

# NORTHEAST VOICE

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

April 2019



Published by Calder Publications. To advertise please call 780-918-0336 or email [josh@communityleagueneews.com](mailto:josh@communityleagueneews.com)

## Register Your Child for Sport Explorerz

Sport Explorerz 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 Explorerz – Active Start (3-6 YO), children will begin to acquire fundamental movement skills such as balance, coordination, agility and social skills, etc. 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. Sport



Explorerz – Fundamentals (7-9 YO) is a NEW program that will be offered as a one-week, full-day camp during Spring Break!

**Continued on page 8**

## Proposed Housing Village for Veterans in Evansdale

The Homes For Heroes Foundation is working with the City of Edmonton on a lease for a vacant piece of land in the community of Evansdale located in the southeast corner of 94A Street NW and 153 Avenue NW. The proposed plan is to build a tiny home community with full support service for our Canadian military veterans who are experiencing a challenging time transition back to civilian life. The Edmonton Homes For Heroes village will have approximately 20 tiny homes, a resources center, councillor's office, community gardens, park space, and a memorial tribute to soldiers lost in Afghanistan.

In the coming weeks, residents of Evansdale will be mailed a review of the project and be invited to attend an open house focusing on the project. It is important to Homes For Heroes that the community of Evansdale

is part of the planning process. The open house will be a great opportunity for the community to learn more about the project and offer input on the development. From this meeting a detailed good neighbor agreement will be developed to ensure all parties understand how the project is to be managed and directed. Once the village is complete, residents of the village will be looking to become more entrenched in the community. These brave men and woman who stood on guard for Canada will now be standing on guard for the community of Evansdale.

The Homes For Heroes Foundation is developing tiny home communities across Canada that will provide affordable homes, a community of peers, a support structure designed to meet individual needs, and a sense of place and belonging. For more information please visit [www.h4hf.ca](http://www.h4hf.ca).

### Upcoming Events in the Northeast

#### April

1, 3, 8, 10, 15, 17, 22, 24, 29: Hapkido at Northmount; 7:30pm  
2-6: Spring Book Sale at NESAs  
3, 10, 17, 24: Dances at NESAs; 7-10pm; doors @ 6:45pm; \$8/member or \$11/non-member  
5: Parenting in Two Cultures at EPL Londonderry; 10am  
6: Community Garage Sale & Spring Craft Fair at NESAs; books, jewelry, and puzzles donations accepted; 9am-3pm  
6: Spring Bake Sale at NESAs; donations of baked goods needed; drop off between 9am and 3pm on April 4 & 5  
6: Community Garage Sale at Londonderry Hall; 9am-5pm  
7: MLA Candidate Forum at McLeod; 6pm-8:30pm  
12: A Tribute to Buddy Holly, Johnny Cash and Elvis featuring Jaedyn Pilon at NESAs; doors @ 5pm; dinner @ 5:30pm, show @ 7pm; tickets on sale until April 5; \$50  
12: Sing, Sign, Laugh & Learn at EPL McConachie; 10:30am  
17: NEBA Breakfast Mixer & Networking Event at Fairfield Inn & Suites; guest speaker Loan Gowers, Wealth Advisor; 7:30-9:30am; Free; RSVP at [neba.ca](http://neba.ca)  
20: Minecraft Club at EPL McConachie; 3:30pm  
25: NEBA Spring Mixer & Job Fair at 13555 156 St; 4-8pm; cash bar and appetizers available  
28: Sport Explorerz Active Start program begins; various locations and times

28: McLeod Dance Recital; Festival Place in Sherwood Park; Tickets from Ticketmaster

#### May

3: Youth Talk at EPL Londonderry; 3:30pm  
15: Baby Laptime at EPL McConachie; 2pm  
20: Makercade at EPL Londonderry; 4pm

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

#### Location Addresses:

Centrepointhe 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

**LONDONDERRY  
Community  
GARAGE  
SALE**

**Sat. April 6, 2019  
9 AM - 5 PM**



**JOIN US**

**Londonderry Community Hall  
14224 - 74 Street NW**

Interested Vendors please contact Angie at [president@londonderry.online](mailto:president@londonderry.online)



# Evansdale Community League News

*Serving: Evansdale – Belle Rive – Eaux Claires*

## Evansdale Community League Board & Committees

Jeff Muiselaar	President	780-478-1759	president@evansdale.ca
Vacant-volunteer today!	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
Jenilee Hoffort	Sport Explorerz Director	780-984-3298	
Vacant-volunteer today!	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
Vacant-volunteer today!	Belle Rive Sign Volunteers		signs@evansdale.ca
Jim Young	Evansdale Sign Volunteer		signs@evansdale.ca
N/A	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@bgcbs.ca

Address: 9111 - 150 Avenue, Hall Phone 457-0948; Mailing address: Box 71023 Northwood Mall Post Office, Edmonton, Alberta T5E 6J8; E-mail address: [www.evansdale.ca](http://www.evansdale.ca)

## Yoga at Evansdale Hall

Besides being a great way to improve strength, balance and flexibility, yoga is also a great way to replenish and refresh a tired mind and body. Come try it out in a safe, supportive, positive environment. All levels welcome. Please bring a mat, water bottle, and a towel or blanket.

