out at events, please email president@mcleodcl.ca.

As I write this, we've just wrapped up another round of sports registrations. Todd Chmilar, our soccer director, and the dedicated group of volunteers that he coordinates did a wonderful job of managing hundreds of registrations for soccer, baseball, softball, dance, and Sport Explorerz.

In the coming month, we will be hosting our annual Volunteer Appreciation Dinner, to recognize the efforts of the large army of volunteers that is required to keep this League operating. If you're among those volunteers, then we thank you for your efforts!

Leanne Rosinski
President

McLeod Refers Seniors

Have you heard of The Seniors Home Supports Program? It was started to help 55+ to remain in their own homes longer, independently and safely. They are a FREE referral service with contacts for companies that do Snow Removal, Yard Maintenance,

Housekeeping, Home Repair & Maintenance, Personal Services and Moving Help. All the companies have been vetted and they feel comfortable referring them to community members. If you are looking for help please call Stacey at 780-944-7470.

Matt Berry/McLeod Community Facility

The Matt Berry Building committee continues to meet and work through the City of Edmonton process to construct a new community building near the Matt Berry Playground. The gym and classrooms would

serve primarily people within walking distance. Parking concerns have been taken into consideration. If you'd like to learn more about it, please contact mattberry@mcleodcl.ca



Thank you to community members who donated 70 food items and cash for the Edmonton Food Bank during our Family Day party



McLeod neighbours out for a sleigh ride on Family Day!

Maximum Intensity Cardio Kickboxing at McLeod

Hello all McLeod Community Members. I invite you to try out our Maximum Intensity cardio Kickboxing class. It is held on Tuesday and Thursday evenings at 14715-59 St NW from 7-8. Drop in cost is \$10 per session or

sign up for \$50 For 10 sessions. Lead by an instructor with 30 years of martial arts and group training experience. The goal is to have fun while you get in shape and improve your life with physical fitness. I hope to see you there.

McLeod Community League and Area 17

Representatives of McLeod meet monthly with neighbouring community leagues and northeast non-profits to work cooperatively on projects that better northeast Edmonton: building playgrounds, improving

parkland, preserving farmland, hosting a summer festival, and providing recreational swim times. Funding these projects is done by adding McLeod volunteers to work bin-gos and casino for Area 17.

McLeod Celebrates Successful Movie Nights

McLeod Community League loves bringing families together through activities, and our weekend movie nights have become a big hit for all ages. We always get a great turnout for our early release movies, but the last two movie nights were especially successful.

On February 17 we played two movies, Coco and Thor: Ragnarök, and 110 people attended. On March 9 we played Jumanji: Welcome to the Jungle and 190 people attended. These numbers are fantastic, and we were thrilled to see community members spending time with their families and neighbours.

We want to thank everyone who has attended a movie night for being excellent and enthusiastic guests. Your respect for others and our facility makes the experience fun for everyone. We also want to thank our volunteers for their work during the movie nights,



because we couldn't do it without them!

Check out our website or Facebook page for details about upcoming movie nights. We hope to see you at our next one!

Jill, Youth Director, and Kevin, Programs Director

McLeod Community Safety Director

Brain Injuries Change Your Life Forever is the focus for Alberta Traffic Safety for April 2018

Please do your part and follow the posted speed limit when weather and roads conditions are ideal.

Edmonton Police, RCMP, Sheriff's, Community Peace Officer's, Conservation Officers and Fish and Wildlife Officers will be making this a focus to ensure vehicles are following the speed limits. Violation Tickets come with fines and demerits. In addition, your insurance premiums can increase.

Did you know that you cannot go over the speed limit to pass another vehicle?

Additionally, please practice the rules of the road:

Leave sufficient space between you and the vehicle that is travelling in front of you

Use your turn signals when changing lanes or making turns

Come to a complete stop at stop signs and ensure it is safe to proceed

Ensure your head lights and tail lights clean and are on during poor lighting or weather conditions

Clean your windows and mirrors to assist in visibility and help with the glare of the sun

Motorcycles

Motorcycles will be coming out onto the roadway as the snow goes away. Please be mindful of this and ensure you are doing your shoulder checks and being aware what is behind and beside your vehicles.

