

NORTHEAST VOICE

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

May 2018



Published by Calder Publications. To advertise please call 780-905-7422 or email info@communityleagueneews.com

Pride in the Park

June 14th
Northmount is going to be the home to the first Pride in the Park event on June 14th, join your neighbour's for a fun time. We are partnering with our MLA Chris Nielsen, Dickensfield Amity House, and ASPECC to

have a family friendly night of fun! We will have games, entertainment, a mini trade show, clothing swap and more! The event is free for everyone to attend, food trucks will be available to purchase items or feel free to bring your own picnic!

Superhero Day

June 10th – 1-4 PM
June 10th will be our Second Annual Superhero Day, join our MLA Chris Nielsen and Dickensfield Amity House for a free, family friendly day of fun and SUPERHEROS! There will be a

superhero parade at 1:30, 2:30 and 3:30 PM – join in to show off your best look! Join us for free: Hotdogs (Halal, Veggie, and Gluten Free options available), Face painting, Photobooth Games, Crafts and more!

Evansdale Solar Family Fun Day



June 3, noon-4pm – Evansdale Hall – 9111 150 Ave
Fun for the whole family! The Evansdale Solar Family Fun Day is on Sunday, June

3 from noon-4pm. It's all part of the 19th Eco-Solar Home tour that happens for the entire June 2nd/3rd weekend all around Edmonton. All of the homes,



churches, and buildings are solar-powered and many are net-zero, which means they produce all of buildings energy needs from a solar system on site. See www.ecosolar.ca for details.

louring contest with prizes for the kids. You must be in attendance to win!

We will have energy efficiency and solar companies there such as Evergreen and Gold Renewable Energy (the company that installed our solar system) and Generate Energy, a company that does energy audits and energy efficiency and solar projects.

MLA Chris Nielsen will be there along with Jon Dziadyk, City Councillor for Ward 3.

We will have electric cars such as Teslas and Nissan Leafs on hand with their owners, so you can check out the latest electric cars.

Solar expert Gordon Howell will be there along with our David Dodge from Green Energy Futures to answer any questions about solar. Ron Kube, the guy who was dubbed The Energy Detective, will be there. You can learn how Ron calculated that he had enough surplus solar energy to drive his Nissan Leaf for 20,000 km a year.

Mark your calendar and attend the Evansdale Family Solar Fun Day, June 3 from noon to 4 pm for all the fun!

David Dodge
Sustainability Director

Upcoming Events in the Northeast

May:

- 1 & 15: Seniors Coffee/Tea at Northmount; 9:30am
- 1, 8, 15, 22, 29: Zumba at Northmount; 6pm; \$10 drop in
- 1, 8, 15, 22, 29: Zumba at Northmount; 7pm; \$10 drop in
- 2: Music Makers at EPL McConachie; 2pm
- 2, 7, 9, 14, 16, 21, 23, 28, 30: Hapkido at Northmount; 8pm (adult/advanced)
- 2, 9, 16, 23, 30: Londonderry Community Market at Londonderry Hall; 4-8pm
- 2, 9, 16, 23, 30: Bootcamp at Northmount; 5:45pm; \$10
- 3: Blood Drive at Military Family Resources Centre; 1-5pm
- 3, 10, 17, 24, 31: Bring Your Own Craft Night at Northmount; 7pm
- 3, 10, 17, 24, 31: Hatha Yoga at Northmount; 5:45pm; \$10
- 4: Reaction Variety Band (60's music) at NESAs; 7-10pm; Tickets \$10 in advance, \$12 at the door
- 5: Mother's Day Crafts at McLeod, noon
- 7, 14, 21, 28: Hapkido at Northmount; 7pm (children/beginner/family)
- 11: Mother's Day Tea at NESAs; 2-4pm; \$5; Tickets on sale until May 4
- 12: Free Movie Night at McLeod; two showings of Black Panther; doors open at noon and 4:30pm
- 16: Baby Laptime at EPL McConachie; 2pm
- 17: NESAs Annual General Meeting; Electing Board Members; Coffee & Snacks; 2-4pm
- 18: Garden Plant Sale at NESAs, 9am-3pm
- 21: Makercade at EPL Londonderry; 4pm

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

June:

- 1, 2, 3: 3rd Annual Komarynsky Classic Softball Tournament at Northmount
- 3: Family Solar Fun Day at Evansdale; 12-4pm
- 4: NESAs Seniors Week Showcase & Tea with entertainment: "All About Dance"; 1:30-3:30pm
- 4 & 5: Art Show & Sale at NESAs; 9am-3pm
- 5: Health & Wellness Fair at NESAs; 11am-3:30pm
- 6, 13, 20, 27: Londonderry Community Market at Londonderry Hall; 4-8pm
- 9: Canadian Cancer Society Relay for Life
- 10: 2nd Annual Superhero Day at Northmount; 1pm
- 22-23: McLeod Softball Tournament

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

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, or a lack of exercise. 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

Metabolic disorders, including diabetes

Thyroid issues – both hypothyroidism (low thyroid level) and hyperthyroidism (high thyroid level) can cause fatigue

Kidney or liver disease

Check your symptoms to help determine if and when your fatigue may require a visit to your doctor. Learn more about fatigue on MyHealthAlberta.