9111-150 ave  
10 Thursdays  
7:30-8:30pm  
April 25 - June 27  
\$110 or \$13/class for drop-in  
Contact [evansdaleyoga@gmail.com](mailto:evansdaleyoga@gmail.com) to register or for more information.

## 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](mailto: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](http://www.efcl.org)

## Benefits of 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

## Alumni Community Members

Evansdale Community League will be celebrating its 50th anniversary in September 2019! If you are an alumni

community member interested in helping plan this momentous event, please contact [evansdale50@evansdale.ca](mailto:evansdale50@evansdale.ca).

## Need Help on Homework?

### Join Our Free After-school Programming!

Kinsmen Boys and Girls club (14803-88A St) invites all youth ages 11+ to join us on Monday nights at 6:00pm for our Homework help pro-

gram and open gym night. Kinsmen club also offers free after school programming for kids ages 6 and up – Monday to Fridays. Call the club to find out more 780-822-2560.

## Hall Rental

Hall capacity 230

- \$50/hr meeting
  - \$350/day Mon-Thur, \$350 damage deposit
  - \$450/day Fri/Sat/Sun, \$400 damage deposit
  - All weekend \$650, \$600 damage deposit
  - Dishes \$100
  - BBQ \$75
- Sports Building capacity 50

- \$25/hr meeting
- \$35/hr function
- \$125/day, \$100 damage Weekend \$350, \$300 damage deposit

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

book!

Website: [www.evansdale.ca](http://www.evansdale.ca)  
Facebook Page: [www.facebook.com/evansdale-communityleague](http://www.facebook.com/evansdale-communityleague)



## Evansdale Pharmacy

*Right beside the Medical Clinic*

### Practicing Pharmacists

Azhar Qureshi  
Umang Trivedi  
Ushma Patel  
Shireen Ateereh

### We accept all insurance plans

- Vaccination
- Travel, Hajj and Umra
- Home health care
- All injections
- Travel Health Clinic
- Prescribing pharmacist available

**FREE  
Delivery**



### Our Hours

Monday-Friday  
9am - 7pm  
Saturday & Sunday  
10am - 5pm

8216 144 Avenue  
Edmonton AB T5E 2H4

**780-478-7713**

## Evansdale Medical Clinic

Accepting New Patients

**780-478-0975**

### Our Services

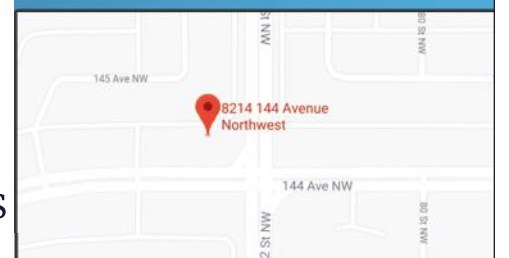
- Pediatrics
- Diabetes & internal medicine
- General medical concerns
- Drivers medical
- Wart treatment
- Flu shot and pneumonia injections

### We're OPEN

**6 DAYS  
a week**

Monday-Friday  
9:00am - 6pm  
Sunday  
10am - 2pm

**8214 144 Avenue  
Edmonton AB T5E 2H4**



**Dr. Kondi**  
Diabetes/Internal Medicine Specialist

**Dr. Zubi**  
Pediatrics Doctor



# Kilkenny Community League News

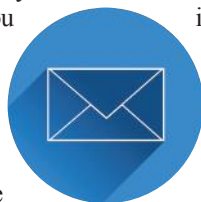
## Hall Rentals

The Kilkenny Hall is available for rental!! It is the perfect space for your special event, meetings, weddings and any other social event. Please go to <http://www.kilkenny.ab.ca/facilities/view> to have a look and

click on "Book Facility" to... you guessed it... book the facility! The website will also show you when the hall is available. Feel free to call 780-478-2481 to leave a message for bookings as well.

## Do you have a special content you would like to see??

Do you or someone you have content that you would like in the North East Voice? We would like to hear from you!! Feel free to send in a picture and the appropriate informa-



tion and we will include it in the next newsletter!! Please send it to Sean, Kilkenny Publicity Director at [publicity@kilkenny.ab.ca](mailto:publicity@kilkenny.ab.ca) or leave a message at 780-807-6089.

## Spring Clean Up

Spring is almost here and the grounds & rinks at Kilkenny need a little bit of TLC. Clean, litter-free parks, streets and neighbourhoods

make us all proud to call Edmonton home. Spring Clean Up: April 27, 2019 @ 10:00-noon. Contact Anna at 780-478-3269.