Motorcycle drivers, please be cautious of other drivers not being used to you being on the road and watch for less than ideal road conditions with gravel and sand still being on the road from the winter.

Reminder to check your registration and insurance is up to date and valid copies are with you while driving.

Parking Tips

Edmonton Traffic Bylaw 5590 Fire Hydrants Section 8 (1) states-

Except as permitted in this section a vehicle shall not be stopped on a highway within 5 metres of a fire hydrant or, when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the fire hydrant.

A taxi may stop within 5 metres of a hydrant identified as a taxi zone only if:

(i) the operator remains in the vehicle at all times; and

(ii) the operator immediately removes the vehicle from the taxi zone upon the direction of a peace officer or a member of the City's Fire Rescue Service.

Use of Highway and Rules of The Road Regulation Fire Hydrants Section 44 (i) states-

Vehicles cannot park within 5 metres from any fire hydrant, or when the hydrant is not located at the curb, within 5 metres from the point on the curb nearest the hydrant;

Fine under this regulation is \$78.00 and can be issued anywhere in Alberta

Edmonton Traffic Bylaw 5590 Intersections Section 7 states-

Unless a traffic control device permits or requires, a vehicle shall not be parked:

(a) at an intersection within 5 metres of the projection of the curb or edge of the roadway;

(b) within an intersection other than immediately next to the curb or edge of the roadway in a "T" intersection; or

(c) within 1.5 metres of an access to a garage, private road or driveway or a vehicle crossway over a sidewalk.

Fine under this bylaw is \$50.00

Alberta Use of Highway Rules of the Road Regulation Parking Restrictions section 44 states-

A person driving a vehicle shall not, unless

(j) within 1.5 metres from an access to a garage, private road or driveway or a vehicle crossway over a sidewalk;

Fine under this regulation is \$78.00

If you have any parking complaints, you may download the City of Edmonton 311 app on your smartphones and make the complaint on your app or you can call 311. You need to obtain the description of the vehicle including colour, make and model, location and licence plate information.

Home Safety Tips

Here are some tips to keep your home safe

-If you are working in your back yard please do not leave your front doors unlocked.

-Trim trees and bushes from blocking your windows or doors

-Put locks on your gates, sheds and do not leave bags or bottles or anything of value easily visible in your yard

-Do not hide spare keys in your yard or in your vehicle

-Install motion detector lights and/or security cameras

-Have security bars on basement windows

Before going to bed at night please check all doors and windows that someone could get access to are locked and secure. In addition check your doors on all vehicles as well that they are locked.

McLeod – A Choosewell Community

We've reached our 5-year anniversary as a Choosewell Community, a project of Alberta Recreation and Parks & the Alberta Cancer Prevention Legacy Fund.

After a 2-day conference, we're ready to continue to infuse research-based ideas into our projects and programming. The new buzz-word is "multi-sectoral collabora-

tion", but we're ahead of the curve by already building relationships with our community's other non-profits like St. Michael's Health Group, Amity House, Steele Heights Baptist Church, North Edmonton Business Association, Connect Church, Edmonton Food Bank, Youth Emergency Shelter, and North Edmonton Seniors Association.

Edmonton Transit Service | City of Edmonton

Let's talk about Edmonton's changing bus routes.

From April 12 until June 14, help us refine your future bus network, online or at a community workshop. New bus routes will be shaped by Edmonton's Transit Strategy and your insights.

Find out more at edmonton.ca/newbusroutes or call 311

**SHARE YOUR VOICE
SHAPE OUR CITY**

ETS

REFINE



Northmount Community League News

President's Message

Northmount, we did it! On February 20, 2018 your community members voted and passed our new bylaws. This is the first time they have been amended since they were created in 1971, when the league was first formed. Thank you to the Bylaw committee members for all of their hard work re-writing them, and thank you to the community members who gave their input when they were passed. These bylaws are now in place and will help guide how we move forward as a community to offer programs and activities in the future! If you are interested in the new bylaw changes please call or text me for more details.