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

Kinsmen Boys and Girls Club

Kinsmen Boys and Girls club located at 14803 88A St offers kids and youth ages 6 and up free after school programming. The club is open Monday – Fridays and provides after school snack, support on homework and reading, dinner and various evening programs. Please come by the club or call 780-822-2560 for further information or questions.

Cassandra Rijavec
Club Coordinator

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



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. Please leave a voice message if you cannot reach Elaine by phone!

If you are in a rush, you can buy memberships at the Edmonton Federation of Community Leagues website: www.efcl.org

Evansdale Hall Rental Information

Weekend rates: Friday 12noon to Sunday 3pm

\$550 damage deposit

\$550 rental

Friday/Saturday/Sunday

\$450 damage deposit

\$450 rental

Monday – Friday

\$325 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 Terri at 780-478-4444 or hallrentals@evansdale.ca.

Ask Charles

There was a major hail storm after a seller accepted my offer to purchase their home, and the house needs a new roof. Who is responsible for it?

Until the deal closes and you take possession of the property, the seller is responsible for the property. Any damage to the property or to the items included in the sale, are the sole responsibility of the seller until your purchase funds are transferred and you take possession of the home.

When you take possession, the property – and its inclusions (appliances, etc.) – should be in the same condition as when you viewed it and submitted your offer to purchase.

Even if the property is vacant, and has been for weeks, it is still the seller's responsibility

to maintain home insurance on the property.

As the buyer, you should make sure you arrange for your home insurance to begin on your possession day, even if you aren't moving in right away. As soon as you take possession, insuring the property is your responsibility.

If something such as a hail storm damages the property in the time between the seller accepting your offer and possession day, have your agent talk to the seller's agent to confirm the seller is handling the damage. If the seller confirms they're handling the repairs, you may wish to add an addendum to your accepted offer to purchase that outlines the seller's responsibility to replace the roof prior to possession day, or you may ask

the seller to agree to you holding back a small portion of the purchase funds until the roof is repaired. Make sure any agreements between you and the seller are in writing.

If there is any resistance on the part of the seller, either to fixing the damage or to putting details and agreements in writing, you need to talk to a lawyer for legal advice.

Likewise, if either party wishes to end the transaction in light of the damage done to the property, or if the seller refuses to repair the roof prior to possession, contact a lawyer for legal advice.

"Ask Charles" is a question and answer column by Charles Stevenson, Director of Professional Standards with the Real Estate Council of Alberta (RECA)

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

Three things to spot:

- 1. Watering Can:**
Community gardens GREEN your neighbourhood and they are yummy!
- 2. Lightbulb:**
LEDs save energy and attract less bugs!
- 3. Solar Panel:**
Your home could get energy from the community league roof!
EFCL Green Leagues Program

Kid's Colouring Contest

Enter our coloring contest for a chance to win 1 of 3 grand prizes including a NEW BIKE!! Value over \$100

Prizes donated by Mr. Chris Nielsen, MLA for Edmonton-Decore

Evansdale Family Solar Fun Day
Sunday June 3, 2018 - noon - 4 pm

Learn about solar - activities for kids, electric cars, colouring contest! One entry per child, must be attendance to win!

Drop off Locations
Mr. Chris Nielsen's Office
#5, 9228 - 144 Avenue
Evansdale Community League Hall
9111 -150 Avenue

REGISTRATION FORM

Participant's Name: _____
 Gender (Circle one): Boy Girl Age: _____
 Telephone: () _____
 Address: _____

SEE A PLAYGROUND, SLOW TO 30.
7:30 am to 9:00 pm
EVERYDAY

edmonton.ca/why30?



Humboldt Strong

On behalf of myself and the Evansdale Community League, we would like to extend our sincere condolences to the families who have lost loved ones in the Humboldt

Broncos bus crash. We also hope for speedy recoveries to the injured. This tragedy not only touched the hearts of the hockey community, it touched the lives and hearts

of people around the world. Please continue to show your support anyway you can! #HumboldtStrong

Todd Sharkey
Hockey Director

Celebrating 40 Years of home comfort service

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HEATING, AIR CONDITIONING
5803 Roper Road, Edmonton

40th Anniversary Installation Special

Free UV coil sterilizer or no payments for 12 months on any AC installation.