## Congratulations U11 Boys & U17 Girls Indoor Soccer Teams!!



Kilkenny had 2 teams make it to city finals last month. The Kilkenny U11 Boys Team (Coach Hua) took Home Gold. The Kilkenny U17 Girls Team (Coach Albury) took Home Bronze. Well done!!

# We're getting bigger and better!

**Open during renovation.**

Located on the 2<sup>nd</sup> floor of Northgate Centre

**Book your appointment today!**

**P** 780.473.1461

**W** [pivotalphysio.com](http://pivotalphysio.com)

**PIVOTAL**  
PHYSIOTHERAPY

Are you a **veteran** or **family member** of a veteran?

Do you have **problems sleeping**?  
If so- this research study is for you.

We are recruiting veterans and their family members to test the impact of self-applied hand Shiatsu on sleep. This technique is drug free and has no cost. Participants can withdraw from the study before completion and will be compensated for parking. This study is funded by Veterans Affairs Canada, supported by the Royal Canadian Legion Alberta- NWT Command, has been approved by the Canadian Institute for Military and Veterans Research (CIMVHR), and the Health Research Ethics Board of the University of Alberta.

To learn more email Dr. Cary Brown, Faculty of Rehabilitation Medicine, University of Alberta at [cary.brown@ualberta.ca](mailto:cary.brown@ualberta.ca).



**UNIVERSITY OF ALBERTA**  
**FACULTY OF REHABILITATION MEDICINE**  
Department of Occupational Therapy



# 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

## Coffee Group

How many people do you know in  
our neighborhood?

Join community members for coffee and treats.

**WHERE:** Upstairs Social Room,  
Londonderry Community Hall  
14224 - 74 Street, Edmonton

**WHEN:** The 2nd & 4th Tuesday of each month,  
10:00 am to noon  
*April 9th & 23rd • May 14th & 28th*

**WHY:** Just to say "Hello", have a chat  
and get to know one another

**THE COST:** *It's FREE* ~ compliments of the league  
No commitments, no sign-ups, no sales pitches!

### Questions?

Call Helen at 780-475-6728

## Londonderry Community League

## Hall Rental

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



The poster for the Londonderry Community League's Spring Fling event is decorated with various spring-themed illustrations. At the top left, a 'Petting Zoo' sign features a cow and a chick. To the right, a 'Face Painting' sign shows two children with colorful face paint. The central text, set against a dark blue background, reads 'Londonderry Community League's Spring Fling April 13, 2019 Noon - 3 pm 14224 - 74 Street'. Below this, on the left, is an illustration of the Easter Bunny holding a basket of eggs, with the text 'Meet the Easter Bunny!'. On the right, there's a 'Hot Dogs & Chili Dogs' sign and an 'Arts & Crafts & Fun Stuff!' sign with illustrations of craft supplies. The entire poster is framed by a border of colorful flowers and butterflies.

**Londonderry Community League's**  
**Spring Fling**  
**April 13, 2019**  
**Noon - 3 pm**  
**14224 - 74 Street**

**Hot Dogs & Chili Dogs**

**Arts & Crafts & Fun Stuff!**

**Meet the Easter Bunny!**

## "FREE!" Positive Family Event!



Sunday, April 7  
4:00 - 6:00 PM  
1st Church of the Nazarene  
14320 - 94 Street

Families Welcome with children 12  
years of age and under  
**Easter Theme**  
Fun, Games, Crafts, Stories  
"Kid Friendly" Dinner



The advertisement for 'the Gutter Doctor' features a cartoon character of a man in a blue cap with 'GD' on it, blue overalls, and brown boots, holding a ladder. The text reads: 'the Gutter Doctor', 'WE INSTALL EAVESTROUGH, FASCIA & SOFFIT COMMERCIAL GUTTER CLEANING', '5 YEAR GUARANTEE ON INSTALLS', '780-709-6825', 'info@gutterdoctor.ca', and '15,000 HAPPY CUSTOMERS!'. The background is black with white and yellow text.

**the Gutter Doctor**

WE INSTALL  
EAVESTROUGH, FASCIA & SOFFIT  
COMMERCIAL GUTTER CLEANING

5 YEAR GUARANTEE ON INSTALLS  
**780-709-6825**  
info@gutterdoctor.ca

15,000  
HAPPY  
CUSTOMERS!