On April 17, 2018 at 7 PM we will be having our Annual General Meeting and the following positions are up for election: Vice President of Operations, Vice President of Programs, Treasurer, Membership Director, Communications

Director, and Sports Director. We need at least 5 new members to join the board to keep our doors open. Each position has varying commitment levels, if you have any questions please call me to discuss.

Our 3rd Annual Komarynsky Classic (Softball Tournament) is back and we are looking for volunteers to assist with planning and ball players to play in the tournament. If you are interested please contact myself at 780-270-1212 to sign up!

We are also still looking for members to join our playground committee, our playground has 2 years left in its lifespan and we need to start planning on the rebuild and fundraising to pay for the new park. Please contact myself at 780-270-1212 to sign up! We need your help to keep the playground at Northmount Park!

**Thank you,
Meagan Plamondon**

AGM – April 17, 2018 – 7 pm

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 for more details!

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

The following Board Positions need to be filled at our next AGM in April:

Vice President of Operations, Vice President

of Programs, Treasurer, Membership Director, Communications Director, and Sports Director

· 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 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 at 780-270-1212 to discuss what you want to see at Northmount

Blood Drive

Canadian Blood Services is having a clinic at our hall on April 26, 2018 from 3:30 until 7:30. Please see their website for more details or to book an appointment to give! <https://blood.ca/en>

Congratulations Northmount U14 Girls!

Northmount would like to express Congratulations to the U14 Girls Northmount Soccer Team for winning Bronze at the City Finals held last month. The girls and dedicated coaching staff worked really hard all season and are all very excited for ending up with Bronze. Way to go Northmount U14 Girls !!

Northmount's Annual Garage Sale!

Once again Northmount will be hosting our annual Garage Sale in the community hall! The dates are Friday, April 27th and Saturday, April 28th. Table rentals are \$10. For more information, or to book a table, please call Robin at 780-473-8634.

SAVE THE DATE!!

June 1st, 2nd, and 3rd = Northmount's 3rd Annual Komarynsky Classic (Softball Tournament)

June 10th – Superhero Day

June 14th – Pride in the Park

Body Bootcamp®

BOOT CAMP

Wednesday nights 6:00 PM until 7:00 PM, please arrive at 5:45 PM for check-in

Northmount has hired a Bootcamp® instructor, join us for a fun and energetic workout! This 10 week session starts April 25th 2018. Buy a 10 week pass or drop in throughout the season. If you have any questions, please call or text Meagan: 780-270-1212. You must have a Community League Membership to attend as a drop in or to purchase a 10-week pass.

Drop in fee: \$10

10-week pass: \$65 or \$35 if you complete a volunteer commitment

Registration: April 5, from 7:30 until 8:30 PM

Zumba ®

Tuesday nights 7:15 PM until 8:15 PM, please arrive at 7:00 PM for check-in

Zumba ® is back! Join us for the spring session starting April 24th 2018. Zumba® involves dance and aerobic movements performed to energetic music. If you have any questions, please call or text Meagan: 780-270-

1212. You must have a Community League Membership to attend as a drop in or to purchase a 10-week pass.

Drop in fee: \$10

10-week pass: \$65 or \$35 if you complete a volunteer commitment

Registration: April 5, from 7:30 until 8:30 PM

Zumba- Gold®

Tuesday nights 6:15 PM until 7:15 PM, please arrive at 6:00 PM for check-in

Zumba-Gold® is back! Join us for the spring session starting April 24th, 2018. Zumba-Gold® involves dance and aerobic movements performed to energetic music, but at a slower pace. This is great for beginners or anyone who wants to try Zumba® at a slower pace. If you

have any questions, please call or text Meagan: 780-270-1212. You must have a Community League Membership to attend as a drop in or to purchase a 10-week pass.