LOCALLY OWNED

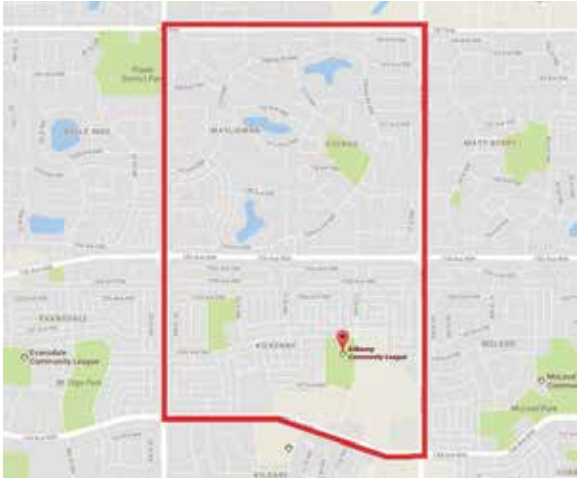
Call 780-463-3096 or visit wjcools.com for a **FREE**, no obligation estimate.

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COMFORT FOR LIFE

780-463-3096 **wjcools.com**

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.

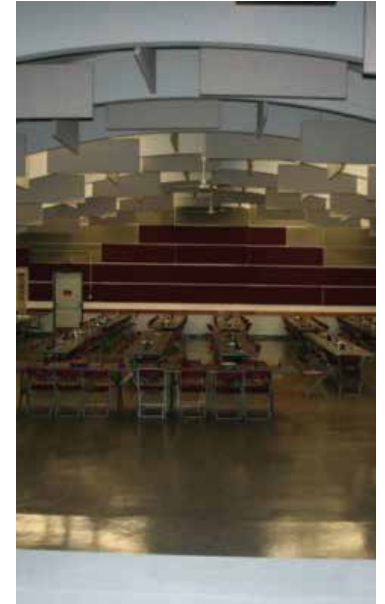


Hall Rental

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.



Backyard Safety Manage the risks

During the summer months, children spend countless hours playing in their backyards. There are many potential hazards in the backyard that can result in injuries. Protect your children by managing the risks.

Survey the Yard

Make sure all fence gates are self-closing and self-latching. Have a fence separate the play area from the driveway and garage.

Lawn Sprinklers/Water Slides

Use only on grass. Make sure the area is free of obstacles and debris. Teach children to slide sitting up and not to walk or run on water slides.

Sandboxes

Check sandboxes regularly to make sure they are in good repair, with no protruding nails or splintered wood. A sandbox cover is recommended, especially if pets roam freely in your neighbourhood.

Dog Bites

Do not leave children alone and unsupervised with dogs. Teach children not to tease or strike any dog and to be cautious around unfamiliar dogs.

Teach children not to disturb dogs, especially when they are sleeping, eating or caring for puppies.

Teach children not to take toys, sticks or food from a dog.

Play Equipment

Actively supervise all young children. Remove drawstrings and scarves from children's clothing. Properly secure equipment to the ground.

Set up backyard swings and other play equipment on a shock-absorbing surface (i.e. sand, wood chips or pea gravel).

Put railings around all decks that are more than one metre off the ground. Limit height of the equipment to less than 1.8 m (6 ft).

Check equipment for gaps, worn, loose or broken parts. Teach children the basic rules of safe play.

Always wear shoes. Remove bike helmets when on equipment.

Slide down feet first and sitting up. One person on the slide at a time.

No pushing or horseplay on play equipment.

Wait your turn. Hold on with both hands when swinging and climbing.

CALABRIAN CONCRETE

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- Concrete Removal /Replacement

Call Fred ☎ 780.454.1570 Cell: 780.235.4362

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- Repairs in 30 minutes
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Ask how you
may receive your
dentures
**AT NO COST
TO YOU***

*Some conditions and restrictions apply.

www.londonderrydentureclinic.com 13594 Fort Rd. Northeast Edmonton

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

FREE DROP-IN

SPRING GREEN SHACK




LOCATION	DATES	DAYS	TIMES
Kildare Park (Londonderry) 14224 74 St NW	April 28—May 23	Monday, Wednesday, Saturday	Mon & Wed: 3:30-6:00pm Sat: 1:00-5:00 pm

Our Green Shack program is now running in select locations in the spring 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
or call 311.  @GreenShack



Londonderry Community Market



Every Wednesday

4 PM - 8 PM

14224 - 74 Street NW

Have something you'd like to sell?
Interested Vendors
Contact Angie
780-819-1214
president@londonderry.online

CHECK THESE OUT AT OUR MARKET!