# Colouring Contest

## Hey kids!

Enter our colouring contest for a chance to win a **\$100 Save-On-Foods gift card!** Valid at **Save-On-Foods Namao, 50th Street, and Londonderry!**

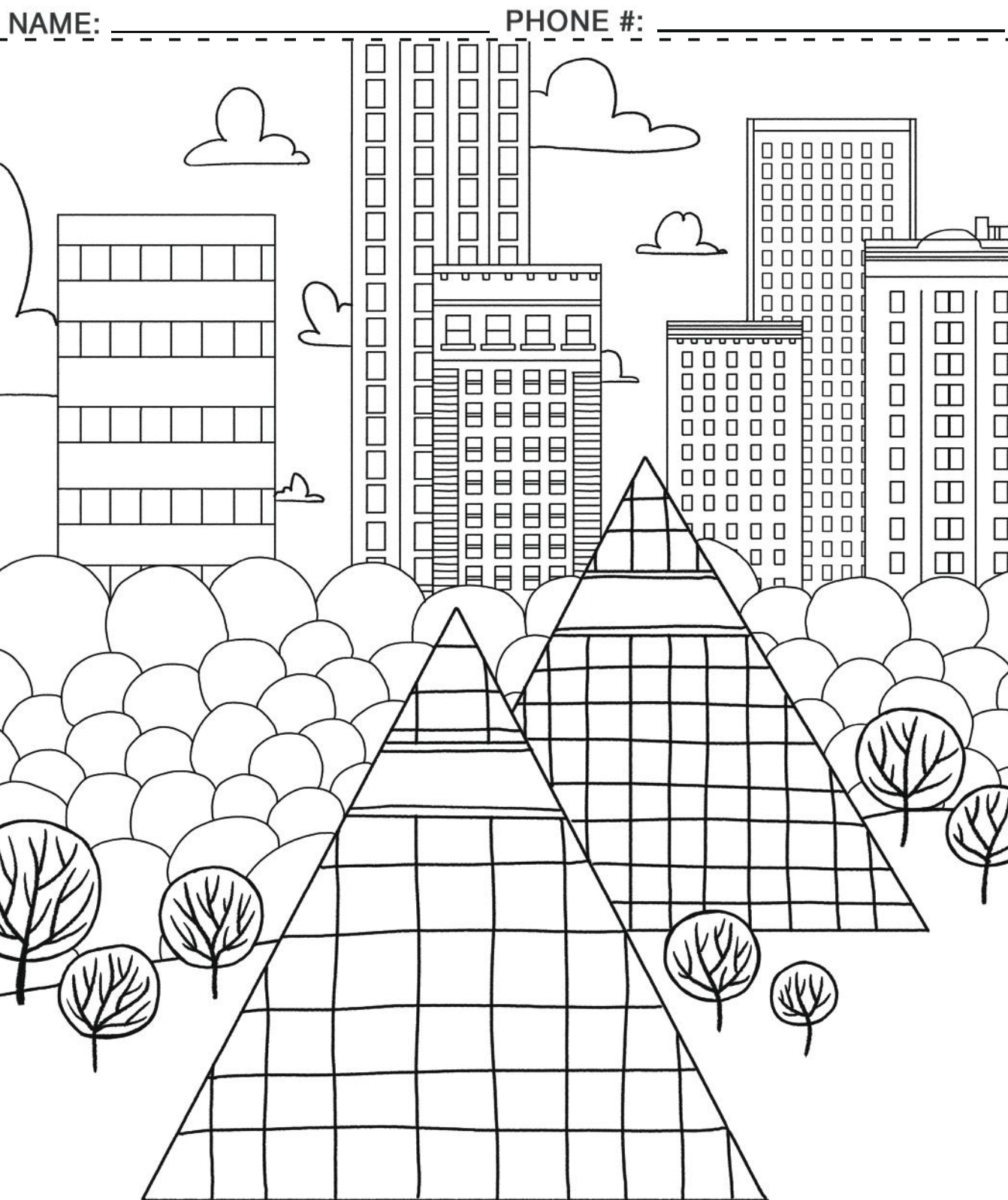
**Draw date will be May 1, 2019**

Visit your North Side *Save-On-Foods* stores for friendly faces and great quality products!

**LONDONDERRY @ 1101-1 Londonderry Mall NW 66th St**

**NAMAO @ 9510-160 Ave NW**

And visit our newest store  
**50TH STREET @ 4805 167th Ave. NW**



# save on foods

## Going the extra mile

save on foods

Spend \$75\* spent with your More Rewards card, earn:

# 1000 points



Limit one Spend/Receive coupon per single grocery purchase. No photocopies; original coupon must be presented. Valid in store only.

Valid from March 22 to May 1, 2019 at Save-On-Foods 50th Street Market, Londonderry & Namao locations.

\*Excl. Lotto, tobacco, gift cards, prescriptions, clinics, diabetes care, tickets, charities, restaurant, wines, bus passes, postage stamps, deposit & recycle fees, rewards and taxes, where applicable. Present this coupon with your More Rewards card to the cashier at time of purchase. No substitutions. While supplies last.







# McConachie Gardens is Now Open!

**Visit  
today!**

At Revera's newly built retirement residence, McConachie Gardens, residents can enjoy modern finishes, plenty of amenities and health and wellness services to support every need.