Drop in fee: \$10

10-week pass: \$65 or \$35 if you complete a volunteer commitment

Registration: April 5, from 7:30 until 8:30 PM

Hatha Yoga

Thursday nights 6:00 PM until 7:00 PM, please arrive at 5:45 PM for check-in

Join us for a spring session of Hatha Yoga at Northmount! Hatha Yoga is an umbrella term that embraces all styles of yoga. There are many styles, and all of them incorporate Hatha Yoga poses in various sequences and modes of practice. Ultimately, every yoga style is driven to improve both mental and physical well-being of the practitioners. Therefore, we invite you to join us in the exploration of Hatha Yoga. We will improve balance and concentration, increase flexibility and muscle strength and tone, learn to breathe and meditate. We hope

there will be a challenge for everyone because this is where a positive change happens. Buy a 10 week pass or drop in throughout the session. If you have any questions, please call or text Meagan: 780-270-1212. You must have a Community League Membership to attend as a drop in or to purchase a 10-week pass. Spring Class starts April 12th 2018 and runs until June 28, 2018 (No class on April 19th or June 14th)

Drop in fee: \$10

10-week pass: \$65 or \$35 if you complete a volunteer commitment

Registration: April 5, from 7:30 until 8:30 PM

Hapkido Club

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 and Adults will run every Monday and Wednesday from 8-9:30 PM. For more information or to register, please contact: sidplamondon@outlook.com or at 780-478-2010.

Paint Night

You are invited to attend Northmount's first Paint Night! On April 19th we will have an instructor taking participants through a guided paint class (all levels of painters are welcome!) for \$40 you will get the instruction and supplies to complete a piece of art, as well as free coffee, tea, and light refreshments. Tickets for this event must be pre-purchased as there will be a limited number of seats available. If you have any questions, please call or text Meagan: 780-270-1212. You will also need to have a Community League Membership to purchase a ticket. (Please purchase your membership from your home community)

Registration: April 5, from 7:30 until 8:30



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, RSVP to Events we are hosting, and connect with fellow community members. We'd love to see you there!

Perogy Dinner

Sunday April 15th from 5 to 8 PM

Northmount Community League and Amity House invite you to join us for a FREE Perogy dinner! Menu will include perogies, cabbage rolls, sausage, coffee and juice. Please let us know if you are coming, so we can plan how much to prepare.

RSVP to our Event on Facebook, otherwise contact Suzanne at 780 993-2064

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 to 11:30 AM.

Bring your own Craft Night

Please join us at Bring Your Own Craft Night every Thursday evening from 7 to 9 PM. (Right after Yoga!) Free coffee, tea and hot chocolate will be provided (we have decaf!) 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!

2nd Annual



A Taste of Decore



April 28th, 12 p.m. to 4 p.m.

Northgate Lions Seniors Recreation Centre, 7524-139 Ave NW

Admission is free, family friendly – all are welcome

Spend a fun afternoon getting to know the wonderful businesses and organizations in Edmonton-Decore & North Edmonton.

- Enjoy a variety of performances throughout the afternoon.
- Shop at our mini-market.
- Free activities for the kids.

Chris Nielsen

MLA, Edmonton-Decore



780-414-1328

edmonton.decore@assembly.ab.ca

As Seen on

JAEDYNS TRIBUTE EXTRAVAGANZA

MAY 11, 2018

Eva O. Howard Theatre
Victoria School of the Arts
10210-108 Avenue, Edm.

Doors: 6:30 pm
Show: 7:00-9:00 pm

Premium: \$15
General: \$10

For tickets call (780) 406-9979
or email pilon@shaw.ca

FEATURING:

THE FLASHBACK BAND



this journey will **CHANGE YOUR LIFE**

Wake up in a unique summer classroom at **Mountain Adventure School**

- 11 and 14-day summer programs for high school students.
- Earn school credits and certifications toward a career in camp leadership and guiding.
- This summer camp includes lake and whitewater canoeing, rock climbing and rappelling, back country biking, hiking and wilderness living in an extended river expedition.

Sessions starting in July and August

SIGN UP TODAY!