- Bread & Buns • Pickled Jalapenos & Jelly • Spice Blends
- Glass Birdfeeders • Rainbow Jewelry
- Bath Bombs • Household Treasures • Aromatherapy
- Dressmaker & Alterations • Antique Dolls
- Dog Treats • and more...

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

Community GARAGE SALE

S A L E

Saturday
JUNE 16, 2018
9 am - 4 pm



Londonderry Community Hall
14224 - 74 Street NW

Limited Number of Tables Available
First Come, First Pick for Spot

Register at:
president@londonderry.online
or at the Community Market
Wednesdays from 4 - 8 pm

\$10 - LCL Members
\$20 - Non-Members
\$20 - Home Based Businesses

Includes one 8' rectangular table & 2 chairs
Setup on Friday, June 15, 2018 6 pm - 8 pm

Space Available Both Inside & Outside **JOIN US** 

Londonderry Community League

AGM

Monday
June 11, 2018
7:00 pm

Londonderry Community Hall
14224 74 Street NW

Premium Living

Rent one of our newly renovated suites today!

587.801.1360

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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 Issues

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780-822-1540
WWW.ZIADABOULTAIF.CA

WARD 4 COUNCILLOR
Aaron Paquette
780.496.8138

I'd love to hear from you!

- aaron.paquette@edmonton.ca
- aaronpaquette.blog
- facebook.com/aaronforward4/

1st Annual Pride in Northmount Park

Thursday June 14th, 6 p.m. - 9 p.m.

Northmount Community League, 9204-140 Ave NW

Come and celebrate Pride at the 1st Annual Pride at Northmount Park event.

Activities will include:

Free Consent Seminars taught by ASPECC

Free Clothing, Shoes & Accessories for all genders in Northmount Community League Hall.

LGBTQ+ Resource Fair

Activities for the kids, including face paint & story time

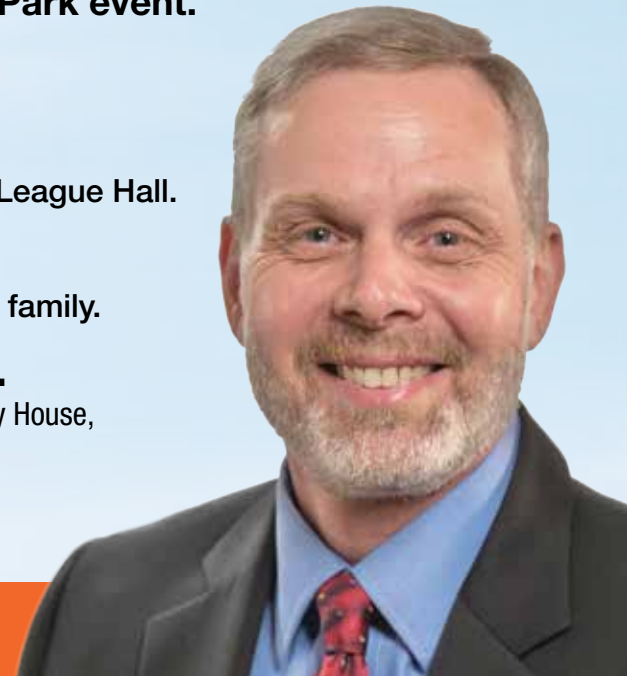
Refreshments will be available, or bring a picnic of your own to enjoy with your family.

**Chris
Nielsen**

Admission is free and everyone is welcome.

Event sponsored by MLA Chris Nielsen, Dickinsfield Amity House,
Northmount Community League and ASPECC.

MLA, Edmonton-Decore



780-414-1328

edmonton.decure@assembly.ab.ca

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



36 HOUR CONTINUOUS SOCCER GAME

Jon Dziadyk



Proud Northsider, Ward 3 City Councillor

Invites You to Edmonton's
First 36 Hour Soccer Game
June 23-24, Evansdale Community League
www.jondziadyk.com





McLeod News

 [McLeodCL](#)
 [@McLeodCommunity](#)
 14715 59 Street
www.mcleodcommunityleague.ca

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

McLeod President's Message

McLeod has received a response from Citizen Services with respect to our concerns (shared by other community leagues) about the lack of public engagement with the changes to how the City supports (or doesn't support) community leagues. It is clear that City administration did not consult with us on those changes nor intends to in the future as "the City does not consult directly on organizational structure or position descriptions". Despite stating that they would seek feedback from community leagues on the changes implemented, there was no mention

of that in their response. This is not only disheartening but insulting to the hundreds of community league volunteers who spend their personal time supporting their communities. I have reached out to the Edmonton Federation of Community Leagues and Councillor Paquette's office for assistance with next steps. It seems that Citizen Services has forgotten the significant and historic role that community leagues played in establishing the City's Recreation Commission in 1944. Fortunately, we haven't.