- Independent Supportive Living suites with private patios, high ceilings & large windows
- Private Assisted Living & Memory Care suites with dedicated staff
- Three unique dining areas including a full-service restaurant, pub & bistro
- Walking paths, gardens, greenhouse & off-leash dog park
- On-site fitness centre & recreation programs 7 days a week
- Personalized private care plans with choice & flexibility of services

**Be the first to tour. Call 780-670-9919 to book your visit or drop by.**

## McConachie Gardens

6503 170 Avenue  
Edmonton, T5Y 3W7  
[reveraliving.com/edmonton](http://reveraliving.com/edmonton)

  
**revera**  
Retirement Living  
*Your kind of place*





Just like the great aviator it was named after, Cy Becker expands the horizon and creates possibilities. With an All Seasons Park, various nearby amenities and access to the Clareview LRT Station and Anthony Henday Drive, the sky's the limit when you live in Cy Becker!

**FIVE NEW SHOWHOMES NOW OPEN!**

[CYBECKER.COM](http://CYBECKER.COM)

**QUALICO®**  
communities

**SAVE UP TO \$10,000 NOW!**

\* See showhomes for details.  
Some restrictions apply.





# McLeod News

McLeodCL  
 @McLeodCommunity  
 14715 59 Street  
[www.mcleodcommunityleague.ca](http://www.mcleodcommunityleague.ca)

## Sport Explorez - Continued

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 Explorerz

- A fun, safe and challenging environment that is age appropriate to explore and develop fundamental move-

ment 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 creativity, co-operation, 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](http://www.canadiansportforlife.ca).

SE- Active Start programs are eight weeks in total. Fees are \$50 (each child receives a Sport Explorerz 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).

SE – Active Start Spring 2019 Program Dates & Times  
April 28-June 26 (no classes the week of May 19)

Sundays, 1:00-1:45pm (3-4YO) or 2:00-2:45pm (3-4YO), 3:00-4:00pm (5-6 YO) at McLeod

Mondays, 6:00-6:45pm

(3-4YO) or 7:00-8:00pm (5-6 YO) at Lago Lindo

Tuesdays, 6:00-6:45pm (3-4YO) or 7:00-8:00pm (5-6 YO) at Evansdale

Wednesdays, 6:00-6:45pm (3-4YO) or 7:00-8:00pm (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 YO and 5-6

YO sessions using your child's

age at April 28, 2019.

You will need to purchase a community league membership from your home league at time of registration (you can purchase one in advance at [efcl.org](http://efcl.org)). Please ensure you bring a blank cheque for your volunteer/community service.

Please go to [sportexplorerz.ca](http://sportexplorerz.ca) for upcoming registration dates and times at your community league.

If your community league does not offer this program, you are welcome to contact any of the participating community leagues to register however, you must provide proof of a current membership from your own community league.

## 66th Medical Clinic

13635 66th St. NW • Edmonton, AB T5C 0B8

**780-476-3344**

SAF8892DIF

**NOW OPEN**

**General Medical Concerns**  
**Annual Physical**  
**Mental Health**  
**Specialist Referral**  
**Driver's Medical**  
**Pain Management**  
**Weight Management**  
**Wart Treatment**  
**Injections**  
**Removal of Moles & Skin Tags**  
**Skin Biopsy Procedure**  
**Wound Care & Stitches**  
**WCB & Much More**

**SERVICES**

LONDONDERRY MALL

137 Ave

66 St

ACROSS FROM  
AL OMARI MASJID

**CLOSE TO LONDONDERRY MALL**

**Dr. M Diyaeb MD. CCFP / Family Practice & Walk-ins**

**ACCEPTING NEW PATIENTS**

Mon - Fri: 9am - 6pm • Sat: 10am-4pm

## Your Neighbourhood Pharmacy

13637 66 ST NW EDMONTON, AB T5C 0B8

**780-456-2526**



**WE HOPE  
TO SEE YOU SOON!**

**NOT ONLY DO  
WE DELIVER MEDICATION  
BUT WE DELIVER CARE**

**WE ACCEPT ALL  
DRUG INSURANCE PLANS**

PHARMACY MANAGER/ OWNER  
**A.BENNAFA**

LONDONDERRY MALL

137 Ave

66st

مسجد العمري  
ACROSS FROM  
AL OMARI MASJID

**SMOKING CESSATION CONSULTATION**

**LAB TEST ORDERS**

**MEDICATION REVIEW**

**FLU SHOTS & INJECTIONS**

**FREE COMPLIANCE PACKAGING**

HOUR OF OPERATION: Monday - Friday: 9am - 6pm | Saturday & Sunday: WILL OPEN SOON

**LOCALLY OWNED AND OPERATED, DISCOVER YOUR LOCAL PHARMACY**



## McLeod Supports Farming for Edmonton's Food Security



Overhead view of the Visser Agricultural Lands



Photo credit to: Bri Vos

Who would have thought there's an extraordinary area of agricultural land in the City's northeast, containing rich, fertile soils within a loop of the river on an old flood plain? Who knew the amazing drainage properties of the soil means even if there is heavy rain, the farmers can still get into their fields?