TO REGISTER NOW OR FOR MORE INFORMATION CONTACT US:

Progressive Academy
www.progressiveacademy.ca/mas
780-455-8344



**SAVE UP TO \$10,000
ON SELECT LOTS!***

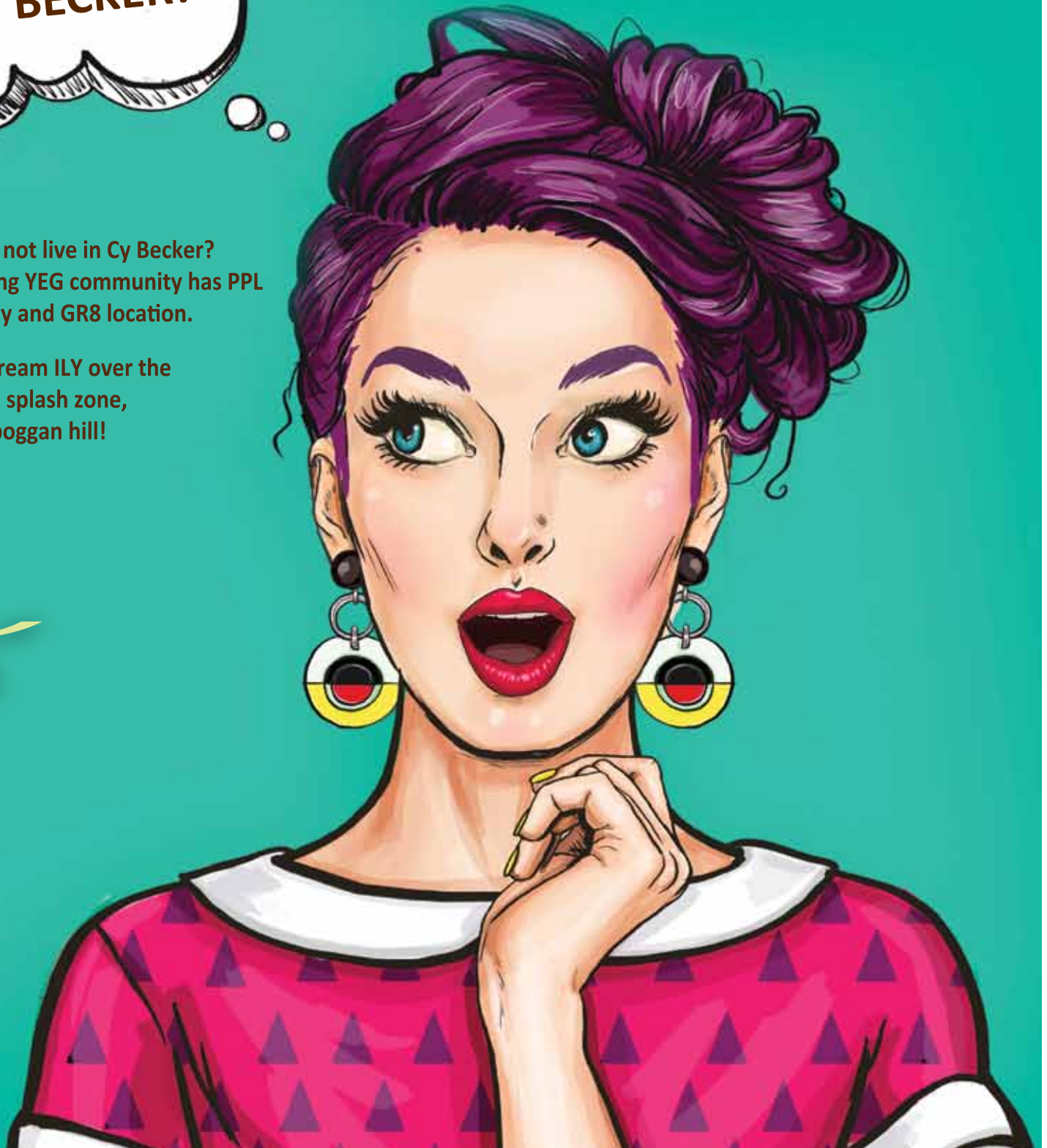
*Some restrictions apply. Limited time offer. See showhomes.

YOLO
LIVE IN CY BECKER!

PPL often say YOLO, so why not live in Cy Becker?
This northeast award winning YEG community has PPL
talking about its affordability and GR8 location.

BTW your kids will LOL & scream ILY over the
new All Seasons Park with a splash zone,
playground, ice rink and toboggan hill!

FYI...visit cybecker.com



11 SHOWHOMES NOW OPEN

Pacesetter Homes | Daytona Homes | Rohit Communities | Coventry Homes | Sterling Homes

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communities