Leanne Rosinski

McLeod Meets with Councillors

Thanks to Ward 4 Councillor Paquette and Ward 3 Councillor Dziadyk for attending our recent Area 17 meeting and bringing us news from City Hall. McLeod CL continues seeking to improve our neighbourhoods through civic involvement. In the past month we have participated in:

- Edmonton Vision 2050
- Metro Adult Education Open House
- Truth & Reconciliation Event
- ETS Changes Workshop
- Insight Online Community Surveys

- Clairview Neighbourhood Safety Meeting
- Cannabis Retail Sales Bylaws
- Statistics Canada Report on Seniors
- Edmonton Arts & Heritage YEG Culture Map

- Community Rec Facility Master Plan
- Congratulations to Leanne, the McLeod CL President, who was recently elected Vice President of Area 17. She'll be working with other non-profits for the betterment of northeast Edmonton neighbourhoods, while continuing her McLeod presidency.

Community Gardens in McLeod

There are two community gardens located in our neighbourhood. Thank you to the churches that donated the land for these projects. Please contact them if you're interested in joining.

- Casselman Community Garden
- 5108 McLeod Road
- casselmangarden@gmail.com

- May 5 – neighbourhood cleanup
- May 12 – construction day
- May 19 – planting day
- All events are 10 am – noon
- Sunshine Vines Community Garden
- St Michaels Anglican Church
- 5003-146 Ave
- 2017communitygarden@gmail.com

Bike Safety Course in McLeod

The City of Edmonton is running a bike safety program on Saturday, May 26 from 2pm-5pm at Dr. Donald Massey School, just across the field from the park. 5435-162 Avenue. Information by telephoning 311 or 311@edmonton.ca

McLeod Community Safety Director

In the month of May, the Alberta Traffic Safety Calendar primary focus is Motorcycle Safety. Spring will finally be upon us and motorcycles will be coming out of their storage locations.

Motorcycle operators need to be cautious, with some roads having sand and gravel not removed from the winter season. Motorcycle operators also need to be aware that other drivers of the roads may not be aware they are back on the road. Motorcycle operators need to be more alert to this.

Here are some tips to ensure your bike is safe to ride:

- Check your lights
- Check your tire pressures
- Check to ensure your brakes are working
- Check for fluid leaks
- If you're not mechanically inclined I would

suggest having the bike transported to a certified mechanic to inspect.

Additionally, ensure your registration and insurance is current and copies are with you on your person or stored inside the bike.

We as drivers can help ensure motorcycle operators stay safe. I ask that you take an extra moment when changing lanes or turning at intersections to look for motorcycles that may be approaching.

Stranger Danger

Stranger Danger is something I strongly believe in. Parents/Guardians – you are responsible to speak to their children about Stranger Danger to help ensure their safety. Here are some safety tips on Stranger Danger.

Avoid putting your child's name on their backpack, lunch boxes, bracelets, tags or anything which makes their name highly visible

to strangers. Children are more likely to trust a stranger that knows their name

Make up a family secret code and/or speak to your children who is allowed to pick them up

Explain to them to never approach a vehicle or stranger even if they are trying to persuade them with candy or toys

Explain to them if a stranger grabs them to do everything you can to stop him or her from pulling them away. Drop to the ground, kick, hit, bite, and scream. Do whatever it takes to attract the attention of others who can help them. Tell them to scream, "this is not my dad," or "this is not my mom."

Explain to them when trying to find help to always go to a trusted adult – teacher, principal, coach, police officer, other parent, or older siblings.

What am I am about to say sounds like common sense but happens over and over. Please never leave children unattended in your vehicle. Criminals look for easy opportunities and if you give them one you may regret it if your vehicle is stolen with your children still inside, your children are taken, injured or harmed.

If you see children left unattended in a vehicle please take down as much information as possible including description of the children and description of the vehicle (make, model, color, license plate number including province where issued) and call 911. If you can, and feel safe, stay on location until the police or the parents/guardian arrive. If the parents/guardians arrive at the vehicle before police please do not confront. Provide the police with the last direction of travel which still gives the police an opportunity to stop the vehicle.

Matt Berry/McLeod Community Facility

As part of the 2018 Provincial Budget, the Alberta Government announced on March 27th that they will be funding a new Francophone School at 17604 104 Street, in North Central Edmonton. While it is dangerous to speculate on such matters, this likely puts the proposed Francophone School in Matt Berry on hold.