Who knew this area of the northeast has a special micro-climate, caused by the river valley sloping very gently towards the river, and facing south, and trapping the sun's heat in the valley, so as to provide the longest frost-free growing period in the region? This means these crops come to market first.

Who knew about one of the last urban farms left in Edmonton? These incredible

120 acres are part of the much larger Visser conservation lands, and they contribute in large part to local urban food security.

Edmonton is the fastest growing city in Canada, growing by 14.8% between 2011 and 2016, and it's the only city that grew faster than its surrounding region. However, the area devoted to agriculture is shrinking, and the urban farms have all but disappeared. The agricultural area of the north east helps to provide the truly fresh produce that we need and want.

At least 20 kinds of vegetables are raised on the Visser lands, including onions, beets, cucumber, green beans, peas, corn, carrots, potatoes, spinach, Swiss chard, watermelon, peppers, winter

squash, zucchini, tomatoes, pumpkins, and besides these, many types of herbs too. What's more, you can find them at your local farmer's market. The Visser produce has been available at local markets since 1981 – getting on for 40 years!

Besides selling at 9 farmer's markets, the farm also partners with great local businesses who share their values and care about building Edmonton's food economy. This program of Community Supported Agriculture is where veggies are picked and delivered to 20 local businesses for public pickup, every week for 15 weeks of the year. How fresh is that?

The Edmonton and Area Land Trust is aiming to put an Agricultural Easement on these lands, to ensure they are not paved over, and can continue to yield their harvest forever. But we need funds for legal costs, and appraisal fees, and such up-front costs. There are no grants to conserve agricultural land conservation.

If you would like to ensure that these agricultural lands are not subdivided, and that they continue to support local food security forever, please consider donating to our campaign, at [www.ealt.ca](http://www.ealt.ca)



## Imagination 101 Spring Registration at McLeod Community League

The Winter Session of McLeod Community League's fine arts program Imagination 101 wrapped up with a special art show put on by the Imagination 101 artists. The art show theme, chosen by the students, was Under the Night Sky. We decorated the room with stars and everyone wore their pajamas. Moms, dads, grandparents, and siblings came out for an evening of amazing art, visiting, and refreshments. I couldn't be prouder of the creativity and hard work all

the artists at Imagination 101 have put into their art. Congratulations!

As warmer weather arrives we are headed into our Spring Session of Imagination 101. During Imagination 101 we dance, sing, listen to music, play games, and create art. The students use different art mediums such as paint, pastels, pencil crayons, and pencils while learning various art techniques and skills. The artists are encouraged to explore their ideas and imaginations. Imagination 101 gives



children the opportunity to learn through music, movement, and art while playing



and having fun. Registration for the Spring Session of Imagination 101 is

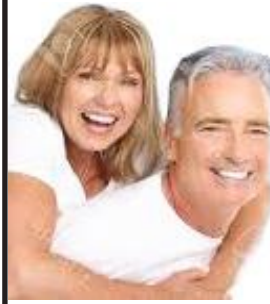


now being accepted. Dates, times, and costs are listed below

\$140  
Grades 1-5  
Wednesday April 3 -  
Wednesday June 5, 2019  
6:30-7:30pm  
Payment can be made by cash or e-transfer to [kara@karajensenphotography.com](mailto:kara@karajensenphotography.com)  
Families need to have a current Community League Membership for their community.  
If you have any questions or would like to enroll your artist in Imagination 101, you can contact Kara at [karajensenphotography.com](mailto:karajensenphotography.com).

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McLeod President’s Message

Hello neighbors!

It appears that winter may finally be losing its icy grip over us and that spring may actually be here. With decent weather comes outdoor sports and programs which continue to take up much of the McLeod Board’s time and efforts. We are able to keep costs down through the use of volunteers and the generation of gaming funds that support the upkeep of our facility. Thank you to those residents who continue to offer their time to work our bingos – your support makes a huge difference in your community.

In case you missed our registration sessions, Sport Explorerz will be accepting registrations for its spring Active Start program (3-6-year-olds) until the program start date of April 28. Please contact Devin at [hkchair@gmail.com](mailto:hkchair@gmail.com) to register. It’s a terrific physical literacy program that is completely community-league developed and community-league run.