We have queried the government and will keep residents apprised of any new developments.

In the meantime, the work of this committee continues. If you wish to volunteer, please email secretary@mcleodcl.ca. We are still looking for a volunteer with either project management or architectural experience.

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.

Mark Your Calendars for Upcoming McLeod Events

NOTE: Subject to change, please check current details on our website www.mcleodcl.ca or Facebook page: McLeod Community League.

May 5, 12-2:30pm – Mother's Day Craft

Drop off your child (5 YO +) at the left doors of McLeod Centre and they will make a unique gift for mom and enjoy a pizza

lunch. Tickets are \$20 and much be purchased in ADVANCE by contacting Liz at social@mcleodcl.ca.

May 12, Movie Night – two showings of Black Panther; doors open at noon and 4:30pm Concession available.

June 22 & 23 – McLeod Slo-Pitch Tournament

McLeod Needs Donations of Skating Equipment

McLeod continues to need donations of skates (specifically Mens and Womens Adult sizes 7 to 12) and helmets (all sizes) to loan to people interested in skating but have no equipment. These items will be kept on site and loaned out only for skating on the

McLeod ice rinks. If you have skates or helmets that are in good shape, please contact Leanne at president@mcleodcommunityleague.ca or Joe at rink@mcleodcommunityleague.ca to arrange a time to drop them off.

Reduced Service for Seniors in McLeod

We've appreciate the medical services provided by Dr. Douglas Duke and Nurse Practitioner Teresa Genge who both recently retired from the Seniors Clinic, located in the Northeast Community Health Centre in Miller.

Many community members have shared stories of the great service they received from these health care professionals, both for themselves or their parents.

Our MLA Heather Sweet has consulted with the Health Minister on this issue. "The clinic is not closing, however AHS is reviewing the clinic's service model". (MLA facebook post, March 29). At this time, it

appears that no staff have been hired to replace those who have departed.

We have asked the MLA to let us know when there is an opportunity for community input on this important local service. Many people in our neighbourhood are in their 50's, working, and caring for their aging parents. They appreciated a close-by location for seniors' medical appointments.

This facility has always been important to northeast Edmonton, with Area 17 and McLeod CL donating waiting room amenities when the facility first opened 17 years ago.

Are You Following McLeod on Facebook?

We've got this monthly newsletter, twitter and our website www.mcleodcl.ca. But do you follow us on Facebook? For the past few years, this has been the way to get the most up-to-date info on league activities and north-

east news. We post relevant information daily. Thanks to the 5 volunteers on our media team, we make an effort to get the info out to people of different ages who use different means of communication. "McLeodCL" on Facebook.

McLeod's Roasted Sweet Potatoes

Preheat oven to 425 degrees.

One large sweet potato or two medium

2 tbsp olive oil

2 tbsp molasses

1 tbsp apple cider vinegar

1 tsp grainy mustard

1 tsp kosher salt

Wash sweet potato and cut into French-fry

shapes/wedges. Ok to keep skin on.

In a small bowl, mix all the other ingredients together. Pour over the sweet potatoes, toss. Spread in single layer onto a pan lined with parchment paper or tinfoil, and roast until tender, about 20 minutes, until you can easily poke thru with a fork. Serves 4 people.

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 Summer Camps

Toying Around Animation Camp (Ages 6-9)

Dates: July 9-13

Times: 9:00 am-4:00 pm

Cost: \$230

Location: McLeod Hall

Get your Lego on at The Director's Cut Lego Stop Motion Animation workshop. Film making crews will work together with a REAL film maker to create a stop-motion animation film that is sure to rival the works of Hollywood's most talented (Paranorman and Kubo and the 2 Strings). Small crews will storyboard, build a script, design mini sets and then capture their film through art of stop motion animation. In post production sound effects, music, voice overs and titles will be added to complete and add sound effects, titles, voices and music, about! Hollywood A List activities will be included as part of our week. A red carpet, popcorn film festival will be hosted on Friday afternoon. Participants will be able to view their films in our private theatre.

BLOCKBUSTER Film Making (Ages 9-14)

Dates: July 30-August 3

Times: 9:00 am-4:00 pm

Cost: \$230

Location: McLeod Hall

It's going to be a blockbuster summer at The Director's Cut with our NEWLY designed film workshop. Use GO PRO ACTION cameras, 1080 HD digital cameras and the latest digital 360 VR equipment and hardware to film and edit your next big blockbuster. Under the guidance of REAL FILM MAKERS,

Participants will storyboard, write a script, learn all about camera angles and

cinematography, before filming and editing their own action packed

blockbuster. Participants will have access to green screens and have the opportunity to use 360 VR equipment as part of their cinematic experience.

Participants will also create a commercial and movie trailer during the week.

Hollywood A List activities will be included as part of our week.

A red carpet, popcorn film festival will be hosted on Friday afternoon.

Participants will be able to view their films in our private theatre.

LEGO AND CLAY STOP MOTION ANIMATION (Ages 9-14)

Dates: August 6 to 10

Times: 9:00 am-4:00 pm

Cost: \$230

Location: McLeod Hall

Get your Lego and clay on at The Director's Cut Lego Stop Motion Animation workshop. Film making crews will work together with a REAL film maker to create a stop-motion animation film that is sure to rival the works of Hollywood's most talented (Paranorman and Kubo and the 2 Strings). Small crews will storyboard, build a script, design mini sets and then capture their film through art of stop motion animation. In post production sound effects, music, voice overs and titles will be added to complete and add sound effects, titles, voices and music, about! Hollywood A List activities will be included as per of our week. A red carpet, popcorn film festival will be hosted on Friday afternoon. Participants will be able to view their films in our private theatre.

To register for any of these camps, please go to www.mcleodcl.ca

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SUPER HERO DAY!


EVERYONE WELCOME



Everyone is welcome to come dressed as your favorite super hero and participate in the Superhero parade (1:30 p.m., 2:30 p.m., 3:30 p.m)

Games, free BBQ and tons of prizes. Admission is free! Family friendly.

Event sponsored by MLA Chris Nielsen, Dickinsfield Amity House, and Northmount Community League.

Chris Nielsen 
MLA, Edmonton-Decore
780-414-1328

Sunday June 10, 1 - 4 p.m. Northmount Community League, 9204-140 Ave NW



**We are a Christian childcare program that provides a safe, fun & caring environment for children
Grades K-6**

Open Monday to Friday 6:45 am - 6:00 pm

Year round program Sept-June including PD days and Spring Break and our **SUMMER program** packed with a variety of activities, weekly field trips and special guests.



Located across the street from McLeod School
Steele Heights Baptist Church 5812 - 149 Avenue, Edmonton, AB

improving academic performance - developing life skills
building positive relationships - exploring the Creative arts
nurturing young faith

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Safe, Fun & Caring Christian Childcare for Grades K-6

improving academic performance - developing life skills
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Open 6:45 am - 6:00 pm Monday to Friday

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780-473-5437



Northmount Community League News

President's Message

Thank you to the community members who attended our AGM on April 17, 2018. Stay tuned for programs and activities that will be planned and organized by the new board. If you missed the meeting and are still interested in helping out in your community, please give me a call! I can be reached at 780-270-1212.

Our 3rd Annual Komarynsky Classic (Softball Tournament) will be held on June 1st, 2nd and 3rd. We are still looking for players to join the Northmount team, please send me a message if you are interested.

We have started planning for the new playground in Northmount Park, it is not too late to join the planning and fundraising committee, if you are interested call me at 780-

270-1212 to attend a meeting. No prior experience is required. We need your help to keep the playground at Northmount Park!

Northmount is going to be the home to the first Pride in the Park event on June 14th, join your neighbours for a fun time. We are partnering with our MLA Chris Nielsen, Dickensfield Amity House, and ASPECC to have a family friendly night of fun! We will have games, entertainment, a mini trade show and more! Stay tuned for more details.

June 10th will be our Second Annual Superhero Day, join our MLA Chris Nielsen and Dickensfield Amity House for a free fun family friendly day of fun and SUPERHEROS!

Thank you,
Meagan Plamondon

Body Bootcamp



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

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

Northmount's 3rd Annual Komarynsky Classic (Softball Tournament)



June 1st, 2nd, and 3rd

Join Northmount for a fun filled weekend of softball! Join a team or come cheer on Northmount! Concession items will be served all weekend long. If you are interested

in putting in a team or joining the Northmount team, call or text Meagan at 780-270-1212. Northmount Community this is the year to beat out McLeod Community League for First Place!

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

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/NorthmountCommunity->

League/ Join in the conversations, RSVP to Events we are hosting, and connect with fellow community members. We'd love to see you there!

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

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!

Martial Arts class at Northmount - Hapkido

We train at Northmount Community Hall at 9208 140 Avenue.

Monday: 7 to 8 PM- Kids/ Beginners & Family Classes & Drop Ins

Monday & Wednesday: Adults/Advanced 8 -9:30PM

Sweats & loose shirt are ok at the start, uniforms are not required until yellow stripe is achieved. You can go bare feet at the start but recommend some type of indoor/runner shoe.