Our Board has a number of vacancies: Vice-President, Baseball Director, Volunteer Director, Casselman Community Director, and McLeod Community Director. If you are interested in joining a dy-



namic and productive Board, please contact me for more information. You are also welcome to attend a Board to get to know us better before committing to a position. [president@mcleodcl.ca](mailto:president@mcleodcl.ca)

Regards,  
Leanne

Support Groups at McConachie Gardens

McConachie Gardens in Northeast Edmonton is now in full operation, and they have opened up two support groups that are free for the general public to attend:

Widow to Widow Support Group  
For widows of all ages and all stages of grieving

April 2 at 1:30pm  
McConachie Gardens  
6503 170 Avenue

Caregiver Coffee & Conversations  
For Caregivers of spouses, family members or friends

April 18 at 1pm  
McConachie Gardens  
6503 170 Avenue

Free parking is available on site. For more information, please email [Jolyn.hall@reveraliving.com](mailto:Jolyn.hall@reveraliving.com) or call (780) 244 8969 ext. 2008.

McLeod to Host Provincial Candidate Forum

Some of you may recall that, prior to the most recent municipal election, McLeod Community League hosted a very well-attended candidate forum. We are hoping to repeat that success with a provincial candidate forum on Sunday, April 7th, at 6pm.

The event will be free. Candidates from all major political parties have been invited. We will have about an hour of Q&A directed at the candidates in a moderated forum, followed by a wine and cheese meet and greet with the candidates.

Please come and join us for this event and learn more about who might be representing you when the next Alberta Government is formed.

McLeod U9 Boys Take Gold

Congratulations to the McLeod U9 boys indoor soccer team, who took first place in the City finals for the 2018/19 season, playing in the highest community tier.

Article #4



McLeod Community League Dance Program

The McLeod Community League Dance Program is nearing the end of their second dance season, and it has proven to be nothing short of amazing. With two dance festival approaching, the dancers are working extremely hard and we couldn’t be prouder.

We are accepting registration for the 2019, 2020 dance season which will run on Monday, Wednesday and Thursday night’s dependent on the style of dance genre you choose. We will be offering classes in Ballet, Jazz, Lyrical, Pre-School, Stretch/Technique, Tap, and Adult Hip-Hop and Adult Tap. We

offer classes for all ages and levels.

We will be hosting our year end recital on April 28, 2019 at Festival Place in Sherwood Park. Tickets are on sale now! You can purchase tickets by calling Festival Place Box Office or by ordering them on the Ticketmaster website. We would love to see people from the community come out and support the local dancers.

If you are interested in information regarding the dance program, please e-mail [dance@mcleodcommunity-league.ca](mailto:dance@mcleodcommunity-league.ca) or reach out to Amy at 780-893-5151.

Walking for Fitness

Warmer days are ahead and make getting outside for a walk an easy and enjoyable way to add exercise to your day. Health Canada recommends healthy adults under the age of 65 get at least 2.5 hours a week of moderate physical activity. Simply adding a brisk walk to your daily routine can improve overall health.

- Create a few habits to help make your daily walks fun and help you maintain a healthy level of activity.
- Begin by setting a goal. You may want to start with a brisk 30 minute walk each day and work your way up to 10,000 steps a day.
- Wear comfortable footwear that provides protection and supports the foot.
- Try tracking your steps with a phone app or a pedometer.
- Schedule a 15 or 30-minute walk before work in the morning, into your lunch hour or immediately after work.
- Daily dog walks are also a great way to keep up both you and your four-legged friend healthy.
- Whenever possible, walk to appointments, meetings or to run errands.

- Get to know your neighbourhood by taking a slightly different route each time you walk. You just might find some hidden gems near home.
- Find walks that include hills or stairs to increase your challenge and improve cardiovascular benefits.
- Join the #AHSFit-Fam and encourage family, friends and colleagues to get active and engaged with you.

Using a few simple tips can help make a daily walk one of the most pleasurable parts of your day.

McLeod Community Safety Director’s Message

“Brain Injuries Change Your Life Forever” is the focus for the Alberta Traffic Safety Calendar Month of April 2019.

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

Edmonton Police, RCMP, CN and CP Police, Alberta Sheriffs, Community Peace Officers, 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 exceed the maximum 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 (Vehicle motion ceases) 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 vehicle.

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.

Vehicles

Ensure your Valid Registration and Valid Insurance Card are with you or in your vehicle while driving. Electronic copy on your cell phone is not sufficient.

If you are driving someone else’s vehicle or renting a vehicle, ensure the copies of the registration and insurance are in the vehicle. If you get stopped, you are responsible to be able to produce these documents on demand of a Peace Officer.

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.

(2) 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

Either fine may be issued.

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, 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 camera’s

-Have security bars on basement windows

Before going to bed at night, please check that all doors and windows are locked and secure. In addition, check that vehicles doors are locked.





# Northmount Community League News

## President's Message

On February 16th, Northmount had a Silent Auction at Jox Pub and Grill, this event was well attended and we raised much needed funds for our playground re-build. I want to thank all of the volunteers for their hard work, and to everyone who donated to the auction! Our next event was to have been a good old fashioned hall party to celebrate St. Patrick's Day, but due to an unfortunate water line freeze, the event had to be postponed. Stay tuned for more details as the committee plans their next event.

On April 9, 2019 at 7 PM we will have people joining us from the city to discuss redevelopment plans for 144

Avenue from 50 Street to 97 Street. If you would like to attend to share your thoughts or to hear what is going on please RSVP to Meagan at 780-270-1212, as there will be limited seating capacity.

Our 4th Annual Softball Tournament is scheduled to be held on May 31st, June 1st and 2nd. At this time we are looking for volunteers to help with the tournament planning. If you are interested please join us for a committee planning meeting on April 23, 2019 at 7 PM. If you have any questions please call or text Meagan at 780-270-1212.

Thank you,  
Meagan Plamondon

## Northmount's 4th Annual Softball Tournament

May 31, June 1 and 2

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 has to be the year to beat out McLeod Community League for First Place!

## 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/NorthmountCom>

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

## 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-mem-

bers; \$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 780-399-902

## Pride in Northmount Park June 13

Join Northmount and Dickensfield Amity House for a free, family friendly

evening of fun while we celebrate Pride. More details to come!

## Seniors – We Need Your Input!

Northmount Community League has a very motivated Director of Seniors Programs, but she needs your help. Please contact Margaret by email at [seniorsprograms@northmount.ca](mailto:seniorsprograms@northmount.ca) or Meagan by phone at 780-270-1212 to let us know what you would like to see happening in your neighbourhood. Are there activities you would

enjoy doing with a group? Are there social functions you would be interested in attending? Fitness programs? Other types of classes? Do you need help with anything? The Community League is here for your benefit, please take advantage of the resources we can offer and others we can access through the city!

## AGM – April 16, 2019 – 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 phone/text at 780-270-1212 or email [president@northmount.ca](mailto:president@northmount.ca) for more details!

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

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

President, Vice-President Operations, Vice-President Programs, Treasurer, Secretary, Facility Director, Bingo Director, Casino Director, Area 17 Council Representative, Soccer Director, Sport Explorerz 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 and volunteer positions available.

We need help with the following committees:

- Playground Committee
- Volunteer Recruitment Committee
- Neighbourhood Engagement Committee
- Community League Day Celebration Committee

We need volunteers to help with:

- Bingo shifts (6-10 Bingo events per year)
- Casino shifts (1 Casino Event every 2 years)
- Ladies Night (1 event per year)
- Softball Tournament (3-day tournament, once per year)
- Community League Day (1 event per year)
- Superhero Day (1 event per year)
- Pride in Northmount Park (1 event per year)
- Pumpkin Carving Contest (1 event per year)
- General help with maintenance/cleaning around the hall and grounds

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.

## Superhero Day



June 9, 1-4 PM

June 9th will be our Third Annual Superhero Day, join Northmount and Dickensfield Amity House for a free, family friendly day of fun and SUPERHEROS! More details to come!

## Northmount's Annual Garage Sale

Once again Northmount will be hosting our annual Garage Sale in the community hall! This is always a well attended event that many in the community look forward to. Please join us by renting a table or shopping! Thursday, April 25, 6 – 9

PM  
Friday, April 26, 6 – 9 PM  
Saturday, April 27, 9 AM to 2 PM  
Table rentals are \$10 for community league members, \$15 for non-members. For table rentals please call Robin at 780-473-8634.

## Martial Arts Class - Hapkido



We train at Northmount Community Hall at 9208 140 Avenue.

Monday & Wednesday: All ages and Drop Ins - 7:30 -9:30 PM

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.

Hapkido is a highly eclectic Korean Martial Art. It is a form of self-defence that employs joint locks, grappling, and throwing techniques similar

to those of other martial arts, as well as kicks, punches, and other striking attacks. Hapkido employs both long-range and close-range fighting techniques, utilizing jumping kicks and percussive hand strikes at longer ranges, pressure point strikes, joint locks, and throws at closer fighting distances. Hapkido emphasizes circular motion, redirection of force, and control of the opponent. Practitioners seek to gain advantage over their opponents through footwork and body positioning to incorporate the use of leverage, avoiding the use of brute strength against brute strength.

If you have any questions, please email: [sidplamondon@outlook.com](mailto:sidplamondon@outlook.com)

## Hey Soccer Lovers and Fans of North Side Edmonton

Announcing Top of the City 2019! The 36 Hour Continuous Soccer Game and Festival is back!



This year's event, at Castle Downs Park, will start at 9pm on Friday, June 14, and will run continuously until Sunday at 9am, when there will be a Father's Day breakfast to conclude the event!

Interested? <https://www.JonDziadyk.com/topofthecity2019>

~ brought to you by Jon Dziadyk, Ward 3 Councillor ~





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