Cost can be a combination of a registration fee and or working a bingo. Come try it for a month before registering.

Adults are \$100.00 per year + bingo commitment or 3 Bingos.

Kids are \$65.00 per year + bingo commitment or 2 Bingos.



You will need your local community league membership number from your local community.

If you trained before in Karate, Boxing, 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.

For more information, please email: sidplamondon@outlook.com

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.

Northmount Hall Rentals

We have a seating capacity for 250 guests. We offer a large kitchen with industrial stove, double door cooler, dish sanitizer 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

Interested in renting? Call Linda at 780-399-9022

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/NorthmountCommunity->

League/ Join in the conversations, RSVP to Events we are hosting, and connect with fellow community members. We'd love to see you there!

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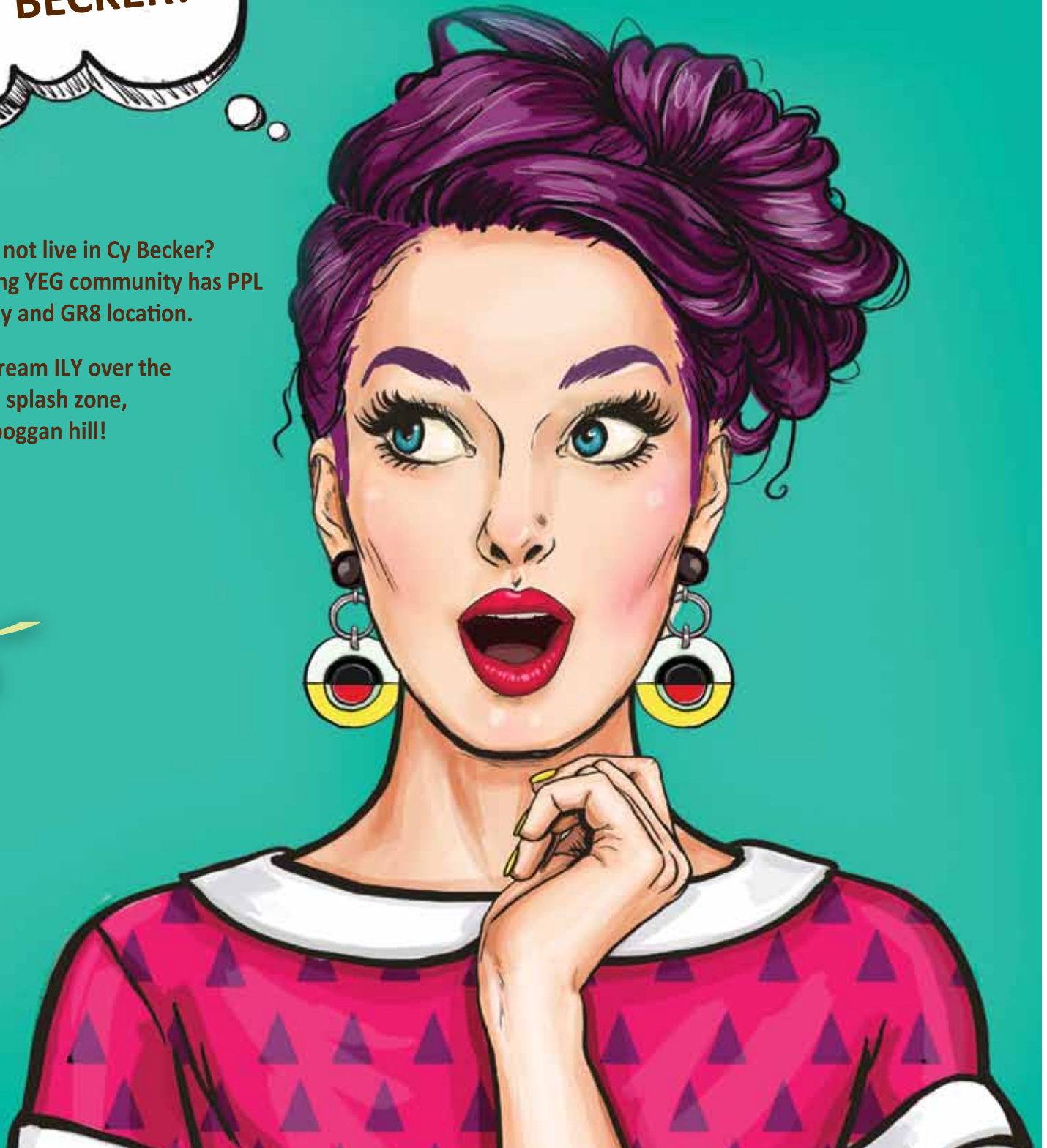
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